

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

Page 1

Generated on: 9/27/2019 11:06:31 AM

	Portion Size	Carb (g)
Tue - 10/01/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
Chicken strips 2012	3 strips	9.95
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*79.50
% of Calories		*49.0%
Nutrient Guideline		

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Generated on: 9/27/2019 11:06:31 AM

	Portion Size	Carb (g)
Wed - 10/02/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18HS	1 each	39.34
Tortilla Chips 2012	1/2 oz	9.52
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Build Your Own Taco or Nacho18	3 oz meat	47.02
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*75.79
% of Calories		*49.0%
Nutrient Guideline		

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Generated on: 9/27/2019 11:06:31 AM

	Portion Size	Carb (g)
Thu - 10/03/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
Quesadilla Burger	1 each	24.97
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
Harvest of the Month	1/4 cup	*N/A*
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*38.93
% of Calories		*37.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/04/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Hummus and Pita 18	1 each	*62.67
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Chicken Teriyaki Rice Bowl	2.6 oz	80.36
Ice Cream Bar	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
FRUIT,FRESH ASSORTED	1 each	17.26
romaine salad	1/2 CUP	1.6
CUCUMBER,RAW	1/4 cup	0.61
Carrots, fresh	1/4 cup	4.21
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*135.33
% of Calories		*73.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/07/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Buffalo Chicken Wrap18	1	40.9
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
SCRAMBLED EGGS	1/2 CUP	3.29
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
BROCCOLI,raw: fresh	1/4 cup	3.76
Carrots, fresh	1/4 cup	4.21
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*122.62
% of Calories		*45.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/08/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
Chicken Drumstick	1 EACH	0.0
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*69.55
% of Calories		*53.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/09/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18HS	1 each	39.34
Tortilla Chips 2012	1/2 oz	9.52
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Monte Cristo Sandwiches	1/2 sandwich	17.16
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*39.37
% of Calories		*59.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/10/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
Twisty Chicken Alfredo	1 cup	47.43
BREAD STICK	1 each	11.0
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
Cherry Tomatoes	1/4 CUP	0.73
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*72.38
% of Calories		*58.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/14/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Buffalo Chicken Wrap18	1	40.9
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Fish n Chips	4 each	21.6
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
BROCCOLI,raw: fresh	1/4 cup	3.76
Carrots, fresh	1/4 cup	4.21
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*96.17
% of Calories		*46.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/15/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
MEATBALL SUB SANDWICH	1 each	43.63
POTATO WEDGES	1/2 cup	30.77
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*108.23
% of Calories		*52.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/16/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18HS	1 each	39.34
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Chicken strips 2012	3 strips	9.95
Waffles	2	13.89
Syrup, FSA signature	2 oz	36.85
kiwi	1 each	11.14
ORANGES	1/2 EACH	5.64
PEARS: canned,light syrup	1/4 CUP	9.52
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
Spinach	1/4 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*82.92
% of Calories		*63.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/17/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
Build Your Own Pasta Bar18	1	*4.65
PASTA	1 cup	40.82
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*59.43
% of Calories		*51.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/18/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Hummus and Pita 18	1 each	*62.67
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Turkey and Cheese panini	1 each	37.36
Ice Cream Bar	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
FRUIT,FRESH ASSORTED	1 each	17.26
romaine salad	1/2 CUP	1.6
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*92.32
% of Calories		*61.5%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/21/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Buffalo Chicken Wrap18	1	40.9
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Cuban	1 sandwich	29.03
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
BROCCOLI,raw: fresh	1/4 cup	3.76
Carrots, fresh	1/4 cup	4.21
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*103.60
% of Calories		*52.7%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 9/27/2019 11:06:31 AM

	Portion Size	Carb (g)
Tue - 10/22/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
BYO Baked Potato	1 each	37.21
BREAD STICK	2 each	22.0
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*93.04
% of Calories		*81.3%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/23/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18HS	1 each	39.34
Tortilla Chips 2012	1/2 oz	9.52
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Build Your Own Burger	1	26.0
Grilled Chicken Sandwich18	1 EACH	35.0
mini offer bar sandwiches	1	*12.7
Sesame Chicken with Noodles	1 cup	*50.13
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*48.22
% of Calories		*43.7%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 9/27/2019 11:06:31 AM

	Portion Size	Carb (g)
Thu - 10/24/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
Grilled Cheese Sandwich18	sandwich	26.99
Tomato Soup	6 oz	16.29
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*57.24
% of Calories		*56.5%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 9/27/2019 11:06:31 AM

	Portion Size	Carb (g)
Fri - 10/25/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Hummus and Pita 18	1 each	*62.67
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Chicken Parmesan	1 EACH	15.15
BREAD STICK	2 each	22.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
FRUIT,FRESH ASSORTED	1 each	17.26
romaine salad	1/2 CUP	1.6
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*67.11
% of Calories		*50.9%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/28/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Buffalo Chicken Wrap18	1	40.9
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Meatball Gyro with Tzatziki	1 pita	19.79
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
BROCCOLI,raw: fresh	1/4 cup	3.76
Carrots, fresh	1/4 cup	4.21
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*94.36
% of Calories		*42.3%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/29/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
Chicken strips 2012	3 strips	9.95
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*79.50
% of Calories		*49.0%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 9/27/2019 11:06:32 AM

	Portion Size	Carb (g)
Wed - 10/30/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18HS	1 each	39.34
Tortilla Chips 2012	1/2 oz	9.52
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Build Your Own Taco or Nacho18	3 oz meat	47.02
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*75.79
% of Calories		*49.0%
Nutrient Guideline		

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# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 9/27/2019 11:06:32 AM

	Portion Size	Carb (g)
Thu - 10/31/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Cheeseburger	1	26.8
mini offer bar sandwiches	1	*12.7
Quesadilla Burger	1 each	24.97
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
Harvest of the Month	1/4 cup	*N/A*
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*38.93
% of Calories		*37.2%
Nutrient Guideline		

Weighted Average		*78.65
		*52.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	78.65	52.29%			Missing			

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