

Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 4/29/2019 11:34:11 AM

	Portion Size	Carb (g)
Wed - 05/01/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
TACO SALAD	SERVINGS	20.11
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
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bunhs 2012	1 EACH	35.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Nachos2013ms	2 ounces	111.98
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
APPLES,Fresh medium	1 EACH	19.06
Peaches, frozen	1/2 cup	29.98
LSM	1 c	2.51
Bean Choice	1/2 CUP	22.42
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*1.98
% of Calories		*77.8%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Portion Values - Detailed

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Generated on: 4/29/2019 11:34:11 AM

	Portion Size	Carb (g)
Thu - 05/02/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
Yogurt Parfait Meal 2012	1 each	*99.83
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Mini-Corn Dogs Elem	6 pieces	33.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Frito Chili Bowl	1	54.95
FRUIT,FRESH ASSORTED	1 EACH	17.26
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Generated on: 4/29/2019 11:34:11 AM

	Portion Size	Carb (g)
Fri - 05/03/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
CRISPY CHICKEN SALAD	SERVINGS	7.16
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 2013	1 EACH	35.0
Chicken Nuggets/Elementary	5 each	13.4
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
Egg roll chicken Whole Wheat	3 oz	12.0
SHERBET	4 oz	23.0
Applesauce Cup	4 oz	22.0
fruit combo	1/2 c	16.0
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Generated on: 4/29/2019 11:34:11 AM

	Portion Size	Carb (g)
Mon - 05/06/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
Chick Caesar Saladhs/toast2013	1 each	45.3
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 2013	1 EACH	35.0
Chicken Nuggets/Elem	5 each	13.4
Garlic Toast	2 each	22.0
Pizza	slice	29.0
Cook's Choice Entree Secondary	serving	67.02
CHEESE TOAST	1 EACH	16.1
POTATO WEDGES	1/2 cup	30.77
Cook's Choice Dessert	1 each	21.14
APPLES,Fresh medium	1 EACH	19.06
craisins	1/4 cup	24.75
LSM	1 c	2.51
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/07/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
CORN DOG:Turkey	1 each	33.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Chicken Fried Steak WG	1 each	17.0
chicken patty (sub CFS)	1 each	10.25
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
CORN: frozen, yellow	.5 cup	21.89
GravyII - HS 2012	2 oz	6.02
Garlic Toast	2 each	22.0
STRAWBERRIES: frozen	1/2 cup	35.27
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Cherry Tomatoes	1/2 CUP	1.46
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/08/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
TACO SALAD	SERVINGS	20.11
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
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bunhs 2012	1 EACH	35.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Soft Taco Beef 18	servings	20.65
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
MEXI RICE	1 cup	42.28
Tater tots - elementary	1/2 cup	22.2
Peaches, frozen	1/2 cup	29.98
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
Bean Choice	1/2 CUP	22.42
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*1.98
% of Calories		*77.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/09/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
Yogurt Parfait Meal 2012	1 each	*99.83
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
pizza pocket	pocket	35.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
French Toast Sticks WG	3	34.0
Sausage Link 2013	2 each	0.0
Hash Brown	1 each	14.0
Syrup, FSA signature	1 oz	18.43
fruit sorbet	2.25 oz	22.0
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Generated on: 4/29/2019 11:34:11 AM

	Portion Size	Carb (g)
Fri - 05/10/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
CRISPY CHICKEN SALAD	SERVINGS	7.16
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Chicken Nuggets/Elementary	5 each	13.4
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Oriental Chicken	3.60 oz	16.53
Rice, Brown	servings (1/2c)	27.81
Egg roll chicken Whole Wheat	5 oz	20.0
Ice Cream Sandwich	1 each	25.0
Applesauce Cup	4 oz	22.0
fruit combo	1/2 c	16.0
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
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Portion Values - Detailed

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Generated on: 4/29/2019 11:34:12 AM

	Portion Size	Carb (g)
Mon - 05/13/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
Chick Caesar Saladhs/toast2013	1 each	45.3
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 2013	1 EACH	35.0
Chicken Nuggets/Elem	5 each	13.4
Garlic Toast	2 each	22.0
Pizza	slice	29.0
Cheesesteak Sandwich	1 each	40.43
POTATO WEDGES	1/2 cup	30.77
frosted cookie	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
craisins	1/4 cup	24.75
LSM	1 c	2.51
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
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Portion Values - Detailed

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Generated on: 4/29/2019 11:34:12 AM

	Portion Size	Carb (g)
Tue - 05/14/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Beef and Chicken Burrito	1 each	44.0
SALSA:COMMODITY	1 OZ	1.98
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Chicken Fried Steak WG	1 each	17.0
chicken patty (sub CFS)	1 each	10.25
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
CORN: frozen, yellow	.5 cup	21.89
GravyII - HS 2012	2 oz	6.02
Garlic Toast	2 each	22.0
STRAWBERRIES: frozen	1/2 cup	35.27
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Cherry Tomatoes	1/2 CUP	1.46
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
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	Portion Size	Carb (g)
Wed - 05/15/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
TACO SALAD	SERVINGS	20.11
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
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bunhs 2012	1 EACH	35.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Nachos2013ms	2 ounces	111.98
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
APPLES,Fresh medium	1 EACH	19.06
Peaches, frozen	1/2 cup	29.98
romaine salad	1 CUP	3.21
Bean Choice	1/2 CUP	22.42
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*1.98
% of Calories		*77.8%
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Generated on: 4/29/2019 11:34:12 AM

	Portion Size	Carb (g)
Thu - 05/16/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
Yogurt Parfait Meal 2012	1 each	*99.83
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Pizza MaxStix, wholegrain 2012	2 each	31.0
Marinara Sauce cup	1 oz	3.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Chicken strips 2012	3 strips	9.95
Dutch Waffle	1 each	43.0
Syrup, FSA signature	1 oz	18.43
FRUIT,FRESH ASSORTED	1 EACH	17.26
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/17/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
CRISPY CHICKEN SALAD	SERVINGS	7.16
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Chicken Nuggets/Elementary	5 each	13.4
Garlic Toast	2 each	22.0
Pizza	slice	29.0
Teriyaki Beef Dippers/element	4 Each	6.5
Egg roll chicken Whole Wheat	5 oz	20.0
Rice, Brown	servings (1/2c)	27.81
POTATO WEDGES	1/2 cup	30.77
SHERBET	4 oz	23.0
Applesauce Cup	4 oz	22.0
fruit combo	1/2 c	16.0
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 05/20/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
Chick Caesar Saladhs/toast2013	1 each	45.3
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 2013	1 EACH	35.0
Chicken Nuggets/Elem	5 each	13.4
Garlic Toast	2 each	22.0
Pizza	slice	29.0
BBQ CHICKEN ON BUNHS	2.2 oz	156.3
BBQ SAUCE	1 OZ	9.65
Mac n Cheese WG 2012	6 oz	30.0
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
APPLES,Fresh medium	1 EACH	19.06
craisins	1/4 cup	24.75
LSM	1 c	2.51
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/21/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
CORN DOG:Turkey	1 each	33.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Chicken Fried Steak WG	1 each	17.0
chicken patty (sub CFS)	1 each	10.25
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
CORN: frozen, yellow	.5 cup	21.89
GravyII - HS 2012	2 oz	6.02
Garlic Toast	2 each	22.0
STRAWBERRIES: frozen	1/2 cup	35.27
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Cherry Tomatoes	1/2 CUP	1.46
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/22/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
TACO SALAD	SERVINGS	20.11
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
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bunhs 2012	1 EACH	35.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Nachos2013ms	1/3 cup	37.33
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
APPLES,Fresh medium	1 EACH	19.06
Peaches, frozen	1/2 cup	29.98
LSM	1 c	2.51
Bean Choice	1/2 CUP	22.42
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*1.98
% of Calories		*77.8%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 4/29/2019 11:34:12 AM

	Portion Size	Carb (g)
Thu - 05/23/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
Yogurt Parfait Meal 2012	1 each	*99.83
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Pizza Ripper	1 each	37.0
Marinara Sauce cup	1 oz	3.0
Pizza	slice	29.0
CINNAMON SWIRL FRENCH TOAST	3 each	67.14
Sausage Link 2013	2 each	0.0
Hash Brown	1 each	14.0
Syrup, FSA signature	1 oz	18.43
FRUIT, FRESH ASSORTED	1 EACH	17.26
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES, DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 05/24/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
CRISPY CHICKEN SALAD	SERVINGS	7.16
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Chicken Nuggets/Elementary	5 each	13.4
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
Egg roll chicken Whole Wheat	5 oz	20.0
Cook's Choice Dessert	1 each	21.14
fruit combo	1/2 c	16.0
Applesauce Cup	4 oz	22.0
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/28/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Beef and Chicken Burrito	1 each	44.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Chicken Fried Steak WG	1 each	17.0
chicken patty (sub CFS)	1 each	10.25
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
CORN: frozen, yellow	.5 cup	21.89
GravyII - HS 2012	2 oz	6.02
Garlic Toast	2 each	22.0
STRAWBERRIES: frozen	1/2 cup	35.27
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Cherry Tomatoes	1/2 CUP	1.46
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/29/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
TACO SALAD	SERVINGS	20.11
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
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bunhs 2012	1 EACH	35.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Nachos2013ms	2 ounces	111.98
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
APPLES,Fresh medium	1 EACH	19.06
Peaches, frozen	1/2 cup	29.98
LSM	1 c	2.51
Bean Choice	1/2 CUP	22.42
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*1.98
% of Calories		*77.8%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 4/29/2019 11:34:12 AM

	Portion Size	Carb (g)
Thu - 05/30/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
Yogurt Parfait Meal 2012	1 each	*99.83
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 20122	1 EACH	38.25
Mini-Corn Dogs Elem	6 pieces	33.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Frito Chili Bowl	1	54.95
FRUIT,FRESH ASSORTED	1 EACH	17.26
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 4/29/2019 11:34:12 AM

	Portion Size	Carb (g)
Fri - 05/31/2019		
High School Lunch	Total	
Chef Salad w/garlic toast 2012	1 each	28.89
CRISPY CHICKEN SALAD	SERVINGS	7.16
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUNhs 2012	1 each	27.49
Chick on a Bun 2013	1 EACH	35.0
Chicken Nuggets/Elementary	5 each	13.4
Garlic Toast	2 each	22.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
Egg roll chicken Whole Wheat	3 oz	12.0
SHERBET	4 oz	23.0
Applesauce Cup	4 oz	22.0
fruit combo	1/2 c	16.0
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

Weighted Average		*1.98
		*77.8%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	1.98	77.78%			Missing			

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