

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 1

Generated on: 8/29/2019 2:03:44 PM

	Portion Size	Carb (g)
Wed - 09/04/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		245.29
% of Calories		66.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/05/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		76.90
% of Calories		87.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/06/2019		
High School Breakfast 2013	Total	
Baked Scone	1	26.2
sausage and cheese sandwich	sandwich	24.8
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.80
% of Calories		44.3%
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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 2

Generated on: 8/29/2019 2:03:44 PM

	Portion Size	Carb (g)
Mon - 09/09/2019		
High School Breakfast 2013	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
Cheese Quesadilla	1 each	20.05
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		38.48
% of Calories		31.0%
Nutrient Guideline		

Tue - 09/10/2019		
High School Breakfast 2013	Total	
Breakfast Pizza	1 each	19.0
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		19.00
% of Calories		47.5%
Nutrient Guideline		

Wed - 09/11/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		245.29
% of Calories		66.5%
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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 3

Generated on: 8/29/2019 2:03:44 PM

	Portion Size	Carb (g)
Thu - 09/12/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		76.90
% of Calories		87.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/13/2019		
High School Breakfast 2013	Total	
Baked Scone	1	26.2
sausage and cheese sandwich	sandwich	24.8
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.80
% of Calories		44.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/16/2019		
High School Breakfast 2013	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
Cheese Quesadilla	1 each	20.05
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		38.48
% of Calories		31.0%
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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 4

Generated on: 8/29/2019 2:03:44 PM

	Portion Size	Carb (g)
Tue - 09/17/2019		
High School Breakfast 2013	Total	
Breakfast Pizza	1 each	19.0
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		19.00
% of Calories		47.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/18/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		245.29
% of Calories		66.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/19/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		76.90
% of Calories		87.6%
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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 5

Generated on: 8/29/2019 2:03:44 PM

	Portion Size	Carb (g)
Fri - 09/20/2019		
High School Breakfast 2013	Total	
Baked Scone	1	26.2
sausage and cheese sandwich	sandwich	24.8
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.80
% of Calories		44.3%
Nutrient Guideline		

Mon - 09/23/2019		
High School Breakfast 2013	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
Cheese Quesadilla	1 each	20.05
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		38.48
% of Calories		31.0%
Nutrient Guideline		

Tue - 09/24/2019		
High School Breakfast 2013	Total	
Breakfast Pizza	1 each	19.0
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		19.00
% of Calories		47.5%
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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 6

Generated on: 8/29/2019 2:03:44 PM

	Portion Size	Carb (g)
Wed - 09/25/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		245.29
% of Calories		66.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/26/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		76.90
% of Calories		87.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/27/2019		
High School Breakfast 2013	Total	
Baked Scone	1	26.2
sausage and cheese sandwich	sandwich	24.8
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.80
% of Calories		44.3%
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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 7

Generated on: 8/29/2019 2:03:44 PM

	Portion Size	Carb (g)
Mon - 09/30/2019		
High School Breakfast 2013	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
Cheese Quesadilla	1 each	20.05
CEREAL, VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		38.48
% of Calories		31.0%
Nutrient Guideline		

Weighted Average		84.15 59.9%
------------------	--	----------------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	84.15	59.94%						

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.