

# Central Valley School District #356

Jun 3, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 5/29/2019 11:06:19 AM

|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 06/03/2019               |              |          |
| 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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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 2

Generated on: 5/29/2019 11:06:19 AM

|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 06/04/2019               |              |          |
| 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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High School Lunch

Portion Values - Detailed

Page 3

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|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 06/05/2019               |              |          |
| 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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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 06/06/2019               |              |          |
| 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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|                                | Portion Size    | Carb (g) |
|--------------------------------|-----------------|----------|
| Fri - 06/07/2019               |                 |          |
| 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%    |
| Nutrient Guideline             |                 |          |

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|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Mon - 06/10/2019               |              |          |
| 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 Bunhs 2012          | 1 EACH       | 35.0     |
| Pizza Pipeline HS 2012         | 1 each       | 8.1      |
| POTATO WEDGES                  | 1/2 cup      | 30.77    |
| Cook's Choice Fruit            | serving      | 13.32    |
| Cook's Choice Fruit            | serving      | 13.32    |
| Cook's Choice Vegetable        | serving      | 3.14     |
| Cook's Choice Vegetable        | serving      | 3.14     |
| Cook's Choice Vegetable        | serving      | 3.14     |
| 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         |              | *84.52   |
| % of Calories                  |              | *59.5%   |
| Nutrient Guideline             |              |          |

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|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 06/11/2019               |              |          |
| 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    |
| Pizza Pipeline HS 2012         | 1 each       | 8.1      |
| POTATO WEDGES                  | 1/2 cup      | 30.77    |
| Cook's Choice Fruit            | serving      | 13.32    |
| Cook's Choice Fruit            | serving      | 13.32    |
| Cook's Choice Vegetable        | serving      | 3.14     |
| Cook's Choice Vegetable        | serving      | 3.14     |
| Cook's Choice Vegetable        | serving      | 3.14     |
| 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         |              | *88.54   |
| % of Calories                  |              | *58.2%   |
| Nutrient Guideline             |              |          |

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|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 06/12/2019               |              |          |
| 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 Bunhs 2012          | 1 EACH       | 35.0     |
| Pizza Pipeline HS 2012         | 1 each       | 8.1      |
| POTATO WEDGES                  | 1/2 cup      | 30.77    |
| Cook's Choice Fruit            | serving      | 13.32    |
| Cook's Choice Fruit            | serving      | 13.32    |
| Cook's Choice Vegetable        | serving      | 3.14     |
| Cook's Choice Vegetable        | serving      | 3.14     |
| Cook's Choice Vegetable        | serving      | 3.14     |
| 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         |              | *84.52   |
| % of Calories                  |              | *59.5%   |
| Nutrient Guideline             |              |          |

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|                                | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Thu - 06/13/2019               |              |          |
| 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    |
| Pizza Pipeline HS 2012         | 1 each       | 8.1      |
| POTATO WEDGES                  | 1/2 cup      | 30.77    |
| Cook's Choice Fruit            | serving      | 13.32    |
| Cook's Choice Fruit            | serving      | 13.32    |
| Cook's Choice Vegetable        | serving      | 3.14     |
| Cook's Choice Vegetable        | serving      | 3.14     |
| Cook's Choice Vegetable        | serving      | 3.14     |
| 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         |              | *88.54   |
| % of Calories                  |              | *58.2%   |
| Nutrient Guideline             |              |          |

|                  |  |        |
|------------------|--|--------|
| Weighted Average |  | *69.62 |
|                  |  | *58.9% |

| Nutrient         | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|--------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 69.62    | 58.89%    |        |             | Missing   |           |         |                         |

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