

Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

Page 1

Generated on: 9/27/2019 10:40:56 AM

	Portion Size	Carb (g)
Tue - 10/01/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
CHICKEN FRIED STEAK 3z 2012	1 each	18.01
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	1/2 CUP	18.26
romaine salad	1 CUP	3.21
Sliced Green Peppers	1/2 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
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		*90.81
% of Calories		*53.8%
Nutrient Guideline		

Wed - 10/02/2019		
Mica Peak HS	Total	
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
pancake whole grain bulk	2 each	25.34
Sausage Link 2013	2 each	0.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1 EACH	11.28
Snow Peas	1/2 CUP	1.19
Spinach	1 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		*38.04
% of Calories		*45.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/03/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chicken strips 2012	3 strips	9.95
Waffles	2	13.89
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/2 CUP	7.5
LSM	1 c	2.51
Cherry Tomatoes	1/2 CUP	1.46
CAULIFLOWER,raw: fresh	1/2 CUP	2.49
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		44.78
% of Calories		49.4%
Nutrient Guideline		

Fri - 10/04/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Chick on a Bun 20122	1 EACH	38.25
mini offer bar sandwiches	1	*12.7
Grilled Cheese Sandwich18	sandwich	26.99
Tomato Soup	6 oz	16.29
Chocolate chip cookie/ IW	1.6 oz	28.06
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1 CUP	3.21
Carrots, fresh	1/2 cup	8.42
CUCUMBER,RAW	1/2 cup	1.22
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

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		*84.04 *56.8%
Nutrient Guideline		

Mon - 10/07/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Monte Cristo SandwichesHS	1 sandwich	17.31
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1 c	2.51
BROCCOLI,raw: fresh	1/2 cup	7.53
Carrots, fresh	1/2 cup	8.42
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 % of Calories		42.50 53.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/08/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Chick on a Bun 20122	1 EACH	38.25
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
kiwi	1 each	11.14
romaine salad	1 CUP	3.21
Sliced Green Peppers	1/2 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
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		*75.63
% of Calories		*48.6%
Nutrient Guideline		

Wed - 10/09/2019		
Mica Peak HS	Total	
Chick on a Bun 20122	1 EACH	38.25
mini offer bar sandwiches	1	*12.7
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1 EACH	11.28
Snow Peas	1/2 CUP	1.19
Spinach	1 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		*53.09
% of Calories		*69.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/10/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Build Your Own Taco or Nacho18	3 oz meat	47.02
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/2 CUP	7.5
LSM	1 c	2.51
Cherry Tomatoes	1/2 CUP	1.46
CAULIFLOWER,raw: fresh	1/2 CUP	2.49
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		49.53
% of Calories		39.9%
Nutrient Guideline		

Mon - 10/14/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Pizza Ripper	1 each	37.0
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1 c	2.51
BROCCOLI,raw: fresh	1/2 cup	7.53
Carrots, fresh	1/2 cup	8.42
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		62.18
% of Calories		54.4%
Nutrient Guideline		

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Mica Peak HS

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/15/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Chick on a Bun 20122	1 EACH	38.25
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
CHICKEN FRIED STEAK 3z 2012	1 each	18.01
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
Gravyll - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/2 CUP	18.26
romaine salad	1 CUP	3.21
Sliced Green Peppers	1/2 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
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		*90.81
% of Calories		*53.8%
Nutrient Guideline		

Wed - 10/16/2019		
Mica Peak HS	Total	
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Twisty Alfredo	1 cup	35.58
Garlic Toast	1 each	11.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1 EACH	11.28
Snow Peas	1/2 CUP	1.19
Spinach	1 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

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	Portion Size	Carb (g)
Weighted Daily Average		*59.28
% of Calories		*48.5%
Nutrient Guideline		

Thu - 10/17/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
SCRAMBLED EGGS	1/2 CUP	3.29
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/2 CUP	7.5
LSM	1 c	2.51
Cherry Tomatoes	1/2 CUP	1.46
CAULIFLOWER,raw: fresh	1/2 CUP	2.49
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		68.99
% of Calories		47.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/18/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Pulled Pork Sandwich	1	34.5
Ice Cream Bar	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1 CUP	3.21
Carrots, fresh	1/2 cup	8.42
Coleslaw	1/2 cup	18.65
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 pepper	dash	0.0
Weighted Daily Average		*72.20
% of Calories		*54.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/21/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Street Tacos	2 each	37.05
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1 c	2.51
BROCCOLI,raw: fresh	1/2 cup	7.53
Carrots, fresh	1/2 cup	8.42
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 pepper	dash	0.0
Weighted Daily Average		62.23
% of Calories		46.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/22/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Build Your Own Burger	1	26.0
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	1/2 CUP	18.26
romaine salad	1 CUP	3.21
Sliced Green Peppers	1/2 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
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		*72.80
% of Calories		*56.3%
Nutrient Guideline		

Wed - 10/23/2019		
Mica Peak HS	Total	
Chick on a Bun 20122	1 EACH	38.25
mini offer bar sandwiches	1	*12.7
Mac n Cheese WG 2012	6 oz	30.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1 EACH	11.28
Snow Peas	1/2 CUP	1.19
Spinach	1 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		*42.70
% of Calories		*50.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/24/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
MEATBALL SUB SANDWICH	1 each	43.63
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/2 CUP	7.5
LSM	1 c	2.51
Cherry Tomatoes	1/2 CUP	1.46
CAULIFLOWER,raw: fresh	1/2 CUP	2.49
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		46.15
% of Calories		34.9%
Nutrient Guideline		

Fri - 10/25/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Chick on a Bun 2013	1 EACH	35.0
mini offer bar sandwiches	1	*12.7
Beef and Broccoli18	4.4 oz	20.32
Brown Rice	1/2 cup	22.39
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1 CUP	3.21
Carrots, fresh	1/2 cup	8.42
CUCUMBER,RAW	1/2 cup	1.22
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		*55.41
% of Calories		*61.4%
Nutrient Guideline		

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/28/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Fish n Chips	4 each	21.6
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1 c	2.51
BROCCOLI,raw: fresh	1/2 cup	7.53
Carrots, fresh	1/2 cup	8.42
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 pepper	dash	0.0
Weighted Daily Average		46.78
% of Calories		48.4%
Nutrient Guideline		

Tue - 10/29/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
CHICKEN FRIED STEAK 3z 2012	1 each	18.01
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	1/2 CUP	18.26
romaine salad	1 CUP	3.21
Sliced Green Peppers	1/2 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
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 pepper	dash	0.0
pepper	dash	0.06

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

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Generated on: 9/27/2019 10:40:56 AM

	Portion Size	Carb (g)
Weighted Daily Average		*90.81
% of Calories		*53.8%
Nutrient Guideline		

Wed - 10/30/2019		
Mica Peak HS	Total	
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
pancake whole grain bulk	2 each	25.34
Sausage Link 2013	2 each	0.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1 EACH	11.28
Snow Peas	1/2 CUP	1.19
Spinach	1 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		*38.04
% of Calories		*45.6%
Nutrient Guideline		

Thu - 10/31/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chicken strips 2012	3 strips	9.95
Waffles	2	13.89
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/2 CUP	7.5
LSM	1 c	2.51
Cherry Tomatoes	1/2 CUP	1.46
CAULIFLOWER,raw: fresh	1/2 CUP	2.49
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

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

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Generated on: 9/27/2019 10:40:57 AM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		44.78 49.4%
Nutrient Guideline		

Weighted Average		*60.53 *50.8%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	60.53	50.80%			Missing			

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