

# Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 8/29/2019 1:38:45 PM

	Portion Size	Carb (g)
Wed - 09/04/2019		
High School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18HS	1 each	39.34
SALSA:COMMUNITY	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Grilled Cheese Sandwich18	sandwich	26.99
Tomato Soup	6 oz	16.29
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1/2 EACH	5.64
Snow Peas	1/4 CUP	0.59
Spinach	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		*135.59
% of Calories		*72.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/05/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Grilled Chicken Sandwich18	1 EACH	35.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Chix and Broc Cheesy Pasta18	2/3 cup	25.29
APPLES,Fresh medium	1 EACH	19.06
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		118.86
% of Calories		72.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/06/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Rice Bowl18	3 oz meat	*30.45
Brown Rice	1 cup	44.79
Ice Cream Bar	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
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		*192.55
% of Calories		*74.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/09/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Monte Cristo SandwichesHS	1 sandwich	17.31
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
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		171.50
% of Calories		62.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/10/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Grilled Chicken Sandwich18	1 EACH	35.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
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
BREAD STICK	1 each	11.0
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*
Bean Choice	1/4 CUP	11.21
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		131.32
% of Calories		62.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/11/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Taco or Nacho18	3 oz meat	47.02
ORANGES	1/2 EACH	5.64
MIXED FRUIT	1/2 CUP	18.07
Spinach	1/2 cup	*N/A*
Snow Peas	1/4 CUP	0.59
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		*139.33
% of Calories		*62.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/12/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Grilled Chicken Sandwich18	1 EACH	35.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Beef and Broccoli18	4.4 oz	20.32
Brown Rice	1/2 cup	22.39
Egg roll chicken Whole Wheat	5 oz	20.0
APPLES,Fresh medium	1 EACH	19.06
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		156.28
% of Calories		71.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/13/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Chicken Parmesan	1 EACH	15.15
PASTA	1/2 cup	20.41
Garlic Toast	1 each	11.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
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		*138.87
% of Calories		*63.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/16/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Meatball Sub Sandwich 2012	1 each	39.03
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		197.43
% of Calories		60.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/17/2019		
High School Lunch	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
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		78.11
% of Calories		50.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/18/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
BYO Baked Potato	1 each	37.21
BREAD STICK	2 each	22.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1 EACH	11.28
Snow Peas	1/2 CUP	1.19
Spinach	1/2 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		*151.52
% of Calories		*87.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/19/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Grilled Chicken Sandwich18	1 EACH	35.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Buffalo Mac-n-Cheese	6 oz	30.0
Garlic Toast	1 each	11.0
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 pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		135.83
% of Calories		69.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/20/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Chicken Teriyaki Rice Bowl	2.6 oz	80.36
Egg roll chicken Whole Wheat	5 oz	20.0
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
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		*217.67
% of Calories		*73.3%
Nutrient Guideline		

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# Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 09/23/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Street Tacos	2 each	37.05
SALSA:COMMUNITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
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		202.00
% of Calories		58.6%
Nutrient Guideline		

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# Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/24/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Grilled Chicken Sandwich18	1 EACH	35.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
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		138.40
% of Calories		64.9%
Nutrient Guideline		

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# Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/25/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
Syrup, FSA signature	1 oz	18.43
SCRAMBLED EGGS	1/2 CUP	3.29
ORANGES	1 EACH	11.28
MIXED FRUIT	1/2 CUP	18.07
Spinach	1 cup	*N/A*
Snow Peas	1/2 CUP	1.19
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		*158.79
% of Calories		*64.6%
Nutrient Guideline		

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# Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 17

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	Portion Size	Carb (g)
Thu - 09/26/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Grilled Chicken Sandwich18	1 EACH	35.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Pepper Steak Rice Bowl18	1/3 c. #12	*36.35
Egg roll chicken Whole Wheat	5 oz	20.0
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		*151.17
% of Calories		*68.0%
Nutrient Guideline		

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# Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/27/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Build Your Own Pasta Bar18	1	*38.1
Garlic Toast	1 each	11.0
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
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 pepper	dash	0.0
	dash	0.06
Weighted Daily Average		*141.41
% of Calories		*65.9%
Nutrient Guideline		

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# Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 09/30/2019		
High School Lunch	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
POTATO WEDGES	1/2 cup	30.77
Chick on a Bun 20122	1 EACH	38.25
POTATO WEDGES	1/2 cup	30.77
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
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	dash	0.0
pepper	dash	0.06
Weighted Daily Average		179.99
% of Calories		60.5%
Nutrient Guideline		

Weighted Average		*154.56 *66.1%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	154.56	66.09%			Missing			

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