

# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

Page 1

Generated on: 4/29/2019 11:31:22 AM

	Portion Size	Carb (g)
Wed - 05/01/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Chicken strips 2012	3 strips	9.95
Waffles	2	13.89
Syrup, FSA signature	2 oz	36.85
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1/2 each	5.57
FRUIT,FRESH ASSORTED	1 each	17.26
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
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		*77.96
% of Calories		*63.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/02/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Build Your Own Pasta Bar18	1	*39.6
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
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		*40.86
% of Calories		*35.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/03/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Chicken strips 2012	3 strips	9.95
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
Margarine cup	1 each	0.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
PEACHES: canned,light syrup	1/4 CUP	9.13
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
beets	1/4 cup	4.39
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		*24.79
% of Calories		*31.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/06/2019		
new middle school menu	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	23.47
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Build Your Own Noodle Bowl18	3 oz portions	*61.8
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
Jicama Sticks	1/4 cup	*N/A*
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		*106.24
% of Calories		*45.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/07/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
POTATO WEDGES	1/2 cup	30.77
Grilled Cheese Sandwich18	sandwich	27.79
POTATO WEDGES	1/2 cup	30.77
APPLES,Fresh medium	1 EACH	19.06
strawberries and bananas	1/4 cup	12.54
ORANGES HALVES	1/2 EACH	6.66
romaine salad	1/2 CUP	1.6
Snow Peas	1/4 CUP	0.59
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		82.31
% of Calories		59.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/08/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Monte Cristo Sandwiches	1/2 sandwich	17.31
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1/2 each	5.57
FRUIT,FRESH ASSORTED	1 each	17.26
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
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 pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*34.58
% of Calories		*61.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/09/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
TACO BURGER	1 EACH	28.98
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
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		30.24
% of Calories		30.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/10/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
BBQ chicken flatbread	1 sandwich	353.18
CHOCOLATE CHIP COOKIES	1 EACH	16.1
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
PEACHES: canned,light syrup	1/4 CUP	9.13
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
beets	1/4 cup	4.39
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		*378.41
% of Calories		*68.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/13/2019		
new middle school menu	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	23.47
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
BBQ Pork ON BUN	2.2 oz	28.67
Baked Chips - Variety	1 OZ	16.76
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
Jicama Sticks	1/4 cup	*N/A*
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		89.87
% of Calories		43.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/14/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
POTATO WEDGES	1/2 cup	30.77
Hot Dog on a Bun 2012	SERVING	27.0
APPLES,Fresh medium	1 EACH	19.06
strawberries and bananas	1/4 cup	12.54
ORANGES HALVES	1/2 EACH	6.66
romaine salad	1/2 CUP	1.6
Snow Peas	1/4 CUP	0.59
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		50.75
% of Calories		51.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/15/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Chicken Teriyaki Rice Bowl	2.6 oz	74.64
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1/2 each	5.57
FRUIT,FRESH ASSORTED	1 each	17.26
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
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		*91.90
% of Calories		*74.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/16/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Build Your Own Taco or Nacho18	3 oz meat	37.69
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
Harvest of the Month	1/4 cup	*N/A*
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		38.95
% of Calories		32.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/17/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Beef Stroganoff with Rotini18	1.5 cups	52.6
Garlic Toast	1 each	11.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
PEACHES: canned,light syrup	1/4 CUP	9.13
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
beets	1/4 cup	4.39
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		*72.73
% of Calories		*46.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/20/2019		
new middle school menu	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	23.47
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
SCRAMBLED EGGS	1/2 CUP	3.29
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
Jicama Sticks	1/4 cup	*N/A*
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		92.49
% of Calories		38.6%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:31:23 AM

	Portion Size	Carb (g)
Tue - 05/21/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
POTATO WEDGES	1/2 cup	30.77
French Dip Sandwich	1 each	32.75
POTATO WEDGES	1/2 cup	30.77
APPLES,Fresh medium	1 EACH	19.06
strawberries and bananas	1/4 cup	12.54
ORANGES HALVES	1/2 EACH	6.66
romaine salad	1/2 CUP	1.6
Snow Peas	1/4 CUP	0.59
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		87.27
% of Calories		61.4%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:31:23 AM

	Portion Size	Carb (g)
Wed - 05/22/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Baked Spaghetti	6 oz sauce	32.01
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1/2 each	5.57
FRUIT,FRESH ASSORTED	1 each	17.26
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
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		*49.28
% of Calories		*46.9%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:31:23 AM

	Portion Size	Carb (g)
Thu - 05/23/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Chicken strips 2012	3 strips	9.95
MACARONI AND CHEESE	2/3 CUP	27.44
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
Cherry Tomatoes	1/4 CUP	0.73
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		38.65
% of Calories		30.9%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:31:23 AM

	Portion Size	Carb (g)
Fri - 05/24/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Build Your Own Rice Bowl18	3 oz meat	*146.28
CHOCOLATE CHIP COOKIES	1 EACH	16.1
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
PEACHES: canned,light syrup	1/4 CUP	9.13
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
beets	1/4 cup	4.39
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		*171.51
% of Calories		*44.8%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:31:23 AM

	Portion Size	Carb (g)
Tue - 05/28/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
POTATO WEDGES	1/2 cup	30.77
French Dip Sandwich	1 each	32.75
POTATO WEDGES	1/2 cup	30.77
APPLES,Fresh medium	1 EACH	19.06
strawberries and bananas	1/4 cup	12.54
ORANGES HALVES	1/2 EACH	6.66
romaine salad	1/2 CUP	1.6
Snow Peas	1/4 CUP	0.59
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		87.27
% of Calories		61.4%
Nutrient Guideline		

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

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:31:23 AM

	Portion Size	Carb (g)
Wed - 05/29/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Baked Spaghetti	6 oz sauce	32.01
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1/2 each	5.57
FRUIT,FRESH ASSORTED	1 each	17.26
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
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		*49.28
% of Calories		*46.9%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:31:23 AM

	Portion Size	Carb (g)
Thu - 05/30/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Chicken strips 2012	3 strips	9.95
MACARONI AND CHEESE	2/3 CUP	27.44
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
Cherry Tomatoes	1/4 CUP	0.73
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		38.65
% of Calories		30.9%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:31:23 AM

	Portion Size	Carb (g)
Fri - 05/31/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	27.46
Build Your Own Rice Bowl18	3 oz meat	*146.28
CHOCOLATE CHIP COOKIES	1 EACH	16.1
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
PEACHES: canned,light syrup	1/4 CUP	9.13
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
beets	1/4 cup	4.39
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		*171.51
% of Calories		*44.8%
Nutrient Guideline		

Weighted Average		*86.61 *49.5%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	86.61	49.46%			Missing			

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