

Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

New Middle School Break menu

Portion Values - Detailed

Page 1

Generated on: 9/27/2019 11:11:17 AM

	Portion Size	Carb (g)
Tue - 10/01/2019		
New Middle School Break m	Total	
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 10/02/2019		
New Middle School Break m	Total	
muffin-assorted	1	26.0
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 10/03/2019		
New Middle School Break m	Total	
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		0.00
% of Calories		0.0%
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

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Oct 1, 2019 thru Oct 31, 2019

New Middle School Break menu

Generated on: 9/27/2019 11:11:17 AM

	Portion Size	Carb (g)
Fri - 10/04/2019		
New Middle School Break m	Total	
Baked Scone	1	26.2
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		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/07/2019		
New Middle School Break m	Total	
Breakfast Quesadilla	1	14.0
SALSA:COMMODITY	1 OZ	1.98
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		1.98
% of Calories		77.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/08/2019		
New Middle School Break m	Total	
Egg and Cheese Sandwich	sandwich	29.0
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		0.00
% of Calories		0.0%
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

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

New Middle School Break menu

Portion Values - Detailed

Page 3

Generated on: 9/27/2019 11:11:17 AM

	Portion Size	Carb (g)
Wed - 10/09/2019		
New Middle School Break m	Total	
Breakfast Pizza	1 each	19.0
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		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/10/2019		
New Middle School Break m	Total	
Yogurt Parfait 2012	1 each	76.9
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		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/14/2019		
New Middle School Break m	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
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		18.43
% of Calories		38.3%
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

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

New Middle School Break menu

Portion Values - Detailed

Page 4

Generated on: 9/27/2019 11:11:17 AM

	Portion Size	Carb (g)
Tue - 10/15/2019		
New Middle School Break m	Total	
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 10/16/2019		
New Middle School Break m	Total	
muffin-assorted	1	26.0
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 10/17/2019		
New Middle School Break m	Total	
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		0.00
% of Calories		0.0%
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

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Oct 1, 2019 thru Oct 31, 2019

New Middle School Break menu

Generated on: 9/27/2019 11:11:17 AM

	Portion Size	Carb (g)
Fri - 10/18/2019		
New Middle School Break m	Total	
Baked Scone	1	26.2
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		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/21/2019		
New Middle School Break m	Total	
Breakfast Quesadilla	1	14.0
SALSA:COMMODITY	1 OZ	1.98
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		1.98
% of Calories		77.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/22/2019		
New Middle School Break m	Total	
Egg and Cheese Sandwich	sandwich	29.0
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		0.00
% of Calories		0.0%
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

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

New Middle School Break menu

Portion Values - Detailed

Page 6

Generated on: 9/27/2019 11:11:17 AM

	Portion Size	Carb (g)
Wed - 10/23/2019		
New Middle School Break m	Total	
Breakfast Pizza	1 each	19.0
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		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/24/2019		
New Middle School Break m	Total	
Yogurt Parfait 2012	1 each	76.9
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		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/25/2019		
New Middle School Break m	Total	
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		0.00
% of Calories		0.0%
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

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

New Middle School Break menu

Portion Values - Detailed

Page 7

Generated on: 9/27/2019 11:11:17 AM

	Portion Size	Carb (g)
Mon - 10/28/2019		
New Middle School Break m	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
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		18.43
% of Calories		38.3%
Nutrient Guideline		

Tue - 10/29/2019		
New Middle School Break m	Total	
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 10/30/2019		
New Middle School Break m	Total	
muffin-assorted	1	26.0
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		0.00
% of Calories		0.0%
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

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

New Middle School Break menu

Portion Values - Detailed

Page 8

Generated on: 9/27/2019 11:11:17 AM

	Portion Size	Carb (g)
Thu - 10/31/2019		
New Middle School Break m	Total	
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Weighted Average		10.21
		40.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	10.21	40.26%						

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.