

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

Page 1

Generated on: 8/29/2019 1:33:08 PM

	Portion Size	Carb (g)
Wed - 09/04/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
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
ORANGES	1/2 EACH	5.64
PEARS: canned,light syrup	1/4 CUP	9.52
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		*70.22
% of Calories		*61.1%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Thu - 09/05/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
Build Your Own Pasta Bar18	1	*38.1
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		*39.36
% of Calories		*42.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/06/2019		
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	26.0
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
FRUIT,FRESH ASSORTED	1 each	17.26
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		*32.92
% of Calories		*38.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/09/2019		
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	40.9
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
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
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		*123.67
% of Calories		*49.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/10/2019		
new middle school menu	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
Grilled Cheese Sandwich18	sandwich	26.99
POTATO WEDGES	1/2 cup	30.77
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		78.10
% of Calories		62.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/11/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18HS	1 each	39.34
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	26.0
Monte Cristo Sandwiches	1/2 sandwich	17.16
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
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		*26.67
% of Calories		*52.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/12/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
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 - 09/13/2019		
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	26.0
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
FRUIT,FRESH ASSORTED	1 each	17.26
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		*386.54
% of Calories		*69.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/16/2019		
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	40.9
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Fish n Chips	4 each	21.6
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
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		*96.17
% of Calories		*46.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/17/2019		
new middle school menu	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
Chick on a Bun 2013	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
MEATBALL SUB SANDWICH	1 each	43.63
POTATO WEDGES	1/2 cup	30.77
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*
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		*108.23
% of Calories		*52.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/18/2019		
new middle school menu	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18HS	1 each	39.34
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	26.0
mini offer bar sandwiches	1	*12.7
Chicken strips 2012	3 strips	9.95
Waffles	2	13.89
Syrup, FSA signature	2 oz	36.85
kiwi	1 each	11.14
ORANGES	1/2 EACH	5.64
PEARS: canned,light syrup	1/4 CUP	9.52
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	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		*82.92
% of Calories		*63.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/19/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Build Your Own Pasta Bar18	1	*38.1
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		*52.06
% of Calories		*48.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/20/2019		
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	26.0
mini offer bar sandwiches	1	*12.7
Turkey and Cheese panini	1 each	37.36
Ice Cream Bar	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
FRUIT,FRESH ASSORTED	1 each	17.26
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		*92.32
% of Calories		*61.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/23/2019		
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	40.9
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Cuban	1 sandwich	29.03
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
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		*103.60
% of Calories		*52.7%
Nutrient Guideline		

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Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/24/2019		
new middle school menu	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
Chick on a Bun 2013	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
BYO Baked Potato	1 each	37.21
BREAD STICK	2 each	22.0
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*
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		*93.04
% of Calories		*81.3%
Nutrient Guideline		

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Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/25/2019		
new middle school menu	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
Build Your Own Burger	1	26.0
Grilled Chicken Sandwich18	1 EACH	35.0
mini offer bar sandwiches	1	*12.7
Sesame Chicken with Noodles	1 cup	50.13
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
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		*48.22
% of Calories		*43.7%
Nutrient Guideline		

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Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 09/26/2019		
new middle school menu	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
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Grilled Cheese Sandwich18	sandwich	26.99
Tomato Soup	6 oz	16.29
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		*57.24
% of Calories		*56.5%
Nutrient Guideline		

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Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/27/2019		
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	26.0
mini offer bar sandwiches	1	*12.7
Chicken Parmesan	1 EACH	15.15
BREAD STICK	2 each	22.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
FRUIT,FRESH ASSORTED	1 each	17.26
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		*67.11
% of Calories		*50.9%
Nutrient Guideline		

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Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

new middle school menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 09/30/2019		
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	40.9
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Chicken Sandwich18	1 EACH	35.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Meatball Gyro with Tzatziki	1 pita	19.79
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
BROCCOLI,raw: fresh	1/4 cup	3.76
Carrots, fresh	1/4 cup	4.21
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	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		*94.36
% of Calories		*42.3%
Nutrient Guideline		

Weighted Average		*88.58
		*55.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	88.58	55.01%			Missing			

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