

# Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

Page 1

Generated on: 8/29/2019 1:23:33 PM

	Portion Size	Carb (g)
Wed - 09/04/2019		
Elementary Clean Menu	Total	
Meatballs w/Marinara18	5 meatballs	33.53
PASTA	1/2 cup	20.41
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1/4 each	2.79
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
Snow Peas	1/4 CUP	0.59
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/05/2019		
Elementary Clean Menu	Total	
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
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		130.36
% of Calories		58.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/06/2019		
Elementary Clean Menu	Total	
Chicken strips 2012	3 strips	9.95
BREAD STICK	1 each	11.0
KETCHUP: individual	Pkt 6g	1.57
BBQ SAUCE	1 OZ	9.65
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1/2 EACH	11.53
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		97.64
% of Calories		63.4%
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

<sup>1</sup> - 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

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

Page 2

Generated on: 8/29/2019 1:23:33 PM

	Portion Size	Carb (g)
Mon - 09/09/2019		
Elementary Clean Menu	Total	
Roasted Chicken	portion	0.0
Roasted Potatoes18	1/2 cup	18.03
KETCHUP: individual	Pkt 6g	1.57
APPLES,Fresh medium	1 EACH	19.06
FRUIT,FRESH ASSORTED	1 each	17.26
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 09/10/2019		
Elementary Clean Menu	Total	
Grilled Ham and Cheese	Sandwich	31.68
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 09/11/2019		
Elementary Clean Menu	Total	
Pizza	slice	29.0
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 Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
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

<sup>1</sup> - 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

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

Page 3

Generated on: 8/29/2019 1:23:33 PM

	Portion Size	Carb (g)
Thu - 09/12/2019		
Elementary Clean Menu	Total	
Build Your Own Burger	1	26.0
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
mini offer bar sandwiches	1	*12.7
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		*91.60
% of Calories		*53.8%
Nutrient Guideline		

Fri - 09/13/2019		
Elementary Clean Menu	Total	
Chix and Broc Cheesy Pasta18	2/3 cup	25.29
BREAD STICK	1 each	11.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1/2 EACH	11.53
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		121.75
% of Calories		68.8%
Nutrient Guideline		

Mon - 09/16/2019		
Elementary Clean Menu	Total	
Grilled Chicken Sandwich18	1 EACH	35.0
mini offer bar sandwiches	1	*12.7
Apple and Sunbutter Boat	1	36.06
Roasted Potato Wedge18	1/2 cup	36.1
APPLES,Fresh small	1 EACH	14.64
FRUIT,FRESH ASSORTED	1 each	17.26
STRAWBERRIES: frozen	1/4 cup	17.64
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
BROCCOLI,raw: fresh	1/4 cup	3.76
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		*177.32
% of Calories		*62.2%
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

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

Page 4

Generated on: 8/29/2019 1:23:33 PM

	Portion Size	Carb (g)
Tue - 09/17/2019		
Elementary Clean Menu	Total	
Meatballs w/Marinara25	5 meatballs	33.59
BREAD STICK	1 each	11.0
Yogurt Meal	1 each	49.94
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 Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		110.52
% of Calories		58.7%
Nutrient Guideline		

Wed - 09/18/2019		
Elementary Clean Menu	Total	
Orange Chicken	3.6 oz	19.39
Brown Rice	1/2 cup	22.39
SUB SANDWICHel18	1 each	29.43
mini offer bar sandwiches	1	*12.7
Chocolate chip cookie/ IW	1.6 oz	28.06
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*
Carrots, fresh	1/2 cup	8.42
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Weighted Daily Average		*141.00
% of Calories		*60.4%
Nutrient Guideline		

Thu - 09/19/2019		
Elementary Clean Menu	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
SCRAMBLED EGGS	1/2 CUP	3.29
Syrup, FSA signature	1 oz	18.43
BYOyogurtparfait18	1 each	64.17
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68

\*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

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

Page 5

Generated on: 8/29/2019 1:23:34 PM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		172.14 58.7%
Nutrient Guideline		

Fri - 09/20/2019		
Elementary Clean Menu	Total	
Build Your Own Nachoselem	2 oz meat	39.76
Cobb Salad/Garlic Toastelem18	1 each	*5.57
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1/2 EACH	11.53
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average % of Calories		*130.80 *54.6%
Nutrient Guideline		

Mon - 09/23/2019		
Elementary Clean Menu	Total	
Roasted Chicken	portion	0.0
BREAD STICK	1 each	11.0
Apple and Sunbutter Boat	1 each	7.0
Roasted Potato Wedge18	1/2 cup	36.1
KETCHUP: individual	Pkt 6g	1.57
APPLES,Fresh medium	1 EACH	19.06
FRUIT,FRESH ASSORTED	1 each	17.26
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average % of Calories		109.84 63.4%
Nutrient Guideline		

Tue - 09/24/2019		
Elementary Clean Menu	Total	
Grilled Ham and Cheese	Sandwich	31.68
Chef Saladelem	1 each	3.92
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 Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68

\*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

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

Page 6

Generated on: 8/29/2019 1:23:34 PM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		106.44 58.2%
Nutrient Guideline		

Wed - 09/25/2019		
Elementary Clean Menu	Total	
Pizza	slice	29.0
Taco Salad 18HS	1 each	39.34
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*
Carrots, fresh	1/4 cup	4.21
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Weighted Daily Average % of Calories		*129.84 *48.4%
Nutrient Guideline		

Thu - 09/26/2019		
Elementary Clean Menu	Total	
Chicken strips 2012	3 strips	9.95
Waffles	1	13.89
KETCHUP: individual	Pkt 6g	1.57
BBQ SAUCE	1 OZ	9.65
Syrup, FSA signature	1 oz	18.43
Ham and Cheese on a Bun 2012	1 each	29.01
mini offer bar sandwiches	1	*12.7
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average % of Calories		*91.04 *59.2%
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

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

Page 7

Generated on: 8/29/2019 1:23:34 PM

	Portion Size	Carb (g)
Fri - 09/27/2019		
Elementary Clean Menu	Total	
Build Your Own Burger	1	26.0
Deli Bento Box	1 each	17.94
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1/2 EACH	11.53
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		113.26
% of Calories		58.8%
Nutrient Guideline		

Mon - 09/30/2019		
Elementary Clean Menu	Total	
Quesadilla Burger	1 each	24.97
Apple and Sunbutter Boat	1 each	7.0
Roasted Potato Wedge <sup>18</sup>	1/2 cup	36.1
KETCHUP: individual	Pkt 6g	1.57
BBQ SAUCE	1 OZ	9.65
APPLES,Fresh medium	1 EACH	19.06
FRUIT,FRESH ASSORTED	1 each	17.26
STRAWBERRIES: frozen	1/4 cup	17.64
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
BROCCOLI,raw: fresh	1/4 cup	3.76
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		47.33
% of Calories		85.7%
Nutrient Guideline		

Weighted Average		*118.06
		*59.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	118.06	59.21%			Missing			

\*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

<sup>1</sup> - 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.