

Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

Page 1

Generated on: 9/27/2019 11:14:46 AM

| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 10/01/2019 | | |
| 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 |
| Chick on a Bun 20122 | 1 EACH | 38.25 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| Build Your Own Cheeseburger | 1 | 26.8 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 | | *121.58 |
| % of Calories | | *59.9% |
| 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.

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Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|---------------------------|--------------|----------|
| Wed - 10/02/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 EACH | 11.28 |
| Snow Peas | 1/2 CUP | 1.19 |
| Spinach | 1/2 cup | *N/A* |
| Black beans | 1/2 cup | 9.94 |
| 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 | | *148.29 |
| % of Calories | | *73.2% |
| Nutrient Guideline | | |

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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Generated on: 9/27/2019 11:14:46 AM

| | Portion Size | Carb (g) |
|------------------------------|--------------|----------|
| Thu - 10/03/2019 | | |
| 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 Cheeseburger | 1 | 26.8 |
| mini offer bar sandwiches | 1 | *12.7 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| Chix and Broc Cheesy Pasta18 | 2/3 cup | 25.29 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANAS | 1 EACH | 23.07 |
| 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 | | *132.82 |
| % of Calories | | *73.4% |
| Nutrient Guideline | | |

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Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------|--------------|----------|
| Fri - 10/04/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| Build Your Own Rice Bowl18 | 2 oz meat | *30.45 |
| Brown Rice | 1 cup | 44.79 |
| Ice Cream Bar | 1 each | 25.0 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| GRAPES,Fresh | 1/2 CUP | 7.5 |
| 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 | | *205.24 |
| % of Calories | | *74.8% |
| Nutrient Guideline | | |

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Portion Values - Detailed

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| | Portion Size | Carb (g) |
|---------------------------|--------------|----------|
| Mon - 10/07/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| Monte Cristo SandwichesHS | 1 sandwich | 17.31 |
| 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 | | *188.41 |
| % of Calories | | *63.9% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 10/08/2019 | | |
| 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 |
| Chick on a Bun 20122 | 1 EACH | 38.25 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| Build Your Own Cheeseburger | 1 | 26.8 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 | 2 each | 22.0 |
| 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 | | *159.05 |
| % of Calories | | *65.7% |
| Nutrient Guideline | | |

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Wed - 10/09/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| Build Your Own Taco or Nacho18 | 2 oz meat | 47.02 |
| SALSA:COMMODITY | 1 OZ | 1.98 |
| SOUR CREAM | 1 oz | 4.57 |
| ORANGES | 1 EACH | 11.28 |
| MIXED FRUIT | 1/2 CUP | 18.07 |
| Spinach | 1 cup | *N/A* |
| Snow Peas | 1/2 CUP | 1.19 |
| Black beans | 1/2 cup | 9.94 |
| 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 | | *158.58 |
| % of Calories | | *63.8% |
| Nutrient Guideline | | |

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

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Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|------------------------------|--------------|----------|
| Thu - 10/10/2019 | | |
| 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 Cheeseburger | 1 | 26.8 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 |
| BANANAS | 1 EACH | 23.07 |
| 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 | 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 | | *170.23 |
| % of Calories | | *72.2% |
| Nutrient Guideline | | |

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Base Menu Spreadsheet

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Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------|--------------|----------|
| Mon - 10/14/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 | | *210.12 |
| % of Calories | | *61.3% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 10/15/2019 | | |
| 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 |
| Chick on a Bun 20122 | 1 EACH | 38.25 |
| Build Your Own Cheeseburger | 1 | 26.8 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 pepper | dash | 0.0 |
| pepper | dash | 0.06 |
| Weighted Daily Average | | *90.81 |
| % of Calories | | *53.8% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|---------------------------|--------------|----------|
| Wed - 10/16/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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* |
| Black beans | 1/2 cup | 9.94 |
| 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 | | *164.22 |
| % of Calories | | *87.0% |
| 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

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-----------------------------|--------------|----------|
| Thu - 10/17/2019 | | |
| 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 |
| 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 Cheeseburger | 1 | 26.8 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| Buffalo Mac-n-Cheese | 6 oz | 30.0 |
| Garlic Toast | 1 each | 11.0 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANA | 1 | 34.26 |
| 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 | | *148.53 |
| % of Calories | | *70.7% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|------------------------------|--------------|----------|
| Fri - 10/18/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 |
| GRAPES,Fresh | 1/2 CUP | 7.5 |
| 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 | | *230.37 |
| % of Calories | | *73.9% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|---------------------------|--------------|----------|
| Mon - 10/21/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| Street Tacos | 2 each | 37.05 |
| SALSA:COMMODITY | 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 | 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 | | *214.70 |
| % of Calories | | *59.7% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 10/22/2019 | | |
| 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 Cheeseburger | 1 | 26.8 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 | 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 | | *151.10 |
| % of Calories | | *66.2% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|-----------------------------|--------------|----------|
| Wed - 10/23/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 |
| Black beans | 1/2 cup | 9.94 |
| 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 | | *171.49 |
| % of Calories | | *65.8% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|------------------------------|--------------|----------|
| Thu - 10/24/2019 | | |
| 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 Cheeseburger | 1 | 26.8 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 |
| BANANA | 1 | 34.26 |
| 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 | | *163.87 |
| % of Calories | | *69.0% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|----------------------------|--------------|----------|
| Fri - 10/25/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| Build Your Own Pasta Bar18 | 1 | *4.65 |
| PASTA | 1 cup | 40.82 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| GRAPES,Fresh | 1/2 CUP | 7.5 |
| 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 | | *150.48 |
| % of Calories | | *69.1% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|---------------------------|--------------|----------|
| Mon - 10/28/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| Fish n Chips | 4 each | 21.6 |
| BREAD STICK | 1 each | 11.0 |
| 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 | 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 | | *203.69 |
| % of Calories | | *62.2% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|--------------------------------|--------------|----------|
| Tue - 10/29/2019 | | |
| 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 |
| Chick on a Bun 20122 | 1 EACH | 38.25 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| Build Your Own Cheeseburger | 1 | 26.8 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 | | *121.58 |
| % of Calories | | *59.9% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|---------------------------|--------------|----------|
| Wed - 10/30/2019 | | |
| 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 |
| mini offer bar sandwiches | 1 | *12.7 |
| 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 EACH | 11.28 |
| Snow Peas | 1/2 CUP | 1.19 |
| Spinach | 1/2 cup | *N/A* |
| Black beans | 1/2 cup | 9.94 |
| 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 | | *148.29 |
| % of Calories | | *73.2% |
| Nutrient Guideline | | |

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Lunch

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|------------------------------|--------------|----------|
| Thu - 10/31/2019 | | |
| 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 Cheeseburger | 1 | 26.8 |
| mini offer bar sandwiches | 1 | *12.7 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| Chix and Broc Cheesy Pasta18 | 2/3 cup | 25.29 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANAS | 1 EACH | 23.07 |
| 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 | | *132.82 |
| % of Calories | | *73.4% |
| Nutrient Guideline | | |

| | | |
|------------------|--|---------|
| Weighted Average | | *163.01 |
| | | *67.4% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|--------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 163.01 | 67.39% | | | 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

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.