

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Horizon Lunch

Portion Values - Detailed

Page 1

Generated on: 8/29/2019 2:15:00 PM

	Portion Size	Carb (g)
Wed - 09/04/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	13.75
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	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		*17.26
% of Calories		*106.2
Nutrient Guideline		

Thu - 09/05/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Yogurt Parfait Meal 2012	1 each	*99.83
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Sweet & Sour Chicken N231 2012	3.92 oz	18.0
Rice, Brown	servings (1/2c)	33.37
ORANGES	1 EACH	11.28
MIXED FRUIT	1/2 CUP	18.07
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
CORN: frozen, yellow	1/4 cup	10.94
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		*101.09
% of Calories		*46.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/06/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Grilled Cheese Sandwich18	sandwich	26.99
Baked Chips - Variety	1 OZ	16.76
frosted cookie	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
CELERY STICKS/2	1/4 cup	0.89
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 09/09/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chicken strips 2012	3 strips	9.95
Dutch Waffle	1 each	43.0
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1/2 c	1.26
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	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Tue - 09/10/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
hot turkey and cheese	1 each	31.6
POTATO WEDGES	1/2 cup	30.77
ORANGES	1 EACH	11.28
PEARS: canned,light syrup	1/2 CUP	19.04
romaine salad	1/2 CUP	1.6
Sliced Red 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
TARTAR SAUCE	2 TBSP	7.94
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 % of Calories		38.18 78.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/11/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Nachos2013ms	1/2 cup	55.99
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
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		*0.00
% of Calories		*0.0%
Nutrient Guideline		

Thu - 09/12/2019		
Horizon 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
Chicken Drumstick	1 EACH	0.0
cornbread muffin	1 each	28.85
ORANGES	1 EACH	11.28
MIXED FRUIT	1/4 CUP	9.03
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
CORN: frozen, yellow	1/4 cup	10.94
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	2.77
MILK - Variety	1 cup	27.68
BBQ SAUCE	1 OZ	9.65
Mrs. Dash	dash	0.0
Lemon Pepper pepper	dash	0.0
pepper	dash	0.06

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	Portion Size	Carb (g)
Weighted Daily Average		59.19
% of Calories		55.8%
Nutrient Guideline		

Fri - 09/13/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Cheese and Pepperoni Calzone	pocket	35.0
Marinara Sauce	1 oz	*N/A*
Brownie	1 each	32.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
CELERY STICKS/2	1/4 cup	0.89
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		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/16/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 20122	1 EACH	38.25
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1/2 c	1.26
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	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		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 09/17/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Popcorn Chicken	13 pieces	11.91
POTATO WEDGES	1/2 cup	30.77
ORANGES	1 EACH	11.28
PEARS: canned,light syrup	1/2 CUP	19.04
romaine salad	1/2 CUP	1.6
Sliced Red 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		11.28
% of Calories		100.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/18/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Philly Cheesesteak Ciabatta	1 each	37.1
Baked Chips - Variety	1 OZ	16.76
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
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		*17.26
% of Calories		*106.2
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/19/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Yogurt Parfait Meal 2012	1 each	*99.83
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
chili 3-16-10	3/4 cup	23.83
cornbread muffin	1 each	28.85
ORANGES	1 EACH	11.28
MIXED FRUIT	1/4 CUP	9.03
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
mayo lite bulk	tbls	0.95
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		*137.71
% of Calories		*51.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/20/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
frosted cookie	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
CELERY STICKS/2	1/4 cup	0.89
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 09/23/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
SLOPPY JOE ON A BUN/Secondary	1/3c + bun	25.41
Baked Chips - Variety	1 OZ	16.76
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
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

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Tue - 09/24/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
Syrup, FSA signature	1 oz	18.43
Sausage Links, 1.4 oz each	2 each	2.63
Hash Brown	1 each	14.0
ORANGES	1 EACH	11.28
PEARS: canned,light syrup	1/2 CUP	19.04
romaine salad	1/2 CUP	1.6
Sliced Red 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 % of Calories		25.28 57.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/25/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Monte Cristo Sandwiches	1/2 sandwich	17.16
Baked Chips - Variety	1 OZ	16.76
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
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
Weighted Daily Average		*17.26
% of Calories		*106.2
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/26/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait Meal 2012	1 each	*99.83
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chicken strips 2012	3 strips	9.95
Dutch Waffle	1 each	43.0
Syrup, FSA signature	1 oz	18.43
ORANGES	1 EACH	11.28
MIXED FRUIT	1/4 CUP	9.03
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
CORN: frozen, yellow	1/4 cup	10.94
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	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper pepper	dash	0.0
	dash	0.06

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		*108.86
% of Calories		*48.8%
Nutrient Guideline		

Fri - 09/27/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Hot ham and cheese	sandwich	32.72
Baked chips	1 each	19.0
Brownie	1 each	32.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
CELERY STICKS/2	1/4 cup	0.89
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		42.07
% of Calories		84.2%
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

Horizon Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 09/30/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Pizza Ripper	1 each	37.0
Marinara Sauce	1 oz	*N/A*
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1/2 c	1.26
CUCUMBER,RAW	1/4 cup	0.61
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		*4.21
% of Calories		*93.5%
Nutrient Guideline		

Weighted Average		*48.30
		*57.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	48.30	56.98%			Missing			

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