

Central Valley School District #356

Jun 3, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 5/29/2019 10:38:06 AM

	Portion Size	Carb (g)
Mon - 06/03/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Crispy Chicken Salad 2012	1 each	43.17
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Spicy/Reg Popcorn Chicken 2013	12 pieces	16.0
BBQ SAUCE	2 OZ	19.29
Garlic Toast	2 each	22.0
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	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
Jicama Sticks	1/4 cup	*N/A*
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		17.26
% of Calories		106.2%
Nutrient Guideline		

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Page 2

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	Portion Size	Carb (g)
Tue - 06/04/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
hot turkey and cheese	1 each	31.6
CHEESEBURGER ON A BUN 2012	1 each	26.8
Shrimp Poppers	13 pieces	11.91
TARTAR SAUCE	2 TBSP	7.94
cornbread muffin	1 each	28.85
POTATO WEDGES	1/2 cup	30.77
APPLES,Fresh medium	1 EACH	19.06
strawberries and bananas	1/4 cup	12.54
ORANGES HALVES	1/2 EACH	6.66
romaine salad	1/2 CUP	1.6
Snow Peas	1/4 CUP	0.59
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	dash	0.0
pepper	dash	0.06
Weighted Daily Average		68.48
% of Calories		67.9%
Nutrient Guideline		

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Page 3

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	Portion Size	Carb (g)
Wed - 06/05/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
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
Chick on a Bun 2013	1 EACH	35.0
Spicy/Reg Popcorn Chicken 2013	12 pieces	16.0
Garlic Toast	2 each	22.0
Nachos2013ms	1/2 cup	55.99
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1/2 each	5.57
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		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Page 4

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	Portion Size	Carb (g)
Thu - 06/06/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
Hot ham and cheese	sandwich	32.72
Baked Chips - Variety	1 OZ	16.76
Mini-Corn Dogs Elem	6 pieces	33.0
Mac n Cheese WG 2012	3 oz	15.0
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
BBQ SAUCE	1 OZ	9.65
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		84.37
% of Calories		54.2%
Nutrient Guideline		

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Page 5

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	Portion Size	Carb (g)
Fri - 06/07/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Chick Caesar Saladms/toast2012	1 each	34.24
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Spicy/Regular Chick on a Bun	1 EACH	39.0
Cheese and Pepperoni Calzone	pocket	35.0
Marinara Sauce	1 oz	*N/A*
Spaghetti and Meat Sauce	3/4 cup	20.65
Garlic Toast	1 each	11.0
Cook's Choice Dessert	1 each	21.14
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
PEACHES: canned,light syrup	1/4 CUP	9.13
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
beets	1/4 cup	4.39
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		*9.13
% of Calories		*107.8
Nutrient Guideline		

Mon - 06/10/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		186.45
% of Calories		47.4%
Nutrient Guideline		

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Page 6

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	Portion Size	Carb (g)
Tue - 06/11/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Cook's Choice	1	0.0
POTATO WEDGES	1/2 cup	30.77
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		217.22
% of Calories		50.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 06/12/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
pizza choice	5.6	44.5
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		201.95
% of Calories		48.5%
Nutrient Guideline		

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Page 7

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	Portion Size	Carb (g)
Thu - 06/13/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		186.45
% of Calories		47.4%
Nutrient Guideline		

Weighted Average		*121.41 *50.8%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	121.41	50.79%			Missing			

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