

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

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Generated on: 8/29/2019 10:29:59 AM

	Portion Size	Carb (g)
Wed - 09/04/2019		
Elementary School Break	Total	
Toasted English Muffin	SLICE	24.0
Sunbutter Dip	1 oz	6.61
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 09/05/2019		
Elementary School Break	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 09/06/2019		
Elementary School Break	Total	
EGG,HARD-BOILED	1 EACH	0.56
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		37.29
% of Calories		62.0%
Nutrient Guideline		

Mon - 09/09/2019		
Elementary School Break	Total	
Breakfast Pizza	1 each	19.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	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

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	Portion Size	Carb (g)
Tue - 09/10/2019		
Elementary School Break	Total	
Baked Scone	1	26.2
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 09/11/2019		
Elementary School Break	Total	
pancake whole grain bulk	2 each	25.34
Sausage Link 2013	2 each	0.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 09/12/2019		
Elementary School Break	Total	
Ham & Cheese on Engl. Muffin	sandwich	24.94
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 09/13/2019		
Elementary School Break	Total	
Yogurt Sundae	1 each	82.62
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68

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

Mon - 09/16/2019		
Elementary School Break	Total	
Bagel 2013 nc	1	29.0
CREAM CHEESE	1 TBSP	0.59
Cheese stick	1 oz	1.09
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Assorted Fruit	1/2 c	16.0
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		1.09
% of Calories		5.1%
Nutrient Guideline		

Tue - 09/17/2019		
Elementary School Break	Total	
Waffles	2	13.89
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		18.43
% of Calories		38.3%
Nutrient Guideline		

Wed - 09/18/2019		
Elementary School Break	Total	
Toasted English Muffin	SLICE	24.0
Sunbutter Dip	1 oz	6.61
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/19/2019		
Elementary School Break	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 09/20/2019		
Elementary School Break	Total	
EGG,HARD-BOILED	1 EACH	0.56
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		37.29
% of Calories		62.0%
Nutrient Guideline		

Mon - 09/23/2019		
Elementary School Break	Total	
Breakfast Pizza	1 each	19.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 09/24/2019		
Elementary School Break	Total	
Baked Scone	1	26.2
Yogurt, Yami Lowfat	4 oz	19.07
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		19.07
% of Calories		76.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/25/2019		
Elementary School Break	Total	
pancake whole grain bulk	2 each	25.34
Syrup, FSA signature	1 oz	18.43
Sausage Link 2013	2 each	0.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		18.43
% of Calories		38.3%
Nutrient Guideline		

Thu - 09/26/2019		
Elementary School Break	Total	
Ham & Cheese on Engl. Muffin	sandwich	24.94
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 09/27/2019		
Elementary School Break	Total	
Yogurt Sundae	1 each	82.62
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 09/30/2019		
Elementary School Break	Total	
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		1.09 5.1%
Nutrient Guideline		

Weighted Average		16.58 42.2%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	16.58	42.19%						

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