

Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 1

Generated on: 4/29/2019 11:18:51 AM

	Portion Size	Carb (g)
Wed - 05/01/2019		
Elementary School Break	Total	
pancake whole grain bulk	2 each	25.34
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		

Thu - 05/02/2019		
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 - 05/03/2019		
Elementary School Break	Total	
Cook's Choice Breakfast	1	25.5
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT,FRESH ASSORTED	1/2 cup	8.63
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 05/06/2019		
Elementary School Break	Total	
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
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

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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 2

Generated on: 4/29/2019 11:18:51 AM

	Portion Size	Carb (g)
Tue - 05/07/2019		
Elementary School Break	Total	
Breakfast Burrito 2013	1	28.0
SALSA:COMMODITY	1 OZ	1.98
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
Sausage Link 2013	2 each	0.0
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		1.98
% of Calories		77.8%
Nutrient Guideline		

Wed - 05/08/2019		
Elementary School Break	Total	
egg and cheese biscuit	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
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 - 05/09/2019		
Elementary School Break	Total	
Greek Yogurt	1	6.12
Biscuit	1 each	24.0
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		24.00
% of Calories		50.5%
Nutrient Guideline		

Fri - 05/10/2019		
Elementary School Break	Total	
Baked Scone	1	50.8
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT,FRESH ASSORTED	1/2 cup	8.63
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
MILK - Variety	HALF PINT	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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 3

Generated on: 4/29/2019 11:18:51 AM

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

Mon - 05/13/2019		
Elementary School Break	Total	
Cheesy English Muffin	1	25.6
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 - 05/14/2019		
Elementary School Break	Total	
Waffle Sandwich	sandwich	14.69
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 - 05/15/2019		
Elementary School Break	Total	
SCRAMBLED EGGS	1/4 CUP	1.64
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		

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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 4

Generated on: 4/29/2019 11:18:51 AM

	Portion Size	Carb (g)
Thu - 05/16/2019		
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 JUICE,ASSORTED	4 fl.oz.	15.62
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 05/17/2019		
Elementary School Break	Total	
Cook's Choice Breakfast	1	25.5
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 - 05/20/2019		
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
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		37.29
% of Calories		62.0%
Nutrient Guideline		

Tue - 05/21/2019		
Elementary School Break	Total	
Ham and Cheese on a bagel	sandwich	35.79
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

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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 5

Generated on: 4/29/2019 11:18:51 AM

	Portion Size	Carb (g)
Wed - 05/22/2019		
Elementary School Break	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
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		

Thu - 05/23/2019		
Elementary School Break	Total	
Greek Yogurt	1	6.12
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
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		13.29
% of Calories		105.2%
Nutrient Guideline		

Fri - 05/24/2019		
Elementary School Break	Total	
MUFFIN SQUARES	SERVINGS	16.87
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		24.77
% of Calories		89.8%
Nutrient Guideline		

Tue - 05/28/2019		
Elementary School Break	Total	
egg muffin sand elem2013	1 each	26.03
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

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

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 6

Generated on: 4/29/2019 11:18:51 AM

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

Wed - 05/29/2019		
Elementary School Break	Total	
Cheese Quesadilla	1	31.87
SALSA:COMMODITY	1 OZ	1.98
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 - 05/30/2019		
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 - 05/31/2019		
Elementary School Break	Total	
Cook's Choice Breakfast	1	25.5
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		

Weighted Average		21.93
		57.2%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	21.93	57.19%						

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.