

Central Valley School District #356

Jun 3, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Choice Menu

Portion Values - Detailed

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Generated on: 5/29/2019 10:43:50 AM

	Portion Size	Carb (g)
Mon - 06/03/2019		
Elementary Choice Menu	Total	
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
pancake whole grain bulk	2 each	25.34
Sausage Links, 1.4 oz each	2 each	2.63
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
FRUIT,FRESH ASSORTED	1 each	17.26
STRAWBERRIES: frozen	1/4 cup	17.64
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
Jicama Sticks	1/4 cup	*N/A*
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 06/04/2019		
Elementary Choice Menu	Total	
Nachos 2013e	meat 2.56 oz	19.56
SALSA:COMMODITY	1 OZ	1.98
Italian Sub Sandwich 2013	1 each	38.12
Goldfish Crackers	1bag	16.64
Light mayo pc	packet	1.0
MUSTARD: individual PC	Pkt 5g	0.29
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
strawberries and bananas	1/4 cup	12.54
romaine salad	1/2 CUP	1.6
Snow Peas	1/4 CUP	0.59
Bean Choice	1/4 CUP	11.21
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		19.92
% of Calories		42.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 06/05/2019		
Elementary Choice Menu	Total	
Pizza Ripper	1 each	37.0
Chick on a Bun 2013	1 EACH	35.0
Light mayo pc	packet	1.0
PICKLES,DILL	2 EACH	0.73
frosted cookie	1 each	25.0
GRAPES,Fresh	1/4 CUP	3.75
FRUIT,FRESH ASSORTED	1 each	17.26
kiwi	1/2 each	5.57
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	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.

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	Portion Size	Carb (g)
Weighted Daily Average		*0.73
% of Calories		*86.3%
Nutrient Guideline		

Thu - 06/06/2019		
Elementary Choice Menu	Total	
Yogurt Meal	1 each	49.94
Hamburger on a bun	1 EACH	26.99
MUSTARD: individual	Pkt 5g	0.29
KETCHUP: individual	Pkt 6g	1.57
PICKLES,DILL	2 EACH	0.73
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 06/07/2019		
Elementary Choice Menu	Total	
Cheesesteak Sandwich	1 each	30.19
Chicken Wings	5 wings	11.0
cornbread muffin	1 each	28.85
Roasted Potato Wedge	1/2 cup	36.1
KETCHUP: individual	Pkt 6g	1.57
BBQ SAUCE	1 OZ	9.65
Cook's Choice Dessert	1 each	21.14
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1/2 EACH	11.53
PEACHES: canned,light syrup	1/2 CUP	18.26
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
beets	1/4 cup	4.39
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		68.25
% of Calories		58.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 06/10/2019		
Elementary Choice Menu	Total	
Cook's Choice	1	0.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
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
Weighted Daily Average		48.05
% of Calories		77.5%
Nutrient Guideline		

Tue - 06/11/2019		
Elementary Choice Menu	Total	
Cook's Choice	1	0.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
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
Weighted Daily Average		40.92
% of Calories		74.9%
Nutrient Guideline		

Wed - 06/12/2019		
Elementary Choice Menu	Total	
Cook's Choice	1	0.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
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
Weighted Daily Average		48.05
% of Calories		77.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 06/13/2019		
Elementary Choice Menu	Total	
Cook's Choice	1	0.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
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
Weighted Daily Average		40.92
% of Calories		74.9%
Nutrient Guideline		

Weighted Average		*38.12 *67.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	38.12	67.01%			Missing			

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