

Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Horizon Breakfast

Portion Values - Detailed

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Generated on: 9/27/2019 11:42:20 AM

| | Portion Size | Carb (g) |
|-----------------------------|--------------|----------|
| Tue - 10/01/2019 | | |
| Horizon Breakfast | Total | |
| CINNAMON SWIRL FRENCH TOAST | 2 each | 44.76 |
| 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 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 43.20 |
| % of Calories | | 94.5% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Wed - 10/02/2019 | | |
| Horizon Breakfast | Total | |
| CEREAL, VARIETY | SERVING | 24.77 |
| Breakfast Bread | 1 each | 44.0 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE, ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT, FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Thu - 10/03/2019 | | |
| Horizon Breakfast | Total | |
| muffin-assorted | 1 | 26.0 |
| CEREAL, VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE, ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT, FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 26.00 |
| % of Calories | | 80.0% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Fri - 10/04/2019 | | |
| Horizon Breakfast | Total | |
| CEREAL, VARIETY | SERVING | 24.77 |
| Cinnamon Roll | 1 each | 37.0 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE, ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT, FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| 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) |
|------------------------|--------------|----------|
| Mon - 10/07/2019 | | |
| Horizon Breakfast | Total | |
| Breakfast Bar | 1 each | 48.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 48.00 |
| % of Calories | | 66.2% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Tue - 10/08/2019 | | |
| Horizon Breakfast | Total | |
| Breakfast Bread | 1 each | 44.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 68.77 |
| % of Calories | | 70.5% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Wed - 10/09/2019 | | |
| Horizon Breakfast | Total | |
| CEREAL,VARIETY | SERVING | 24.77 |
| Breakfast Bread | 1 each | 44.0 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Thu - 10/10/2019 | | |
| Horizon Breakfast | Total | |
| muffin-assorted | 1 | 26.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 26.00 |
| % of Calories | | 80.0% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Mon - 10/14/2019 | | |
| Horizon Breakfast | Total | |
| Breakfast Bar | 1 each | 48.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 48.00 |
| % of Calories | | 66.2% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Tue - 10/15/2019 | | |
| Horizon Breakfast | Total | |
| muffin-assorted | 1 | 26.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Wed - 10/16/2019 | | |
| Horizon Breakfast | Total | |
| CEREAL,VARIETY | SERVING | 24.77 |
| Breakfast Bread | 1 each | 44.0 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Thu - 10/17/2019 | | |
| Horizon Breakfast | Total | |
| muffin-assorted | 1 | 26.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 26.00 |
| % of Calories | | 80.0% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Fri - 10/18/2019 | | |
| Horizon Breakfast | Total | |
| CEREAL,VARIETY | SERVING | 24.77 |
| Cinnamon Roll | 1 each | 37.0 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Mon - 10/21/2019 | | |
| Horizon Breakfast | Total | |
| Breakfast Bar | 1 each | 48.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 48.00 |
| % of Calories | | 66.2% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Tue - 10/22/2019 | | |
| Horizon Breakfast | Total | |
| Cinnamon Roll | 1 each | 37.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Wed - 10/23/2019 | | |
| Horizon Breakfast | Total | |
| CEREAL,VARIETY | SERVING | 24.77 |
| Breakfast Bread | 1 each | 44.0 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Thu - 10/24/2019 | | |
| Horizon Breakfast | Total | |
| muffin-assorted | 1 | 26.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 26.00 |
| % of Calories | | 80.0% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Fri - 10/25/2019 | | |
| Horizon Breakfast | Total | |
| CEREAL,VARIETY | SERVING | 24.77 |
| Cinnamon Roll | 1 each | 37.0 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Mon - 10/28/2019 | | |
| Horizon Breakfast | Total | |
| Breakfast Bar | 1 each | 48.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 48.00 |
| % of Calories | | 66.2% |
| Nutrient Guideline | | |

| | | |
|------------------------|----------|-------|
| Tue - 10/29/2019 | | |
| Horizon Breakfast | Total | |
| muffin-assorted | 1 | 26.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Wed - 10/30/2019 | | |
| Horizon Breakfast | Total | |
| CEREAL,VARIETY | SERVING | 24.77 |
| Breakfast Bread | 1 each | 44.0 |
| Cheese stick | 1 oz | 1.09 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 24.77 |
| % of Calories | | 89.8% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Thu - 10/31/2019 | | |
| Horizon Breakfast | Total | |
| muffin-assorted | 1 | 26.0 |
| CEREAL,VARIETY | SERVING | 24.77 |
| Yogurt, Yami Lowfat | 4 oz | 19.07 |
| FRUIT JUICE,ASSORTED | 4 fl.oz. | 15.62 |
| FRUIT,FRESH ASSORTED | 1 EACH | 17.26 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 26.00 |
| % of Calories | | 80.0% |
| Nutrient Guideline | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 32.11 |
| | | 78.6% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|--------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 32.11 | 78.55% | | | | | | |

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