

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/31/2018 10:34:29 AM

	Portion Size	Carb (g)
Thu - 11/01/2018		
K-8 Breakfast	Total	
CYCLE 14	SERVING	0.0
Pancakes, Mini, Strawberry, IW	Pkg	42.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfast Honey	PKG	20.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 14	SERVING	0.0
Rodeo Roundup: Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Onion Rings	2 Pieces	10.8
BBQ Sauce	2 TBSP	13.86
Spicy Curly Fries	1/4 cup	7.5
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Dill Pickle Chips	1/8 Cup	0.52
Peas, Sweet, Cnd 1/4c	1/4 Cup	6.0
Broccoli	1/4 CUP	1.51
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Fruit Juice, Variety***	4 fl.oz.	15.5
Apple Slices IW***	2 oz Pkg	7.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		52.64
% of Calories		63.8%
Nutrient Guideline		

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Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Fri - 11/02/2018		
K-8 Breakfast	Total	
CYCLE 15	SERVING	0.0
Omelet, Cheese	1 Omelet	1.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 15	SERVING	0.0
Carnitas Fiesta Bowl	Bowl	30.0
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Beans, Garbanzo	1/4 cup	10.0
Carrots, baby-cut, IW	1pkg	4.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Fruit, Mixed, Cnd	1/4 cup	9.0
Fruit, Fresh, Variety	1 EACH	13.73
Belly Bears, Chocolate	package	20.25
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		47.88
% of Calories		66.6%
Nutrient Guideline		

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Mon - 11/05/2018		
K-8 Breakfast	Total	
CYCLE 16	SERVING	0.0
Breakfast Burrito, Los Cabos	4 OZ	42.21
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	Bowl	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
CYCLE 16	Total	
Chicken, Popcorn, Spicy	13 Pieces	16.0
Chicken, Popcorn, WG	12 pieces	17.06
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Hot Dog, Turkey Frank	5" Frank	1.0
Bun, Hot Dog, WG, 6"	Bun	27.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Celery Sticks	1/4 CUP	1.14
Green Beans	1/4 CUP	2.5
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Fruit, Mixed, Cnd	1/4 cup	9.0
Apple Slices IW***	2 oz Pkg	7.0
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Weighted Daily Average		51.10
% of Calories		57.6%
Nutrient Guideline		

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Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Tue - 11/06/2018		
K-8 Breakfast	Total	
CYCLE 17	SERVING	0.0
Egg & Turkey Sausage Wrap	Wrap	17.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	Bowl	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, Cinnamon	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 17	SERVING	0.0
Pizza, Taco, 8slice 1.75MMA	Slice	39.76
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Corn, Cnd 1/4c	1/4 CUP	12.75
Black Beans, Veg 1/4c	1/4 Cup	10.0
Fruit, Mixed, Cnd	1/4 cup	9.0
Banana***	1 EACH	18.5
Fruit Juice, Variety***	4 fl.oz.	15.5
Crackers, Jungle	1 oz	19.63
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		66.96
% of Calories		64.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/07/2018		
K-8 Breakfast	Total	
CYCLE 18	SERVING	0.0
Quesadilla, Breakfast, Cheese	1 Each	14.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	Bowl	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
CYCLE 18	Total	
Corn Dog, Chicken FF	SERVING	0.0
Chicken Nuggets Tyson	1 Each	30.0
Specialty Salad/Yogurt Parfait	5 pieces	16.0
Pizza, Cheese, 8slice 1.75MMA	Container	59.58
Pizza, Pepperoni 8slice 1.75MMA	Slice	42.27
Salad Blend	Slice	41.86
Beans, Red Kidney	3/4 Cup	4.0
Dill Pickle Chips	1/4 CUP	11.0
Peaches, Diced, Cnd	1/8 Cup	0.52
Fruit, Mixed, Cnd	1/4 Cup	12.0
Orange Wedges 1/2 orange	1/4 cup	9.0
Cookie, Choc Chip (to bake)	1/2 orange	5.64
Milk, Nonfat	Cookie	18.5
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	16.0
Dressing, Italian	Carton	23.0
Dressing, Ranch	2 TBSP	6.0
Ketchup	2 TBSP	2.0
Mustard	1 TBSP	5.0
Tajin, LS	1 TSP	0.0
	1/4 Tsp	0.5
Weighted Daily Average		63.75
% of Calories		65.6%
Nutrient Guideline		

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Thu - 11/08/2018		
K-8 Breakfast	Total	
CYCLE 19	SERVING	0.0
Pancake & Sausage Stick, WG	1 EACH	19.8
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	Bowl	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfst Honey	PKG	20.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Syrup	1 TBSP	12.5
Middle School (6-8) Lunch	Total	
CYCLE 19	SERVING	0.0
Meatballs, Beef 5	5 Meatballs	5.0
Marinara Sauce	1/4 cup	4.5
Roll, WG 4"	Roll	27.0
Cheese, Shredded for topping	1/8 cup	0.05
Chicken, Popcorn, WG	15 pieces	17.06
Chicken, Popcorn, Spicy	12 Pieces	16.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Corn, Cnd 1/4c	1/4 CUP	12.75
Green Beans	1/4 CUP	2.5
Apple Slices IW***	2 oz Pkg	7.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Fruit, Mixed, Dried	1/8 Cup	18.16
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		40.30
% of Calories		60.9%
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	Portion Size	Carb (g)
Fri - 11/09/2018		
K-8 Breakfast	Total	
CYCLE 20	SERVING	0.0
Cinnamon Roll 3.5 oz	Roll	54.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	Bowl	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 20	SERVING	0.0
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Lettuce, Shredded for topping	2 TBSP	0.29
Tomato, Slice	slice	0.58
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Carrots, baby-cut, IW	1pkg	4.0
Broccoli	1/4 CUP	1.51
Fruit, Mixed, Cnd	1/4 cup	9.0
Peaches, Diced, Cnd	1/4 Cup	12.0
Pineapple, Sno Pal	1 package	8.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Weighted Daily Average		48.75
% of Calories		53.5%
Nutrient Guideline		

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Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Mon - 11/12/2018		
K-8 Breakfast	Total	
HOLIDAY	SERVING	0.0
CYCLE 21	SERVING	0.0
Yogurt, Yoplait Trix	4 oz	17.0
Belly Bear, Brkfst Honey wYogrt	PKG	20.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit Juice, Variety***	4 fl.oz.	15.5
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
HOLIDAY	Total	0.0
CYCLE 21	SERVING	0.0
Lil Kahuna Double Dogs	4 oz	27.0
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Green Beans	1/4 CUP	2.5
Peaches, Diced, Cnd	1/4 Cup	12.0
Fruit, Mixed, Cnd	1/4 cup	9.0
Apple Slices IW***	2 oz Pkg	7.0
Crackers, Jungle	1 oz	19.63
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		55.73
% of Calories		55.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/13/2018		
K-8 Breakfast	Total	
CYCLE 22	SERVING	0.0
Breakfast Bagel, Pizza	Bagel	23.16
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 22	SERVING	0.0
SpeedIn Meatloaf/Mash Potatoes	Container	28.67
Chicken Nuggets Tyson	5 pieces	16.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Corn, Cnd 1/4c	1/4 CUP	12.75
Black Beans, Veg 1/4c	1/4 Cup	10.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Apple Slices IW***	2 oz Pkg	7.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Brownie Cup	1.5 oz	26.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Weighted Daily Average		58.93
% of Calories		60.4%
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Base Menu Spreadsheet
Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Wed - 11/14/2018		
K-8 Breakfast	Total	
CYCLE 23	SERVING	0.0
Pancakes, Mini, Maple, IW	Pkg	39.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Syrup	1 TBSP	12.5
Middle School (6-8) Lunch	Total	
CYCLE 23	SERVING	0.0
Pork, Pulled, Cooked, Frozen	4 oz	0.0
BBQ Sauce	2 TBSP	13.86
Roll, WG 4"	Roll	27.0
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Zucchini, Sticks	1/4 Cup	1.51
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Fruit, Mixed, Cnd	1/4 cup	9.0
Applesauce, unsweetened	1/4 cup	6.5
Orange Wedges 1/2 orange	1/2 orange	5.64
Cookie, Choc Chip (to bake)	Cookie	18.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Marinara Sauce	1/4 cup	4.5
Mayonnaise. Light	1 TBSP	2.0
BBQ Sauce	2 TBSP	13.86
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		62.06
% of Calories		58.3%
Nutrient Guideline		

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Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Thu - 11/15/2018		
K-8 Breakfast	Total	
CYCLE 24	SERVING	0.0
Muffin, Apple Cinnamon 1.8 oz	Muffin	25.0
String Cheese @breakfast muff	PACKAGE	0.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfast Honey	PKG	20.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 24	SERVING	0.0
Macaroni & Cheese #6	2/3 Cup	31.0
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Green Beans	1/4 CUP	2.5
Beans, Garbanzo	1/4 cup	10.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Apple Slices IW***	2 oz Pkg	7.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		42.85
% of Calories		60.5%
Nutrient Guideline		

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Fri - 11/16/2018		
K-8 Breakfast	Total	
CYCLE 25	SERVING	0.0
Breakfast Pizza	3" Round	14.85
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfst Honey	PKG	20.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
CYCLE 25	Total	
Quesadilla, Carnitas	SERVING	0.0
Quesadilla, Cheese	piece	16.15
Chicken Tenders	piece	17.3
Crackers, WG, Mini, Zesta	3 Pieces	13.0
Specialty Salad/Yogurt Parfait	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Container	59.58
Pizza, Pepperoni 8slice 1.75MMA	Slice	42.27
Manager's Choice	Slice	41.86
Salad Blend	1	*N/A*
Celery Sticks	3/4 Cup	4.0
Carrots, baby-cut, IW	1/4 CUP	1.14
Black Beans, Veg 1/4c	1pkg	4.0
Peaches, Diced, Cnd***	1/4 Cup	10.0
Fruit, Mixed, Cnd	1/2 Cup	24.0
Milk, Nonfat	1/4 cup	9.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	14.0
Dressing, Italian	Carton	23.0
Dressing, Ranch	2 TBSP	6.0
Ketchup	2 TBSP	2.0
Mustard	1 TBSP	5.0
Mayonnaise. Light	Tbsp	0.0
Marinara Sauce	1 TBSP	2.0
BBQ Sauce	1/4 cup	4.5
Salsa, Mild, Cnd	2 TBSP	13.86
Taco Sauce, Mild	2 TBSP	4.0
Weighted Daily Average	pkt	1.18
% of Calories		64.00
Nutrient Guideline		54.3%

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Mon - 11/19/2018		
K-8 Breakfast	Total	
CYCLE 01	SERVING	0.0
Waffle, Mini, Blueberry, IW	Pkg	38.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Syrup	1 TBSP	12.5
Middle School (6-8) Lunch	Total	
CYCLE 01	SERVING	0.0
Pork Riblet w/ BBQ Sauce	Pattie	10.0
Roll, WG 4"	Roll	27.0
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato Oven Fries	1/4 Cup	8.44
Celery Sticks	1/4 CUP	1.14
Dill Pickle Chips	1/8 Cup	0.52
Fruit, Mixed, Cnd	1/4 cup	9.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Apple Slices IW***	2 oz Pkg	7.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		33.58
% of Calories		74.3%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Tue - 11/20/2018		
K-8 Breakfast	Total	
CYCLE 02	SERVING	0.0
Muffin, Star, Corn 2.5oz	1 Each	37.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 02	SERVING	0.0
Chicken Wings, Honey Sriracha	6 pieces	22.0
Rice, Brown, WG 1/2cup	1/2 cup	18.58
Fish Sticks, Baja, Breaded	4 Pieces	17.06
Cabbage, Shredded	1/4 cup	0.94
Tortilla, Flour, 6" WG	Tortilla	15.0
Sauce, Baja	2 Tbsp	2.99
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Black Beans, Veg 1/4c	1/4 Cup	10.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli	1/4 CUP	1.51
Banana***	1 EACH	18.5
Fruit, Mixed, Cnd	1/4 cup	9.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		74.68
% of Calories		71.6%
Nutrient Guideline		

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Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Wed - 11/21/2018		
K-8 Breakfast	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 03	SERVING	0.0
Breakfast Burrito, Los Cabos	4 OZ	42.21
Salsa, Mild, Cnd	2 TBSP	4.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfst Honey	PKG	20.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
NO SCHOOL TODAY	Total	0.0
CYCLE 03	SERVING	0.0
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, MeatLovers 8 slice	Slice	42.67
Salad Blend	3/4 Cup	4.0
Green Beans	1/4 CUP	2.5
Zucchini, Sticks	1/4 Cup	1.51
Fruit, Mixed, Cnd	1/4 cup	9.0
Peaches, Diced, Cnd	1/4 Cup	12.0
Orange Wedges 1/2 orange	1/2 orange	5.64
Cookie, Choc Chip (to bake)	Cookie	18.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		78.15
% of Calories		72.3%
Nutrient Guideline		

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Thu - 11/22/2018		
K-8 Breakfast	Total	
HOLIDAY	SERVING	0.0
CYCLE 04	SERVING	0.0
Sausage Biscuit	Sandwich	26.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
HOLIDAY	SERVING	0.0
CYCLE 04	SERVING	0.0
Chicken, Diced	2 oz	0.74
Corn, Cnd 1/8	1/8 CUP	6.38
Black Beans, Veg 1/4c	1/4 Cup	10.0
Cheese, Shredded	1 oz	0.19
Dressing, Ranch	1 TBSP	1.0
Tortilla, WG 12"	Tortilla	42.0
Chicken Meatballs	3 Meatballs	5.0
Potatoes, Mashed	1/4 Cup	10.33
BBQ Sauce	2 TBSP	13.86
Chicken Nuggets Tyson	5 pieces	16.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Beans, Garbanzo	1/4 cup	10.0
Apple Slices IW***	2 oz Pkg	7.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Weighted Daily Average		72.63
% of Calories		69.0%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Fri - 11/23/2018		
K-8 Breakfast	Total	
HOLIDAY	SERVING	0.0
CYCLE 05	SERVING	0.0
Pancake & Sausage Stick, WG	1 EACH	19.8
Syrup	2 TBSP	25.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
HOLIDAY	SERVING	0.0
CYCLE 05	SERVING	0.0
Sandwich, Toasted Cheese	Sandwich	30.01
Chicken, Popcorn, WG	15 pieces	17.06
Chicken, Popcorn, Spicy	12 Pieces	16.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Carrots, baby-cut, IW	1pkg	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Black Beans, Veg 1/4c	1/4 Cup	10.0
Fruit, Mixed, Cnd	1/4 cup	9.0
Peaches, Diced, Cnd	1/4 Cup	12.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 Tbsp	0.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		49.64
% of Calories		61.1%
Nutrient Guideline		

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Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Mon - 11/26/2018		
K-8 Breakfast	Total	
CYCLE 06	SERVING	0.0
French Toast,Mini,Triple Berry	Pkg	37.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk,1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Syrup	1 TBSP	12.5
Middle School (6-8) Lunch	Total	
CYCLE 06	SERVING	0.0
Chicken Drumstick, Breaded	Piece	5.0
Potatoes,Mashed	1/4 Cup	10.33
BBQ Sauce	2 TBSP	13.86
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Black Beans, Veg 1/4c	1/4 Cup	10.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli	1/4 CUP	1.51
Applesauce, unsweetened	1/4 cup	6.5
Peaches, Diced, Cnd	1/4 Cup	12.0
Fruit Cup, Froz Strawberry***	container	33.05
Crackers, Jungle	1 oz	19.63
Milk, Nonfat	HALF PINT	12.0
Milk,1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		40.64
% of Calories		60.0%
Nutrient Guideline		

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/27/2018		
K-8 Breakfast	Total	
CYCLE 07	SERVING	0.0
Breakfast Pizza	3" Round	14.85
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 07	SERVING	0.0
Turkey Taco Meat 1.67oz	1.67 oz	2.83
Cheese, Shredded	1 oz	0.19
Lettuce, Shredded for topping	2 TBSP	0.29
Taco Shell	Shell	12.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Chicken Filet, Grilled	piece	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
BBQ Sauce	2 TBSP	13.86
Cheese, Slice	1 slice	1.0
Chicken Nuggets Tyson	5 pieces	16.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Green Beans	1/4 CUP	2.5
Beans, Red Kidney	1/4 CUP	11.0
Banana***	1 EACH	18.5
Fruit, Mixed, Cnd	1/4 cup	9.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		62.36
% of Calories		64.7%
Nutrient Guideline		

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/31/2018 10:34:30 AM

	Portion Size	Carb (g)
Wed - 11/28/2018		
K-8 Breakfast	Total	
CYCLE 08	SERVING	0.0
Egg Patty, Scrambled, Cooked	Patty	0.83
Cheese, Slice	1 slice	1.0
Biscuit, WG Mini	1 Each	14.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfast Honey	PKG	20.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 08	SERVING	0.0
Pancakes, Mini, Maple, IW	Pkg	39.0
Sausage Patty, Pork x2 lunch	2 Pattys	1.0
Syrup	1 TBSP	12.5
Chicken, Popcorn, WG	15 pieces	17.06
Chicken, Popcorn, Spicy	12 Pieces	16.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Peas, Sweet, Cnd 1/4c	1/4 Cup	6.0
Beans, Garbanzo	1/4 cup	10.0
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
Applesauce, unsweetened	1/4 cup	6.5
Orange Wedges 1/2 orange	1/2 orange	5.64
Cookie, Carnival (to bake)	1.5 oz	27.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
BBQ Sauce	2 TBSP	13.86
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		82.41
% of Calories		61.8%
Nutrient Guideline		

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/31/2018 10:34:30 AM

	Portion Size	Carb (g)
Thu - 11/29/2018		
K-8 Breakfast	Total	
CYCLE 09	SERVING	0.0
Cinnamon Roll 3.5 oz	Roll	54.0
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 09	SERVING	0.0
Nachos/Turkey Taco Meat	2.95 oz	5.0
Tortilla Chips	1 oz	19.0
Cheese, Shredded for topping	1/8 cup	0.05
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
Specialty Salad/Yogurt Parfait	Container	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Celery Sticks	1/4 CUP	1.14
Apple Slices IW***	2 oz Pkg	7.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Fruit, Mixed, Dried	1/8 Cup	18.16
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		47.66
% of Calories		59.3%
Nutrient Guideline		

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Base Menu Spreadsheet
Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/31/2018 10:34:31 AM

	Portion Size	Carb (g)
Fri - 11/30/2018		
K-8 Breakfast	Total	
CYCLE 10	SERVING	0.0
Buttermilk Bar	2.5 oz	34.94
Breakfast Bun, WG	BUN	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Cheerios	1 oz	20.76
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
CYCLE 10	Total	
Quesadilla, Carnitas	SERVING	0.0
Quesadilla, Cheese	piece	16.15
Chicken Nuggets Tyson	piece	17.3
Specialty Salad/Yogurt Parfait	5 pieces	16.0
Pizza, Cheese, 8slice 1.75MMA	Container	59.58
Pizza, Pepperoni 8slice 1.75MMA	Slice	42.27
Manager's Choice	Slice	41.86
Salad Blend	1	*N/A*
Corn, Cnd 1/4c	3/4 Cup	4.0
Carrots, baby-cut, IW	1/4 CUP	12.75
Applesauce, unsweetened	1pkg	4.0
Fruit, Mixed, Cnd	1/4 cup	6.5
Pineapple, Sno Pal	1/4 cup	9.0
Milk, Nonfat	1 package	8.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	14.0
Dressing, Italian	Carton	23.0
Dressing, Ranch	2 TBSP	6.0
Ketchup	2 TBSP	2.0
Mustard	1 TBSP	5.0
Mayonnaise, Light	Tbsp	0.0
Salsa, Mild, Cnd	1 TBSP	2.0
Taco Sauce, Mild	2 TBSP	4.0
Tajin, LS	pkt	1.18
Weighted Daily Average	1/4 Tsp	0.5
% of Calories		64.50
Nutrient Guideline		52.5%

Weighted Average	57.33
	61.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	57.33	61.87%						

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