

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

Feb 1, 2018 thru Feb 28, 2018

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

Generated on: 1/24/2018 1:27:24 PM

	Portion Size	Carb (g)
Thu - 02/01/2018		
K-8 Breakfast	Total	
CYCLE 14	SERVING	0.0
Sausage Biscuit	Sandwich	26.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Peas, Sweet, Cnd 1/4c	1/4 Cup	6.0
Broccoli	1/4 CUP	1.51
Fruit Juice, Variety***	4 fl.oz.	15.5
Apple***	1 EACH	14.64
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		55.10
% of Calories		64.6%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Fri - 02/02/2018		
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	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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
Chicken Nuggets Tyson	5 pieces	16.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
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	1/4 Cup	8.68
Beans, Garbanzo	1/4 cup	10.0
Carrots, baby-cut, IW Supper	1 pkg	8.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Orange Wedges (whole)***	whole orange	11.28
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
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		53.24
% of Calories		62.8%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Mon - 02/05/2018		
K-8 Breakfast	Total	
CYCLE 16	SERVING	0.0
Breakfast Burrito, Los Cabos	4 OZ	42.21
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Corn, Cnd 1/4c	1/4 CUP	12.75
Beans, Garbanzo	1/4 cup	10.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Apple***	1 EACH	14.64
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		60.24
% of Calories		61.8%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Tue - 02/06/2018		
K-8 Breakfast	Total	
CYCLE 17	SERVING	0.0
Egg & Turkey Sausage Wrap	Wrap	17.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, 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
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
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Celery Sticks	1/4 CUP	1.14
Green Beans	1/4 CUP	2.5
Blueberries, Frozen, 2.5#bag	1/4 cup	4.72
Banana***	1 EACH	18.5
Fruit Juice, Variety***	4 fl.oz.	15.5
Belly Bears, WG, Chocolate	package	20.25
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
Weighted Daily Average		63.69
% of Calories		63.1%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Wed - 02/07/2018		
K-8 Breakfast	Total	
CYCLE 18	SERVING	0.0
Muffin, Zucchini Carrot	1 Each	24.0
String Cheese @breakfast muff	PACKAGE	0.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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	Total	
CYCLE 18	SERVING	0.0
Pork, Pulled, Cooked, Frozen	4 oz	0.0
Roll, WG 4"	Roll	27.0
BBQ Sauce	2 TBSP	13.86
Corn Dog, Chicken FF	1 Each	30.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Beans, Red Kidney	1/4 CUP	11.0
Broccoli	1/4 CUP	1.51
Peaches, Diced, Cnd	1/4 Cup	12.0
Applesauce, unsweetened	1/4 cup	6.5
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	1 TSP	0.0
Weighted Daily Average		65.97
% of Calories		69.8%
Nutrient Guideline		

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Feb 1, 2018 thru Feb 28, 2018

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

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	Portion Size	Carb (g)
Thu - 02/08/2018		
K-8 Breakfast	Total	
CYCLE 19	SERVING	0.0
Pancakes, Mini, Strawberry, IW	Pkg	42.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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 19	SERVING	0.0
Meatballs & Marinara Sauce	4 Meatballs/sau	10.0
Roll, WG 4"	Roll	27.0
Cheese, Shredded for topping	1/8 cup	0.05
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Jicama Sticks	1/4 cup	0.75
Corn, Cnd 1/4c	1/4 CUP	12.75
Apple, Fresh	1 EACH	14.64
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		51.40
% of Calories		60.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 02/09/2018		
K-8 Breakfast	Total	
CYCLE 20	SERVING	0.0
Cinnamon Roll 3.5 oz	Roll	54.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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
Teriyaki Chicken:Fajita meat	1/2 cup	0.52
Rice, Brown, WG 1/2cup	1/2 cup	18.58
Teriyaki Sauce	1 oz	14.74
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
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
Broccoli	1/4 CUP	1.51
Carrots, baby-cut, IW Supper	1 pkg	8.0
Orange Wedges (whole)***	4 Wedges	11.28
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
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		58.02
% of Calories		56.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 02/12/2018		
K-8 Breakfast	Total	
CYCLE 21	SERVING	0.0
Yogurt, Yoplait Trix	4 oz	17.0
Belly Bear, Brkfst Honey wYogrt	PKG	20.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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		
CYCLE 21	Total	
Lil Kahuna Double Dogs	SERVING	0.0
Chicken Patty	4 oz	27.0
Chicken Patty, Spicy	Pattie	12.0
Bun, Hamburger WG 3.5"	Pattie	17.0
Italian Cheesy Stix	Bun	28.0
Marinara Sauce	2 Stix	34.0
Salad Blend	1/4 cup	4.5
Potato, Fries, Oven Baked	3/4 Cup	4.0
Green Beans	1/4 Cup	8.68
Apple, Fresh	1/4 CUP	2.5
Crackers, Jungle	1 EACH	14.64
Milk, Nonfat	1 oz	19.63
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
Mayonnaise. Light	Tbsp	0.0
	1 TBSP	2.0
Weighted Daily Average		56.00
% of Calories		57.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 02/13/2018		
K-8 Breakfast	Total	
CYCLE 22	SERVING	0.0
Cinnamon Toast	Pkg	30.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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
Pork Carnitas, Shredded	2 oz	0.0
Cheese, Shredded	1 oz	0.19
Lettuce, Shredded for taco	2 TBSP	0.29
Taco Shell	Shell	12.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
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
Banana***	1 EACH	18.5
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
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		61.92
% of Calories		61.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 02/14/2018		
K-8 Breakfast	Total	
CYCLE 23	SERVING	0.0
Pancakes, Mini, Maple, IW	Pkg	39.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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	Total	
CYCLE 23	SERVING	0.0
Macaroni & Cheese #6	2/3 Cup	31.0
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Zucchini, Sticks	1/4 Cup	1.51
Broccoli Florets, Raw	1/4 cup	0.9
Applesauce, unsweetened	1/4 cup	6.5
Frozen Fruit Cup, Holiday	Container	25.0
Fruit, Mixed, Cnd	1/4 cup	9.0
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
Weighted Daily Average		58.82
% of Calories		58.8%
Nutrient Guideline		

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Feb 1, 2018 thru Feb 28, 2018

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

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	Portion Size	Carb (g)
Thu - 02/15/2018		
K-8 Breakfast	Total	
CYCLE 24	SERVING	0.0
Quesadilla, Breakfast, Cheese	1 Each	14.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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
Sandwich, Toasted Cheese	Sandwich	30.01
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
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 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
Cranberries, Whole, Dried	1/8 Cup	12.0
Apple, Fresh	1 EACH	14.64
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		60.90
% of Calories		57.7%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Fri - 02/16/2018		
K-8 Breakfast	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 25	SERVING	0.0
Buttermilk Bar	2.5 oz	34.94
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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		
NO SCHOOL TODAY	SERVING	0.0
CYCLE 25	SERVING	0.0
Teriyaki Chicken:Fajita meat	1/2 cup	0.52
Teriyaki Sauce	1 oz	14.74
Rice, Brown, WG 1/2cup	1/2 cup	18.58
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Carrots, baby-cut, IW Supper	1 pkg	8.0
Peaches, Diced, Cnd***	1/2 Cup	24.0
Pineapple, Sno Pal 1/2 Pkg	1/2 package	4.0
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
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		89.06
% of Calories		60.2%
Nutrient Guideline		

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Feb 1, 2018 thru Feb 28, 2018

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

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	Portion Size	Carb (g)
Mon - 02/19/2018		
K-8 Breakfast	Total	
CYCLE 01	SERVING	0.0
NO SCHOOL TODAY	SERVING	0.0
Muffin, Star, Corn 2.5oz	1 Each	37.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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 01	Total	
NO SCHOOL TODAY	SERVING	0.0
Pork Riblet w/ BBQ Sauce	SERVING	0.0
Roll, WG 4"	Pattie	10.0
Corn Dogs, Mini Chicken	Roll	27.0
Chicken Tenders	6 Mini Dogs	28.7
Marinara Sauce	3 Pieces	13.0
Italian Cheesy Stix	1/4 cup	4.5
Marinara Sauce	2 Stix	34.0
Salad Blend	1/4 cup	4.5
Celery Sticks	3/4 Cup	4.0
Dill Pickle Chips	1/4 CUP	1.14
Fruit, Mixed, Cnd	1/8 Cup	0.52
Apple Slices IW***	1/4 cup	9.0
Brownie Cup	2 oz Pkg	7.0
Milk, Nonfat	1.5 oz	26.0
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
Mayonnaise. Light	Tbsp	0.0
BBQ Sauce	1 TBSP	2.0
Weighted Daily Average	2 TBSP	13.86
% of Calories		36.57
Nutrient Guideline		65.5%

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

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	Portion Size	Carb (g)
Tue - 02/20/2018		
K-8 Breakfast	Total	
CYCLE 02	SERVING	0.0
Muffin, Star, Corn 2.5oz	1 Each	37.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli Florets, Raw	1/4 cup	0.9
Fruit, Mixed, Cnd	1/4 cup	9.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Fruit Cup, Frzn, Peaches, ***	4.4oz Cup	29.98
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		76.06
% of Calories		69.8%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Wed - 02/21/2018		
K-8 Breakfast	Total	
CYCLE 03	SERVING	0.0
Breakfast Burrito, Los Cabos	4 OZ	42.21
Salsa, Mild, Cnd	2 TBSP	4.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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		
CYCLE 03	Total	
Chicken, Popcorn Orange	SERVING	0.0
Rice Pilaf (72 serv)	3.9 oz	21.0
Corn Dogs, Mini Chicken	2/3 Cup	28.81
Pizza, Cheese, 8slice 1.75MMA	6 Mini Dogs	28.7
Pizza, MeatLovers 8 slice	Slice	42.27
Salad Blend	Slice	42.67
Green Beans	3/4 Cup	4.0
Zucchini, Sticks	1/4 CUP	2.5
Peaches, Diced, Cnd	1/4 Cup	1.51
Applesauce, unsweetened	1/4 Cup	12.0
Cookie, Choc Chip (to bake)	1/4 cup	6.5
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
Mayonnaise. Light	Tbsp	0.0
	1 TBSP	2.0
Weighted Daily Average		78.02
% of Calories		70.1%
Nutrient Guideline		

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Feb 1, 2018 thru Feb 28, 2018

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

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	Portion Size	Carb (g)
Thu - 02/22/2018		
K-8 Breakfast	Total	
CYCLE 04	SERVING	0.0
Sausage Biscuit	Sandwich	26.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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	
CYCLE 04	SERVING	0.0
Chicken, Fajita Strips	1.7 oz	0.52
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, Chipotle Ranch, Light	2 TBSP	4.0
Tortilla, WG 12"	Tortilla	42.0
Chicken Meatballs	3 Meatballs	5.0
Potatoes, Mashed	1/4 Cup	7.75
BBQ Sauce	2 TBSP	13.86
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	1/4 Cup	8.68
Beans, Garbanzo	1/4 cup	10.0
Apple***	EACH	14.64
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
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	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Weighted Daily Average		71.82
% of Calories		66.8%
Nutrient Guideline		

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Feb 1, 2018 thru Feb 28, 2018

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

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	Portion Size	Carb (g)
Fri - 02/23/2018		
K-8 Breakfast	Total	
CYCLE 05	SERVING	0.0
Pancake & Sausage Stick, WG	1 EACH	19.8
Syrup, Pancake & Waffle	2 TBSP	25.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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 05	SERVING	0.0
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
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
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
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Carrots, baby-cut, IW Supper	1 pkg	8.0
Black Beans, Veg 1/4c	1/4 Cup	10.0
Fruit Cup, Frzn, Peaches, ***	4.4oz Cup	29.98
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		68.62
% of Calories		70.3%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Mon - 02/26/2018		
K-8 Breakfast	Total	
CYCLE 06	SERVING	0.0
French Toast, Mini, Triple Berry	Pkg	37.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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		
Chicken Drumstick, Breaded	Piece	5.0
Potatoes, Mashed	1/4 Cup	7.75
BBQ Sauce	2 TBSP	13.86
Chicken, Popcorn, WG	12 pieces	17.06
Chicken, Popcorn, Spicy	13 Pieces	16.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli Florets, Raw	1/4 cup	0.9
Apple***	EACH	14.64
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
Weighted Daily Average		38.97
% of Calories		59.4%
Nutrient Guideline		

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Feb 1, 2018 thru Feb 28, 2018

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

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	Portion Size	Carb (g)
Tue - 02/27/2018		
K-8 Breakfast	Total	
CYCLE 07	SERVING	0.0
Breakfast Pizza	3" Round	14.85
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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 taco	2 TBSP	0.29
Taco Shell	Shell	12.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Refried Beans for Tacos	1/4 cup	9.02
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
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
Black Beans, Veg 1/4c	1/4 Cup	10.0
Banana***	1 EACH	18.5
Fruit Cup, Froz Strawberry***	container	33.05
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		73.33
% of Calories		69.3%
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.

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

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Feb 1, 2018 thru Feb 28, 2018

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

Generated on: 1/24/2018 1:27:25 PM

	Portion Size	Carb (g)
Wed - 02/28/2018		
K-8 Breakfast	Total	
CYCLE 08	SERVING	0.0
Yogurt, Yoplait Trix	4 oz	17.0
Belly Bear, Brkfst Honey wYogrt	PKG	20.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
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	Total	
CYCLE 08	SERVING	0.0
Speedline MeatLoaf/MashPotatog	Container	23.5
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Chicken Tenders	3 Pieces	13.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Broccoli Florets, Raw	1/4 cup	0.9
Beans, Garbanzo	1/4 cup	10.0
Applesauce, unsweetened	1/4 cup	6.5
Peaches, Diced, Cnd	1/4 Cup	12.0
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
Weighted Daily Average		81.21
% of Calories		60.5%
Nutrient Guideline		

Weighted Average		62.95 63.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	62.95	63.28%						

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