

SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

Page 1

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 1/2/2018 10:47:48 AM

	Portion Size	Carb (g)
Mon - 01/08/2018		
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, WG	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
K-8 Lunch	Total	
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
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
Green Beans	1/4 CUP	2.5
Fruit, Mixed, Cnd	1/4 cup	9.0
Apple, Fresh	1 EACH	14.64
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
Weighted Daily Average		84.63
% of Calories		55.7%
Nutrient Guideline		

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Page 2

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	Portion Size	Carb (g)
Tue - 01/09/2018		
K-8 Breakfast	Total	
CYCLE 22	SERVING	0.0
Cinnamon Toast	Pkg	30.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	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
K-8 Lunch	Total	
CYCLE 22	SERVING	0.0
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
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
Fruit, Mixed, Cnd	1/4 cup	9.0
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
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Weighted Daily Average		82.91
% of Calories		51.3%
Nutrient Guideline		

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Page 3

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	Portion Size	Carb (g)
Wed - 01/10/2018		
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, WG	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
K-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
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Cookie, Choc Chip (pre-baked)	Cookie	18.5
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	Tbsp	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		84.47
% of Calories		51.9%
Nutrient Guideline		

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Page 4

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	Portion Size	Carb (g)
Thu - 01/11/2018		
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, WG	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, 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
K-8 Lunch	Total	
CYCLE 24	SERVING	0.0
Sandwich, Toasted Cheese	Sandwich	30.01
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
Green Beans	1/4 CUP	2.5
Beans, Garbanzo	1/4 cup	10.0
Cranberries, Whole, Dried	1/4 Cup	24.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Apple, Fresh	1 EACH	14.64
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
Weighted Daily Average		80.87
% of Calories		51.9%
Nutrient Guideline		

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Page 5

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Generated on: 1/2/2018 10:47:48 AM

	Portion Size	Carb (g)
Fri - 01/12/2018		
K-8 Breakfast	Total	
CYCLE 25	SERVING	0.0
Buttermilk Bar	2.5 oz	34.94
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	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
K-8 Lunch	Total	
CYCLE 25	SERVING	0.0
Speedline Teriyaki ChickenRice	1 cup	*18.58
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
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	1/4 Cup	12.0
Pineapple, Sno Pal	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
Weighted Daily Average		*78.41
% of Calories		*56.9%
Nutrient Guideline		

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Page 6

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	Portion Size	Carb (g)
Mon - 01/15/2018		
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, WG	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
K-8 Lunch	Total	
CYCLE 01	SERVING	0.0
NO SCHOOL TODAY	SERVING	0.0
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Potato, Fries, Oven Baked	1/4 Cup	8.68
Salad Blend	3/4 Cup	4.0
Celery Sticks	1/4 CUP	1.14
Dill Pickle Chips	1/8 Cup	0.52
Fruit, Mixed, Cnd	1/4 cup	9.0
Apple Slices IW***	2 oz Pkg	7.0
Brownie Cup	1.5 oz	26.0
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
Weighted Daily Average		82.62
% of Calories		56.4%
Nutrient Guideline		

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Page 7

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	Portion Size	Carb (g)
Tue - 01/16/2018		
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, WG	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
K-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
Black Beans, Veg 1/4c	1/4 Cup	10.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli Florets, Raw	1/4 cup	0.9
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
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		83.51
% of Calories		59.5%
Nutrient Guideline		

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Page 8

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	Portion Size	Carb (g)
Wed - 01/17/2018		
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, WG	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
K-8 Lunch	Total	
CYCLE 03	SERVING	0.0
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Speedline Rice Pilaf 2/3c	2/3 Cup	28.81
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
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
Zucchini, Sticks	1/4 Cup	1.51
Cherries, Dried	1/8 cup	14.0
Applesauce, unsweetened	1/4 cup	6.5
Peaches, Diced, Cnd	1/4 Cup	12.0
Cookie, Choc Chip (pre-baked)	Cookie	18.5
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
Weighted Daily Average		86.07
% of Calories		56.9%
Nutrient Guideline		

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Page 9

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	Portion Size	Carb (g)
Thu - 01/18/2018		
K-8 Breakfast	Total	
CYCLE 04	SERVING	0.0
Sausage Biscuit	Sandwich	26.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	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
K-8 Lunch	Total	
CYCLE 04	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 Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Cheese, Slice	1 slice	1.0
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
Potato, Fries, Oven Baked	1/4 Cup	8.68
Beans, Garbanzo	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
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		87.65
% of Calories		52.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 10

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	Portion Size	Carb (g)
Fri - 01/19/2018		
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, WG	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
K-8 Lunch	Total	
CYCLE 05	SERVING	0.0
Chicken Meatballs	3 Meatballs	5.0
Potatoes, Mashed	1/4 Cup	7.75
BBQ Sauce	2 TBSP	13.86
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
Applesauce, unsweetened***	1/2 cup	13.0
Fruit Cup, Frzn, Peaches, ***	4.4oz Cup	29.98
Brownie Cup	1.5 oz	26.0
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
Weighted Daily Average		99.82
% of Calories		57.3%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

Page 11

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Mon - 01/22/2018		
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, WG	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
K-8 Lunch	Total	
CYCLE 06	SERVING	0.0
Chicken Drumstick, Breaded	Piece	5.0
Potatoes, Mashed	1/4 Cup	7.75
BBQ Sauce	2 TBSP	13.86
Chicken Tenders	3 Pieces	13.0
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***	1 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
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		68.50
% of Calories		50.9%
Nutrient Guideline		

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SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

Page 12

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 1/2/2018 10:47:49 AM

	Portion Size	Carb (g)
Tue - 01/23/2018		
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, WG	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
K-8 Lunch	Total	
CYCLE 07	SERVING	0.0
Turkey Taco Meat 1.67oz	1.67 oz	2.83
Speedline Turkey Taco Meat 1.6	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 Tenders	3 Pieces	13.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Green Beans	1/4 CUP	2.5
Black Beans, Veg 1/4c	1/4 Cup	10.0
Fruit Cup, Froz Strawberry***	container	33.05
Banana***	1 EACH	18.5
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
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		90.32
% of Calories		55.3%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

Page 13

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 1/2/2018 10:47:49 AM

	Portion Size	Carb (g)
Wed - 01/24/2018		
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, WG	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
K-8 Lunch	Total	
CYCLE 08	SERVING	0.0
Speedline MeatLoaf/MashPotatoe	Container	23.5
Chicken Tenders	3 Pieces	13.0
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
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Broccoli Florets, Raw	1/4 cup	0.9
Beans, Garbanzo	1/4 cup	10.0
Cranberries, Whole, Dried	1/8 Cup	12.0
Applesauce, unsweetened***	1/2 cup	13.0
Peaches, Diced, Cnd	1/4 Cup	12.0
Cookie, Choc Chip (pre-baked)	Cookie	18.5
Cookie, Choc Chip (to bake)	Cookie	18.5
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
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		91.86
% of Calories		51.4%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

Page 14

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Thu - 01/25/2018		
K-8 Breakfast	Total	
CYCLE 09	SERVING	0.0
Cinnamon Roll 3.5 oz	Roll	54.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	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
K-8 Lunch	Total	
CYCLE 09	SERVING	0.0
Cheeseburgers, Mini Twin	Pkg	35.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Chicken Tenders	3 Pieces	13.0
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	1/4 Cup	8.68
Corn, Cnd 1/4c	1/4 CUP	12.75
Apple***	EACH	14.64
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
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		87.68
% of Calories		54.7%
Nutrient Guideline		

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SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

Page 15

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 1/2/2018 10:47:49 AM

	Portion Size	Carb (g)
Fri - 01/26/2018		
K-8 Breakfast	Total	
CYCLE 10	SERVING	0.0
Bundee WG	Roll	17.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	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
K-8 Lunch	Total	
CYCLE 10	SERVING	0.0
Quesadilla, Chicken	piece	16.15
Quesadilla, Cheese	piece	17.3
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 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Jicama Sticks	1/4 cup	0.75
Carrots, baby-cut, IW Supper	1 pkg	8.0
Pineapple, Sno Pal	1/2 package	4.0
Fruit, Mixed, Cnd	1/4 cup	9.0
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
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		54.39
% of Calories		44.3%
Nutrient Guideline		

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Base Menu Spreadsheet
 Portion Values - Detailed

Page 16

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Mon - 01/29/2018		
K-8 Breakfast	Total	
CYCLE 11	SERVING	0.0
Muffin, Banana 1.8oz BV	Muffin	23.0
String Cheese @breakfast muff	PACKAGE	0.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	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
K-8 Lunch	Total	
CYCLE 11	SERVING	0.0
Chicken, Roasted, 8 pieces	2 oz	0.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Sandwich, Grape PBJ	Sandwich	32.0
Cheese, String, Mozzarella	1 oz	1.07
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Salad Blend	3/4 Cup	4.0
Beans, Red Kidney	1/4 CUP	11.0
Green Beans	1/4 CUP	2.5
Apple***	1 EACH	14.64
Peaches, Diced, Cnd	1/4 Cup	12.0
Belly Bears, WG, Chocolate	package	20.25
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
Salsa, Mild, Cnd	2 TBSP	4.0
Weighted Daily Average		72.37
% of Calories		54.6%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

Page 17

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 1/2/2018 10:47:49 AM

	Portion Size	Carb (g)
Tue - 01/30/2018		
K-8 Breakfast	Total	
CYCLE 12	SERVING	0.0
Breakfast Bagel, Sausage Pizza	Bagel	23.16
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	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, 1% Lowfat	HALF PINT	14.0
Milk, Nonfat	HALF PINT	12.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
K-8 Lunch	Total	
CYCLE 12	SERVING	0.0
Chicken Taco Meat	1/2 cup	0.52
Speedline Chick Taco Meat	1/2 cup	0.52
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
Corn Dog, Chicken FF	1 Each	30.0
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
Salad Blend	3/4 Cup	4.0
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
Banana***	1 EACH	18.5
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
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		75.43
% of Calories		47.6%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

Page 18

Jan 8, 2018 thru Jan 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 01/31/2018		
K-8 Breakfast	Total	
CYCLE 13	SERVING	0.0
Waffle, Mini, Blueberry, IW	Pkg	38.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	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
K-8 Lunch	Total	
CYCLE 13	SERVING	0.0
Speedline Enchilada, Chicken	1 Enchilada	22.22
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Deli Sandwich Meat-Turkey	Sandwich	1.28
Roll, WG 4"	Roll	27.0
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
Zucchini, Sticks	1/4 Cup	1.51
Potato Oven Fries	1/4 Cup	8.44
Black Beans, Veg 1/4c	1/4 Cup	10.0
Applesauce, unsweetened	1/4 cup	6.5
Peaches, Diced, Cnd	1/4 Cup	12.0
Cookie, Carnival (pre-baked)	1.5 oz	27.0
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
Mayonnaise, Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Weighted Daily Average		94.88
% of Calories		51.6%
Nutrient Guideline		

Weighted Average		*82.58
		*53.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	82.58	53.37%			Missing			

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