

SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

Generated on: 9/27/2017 12:04:05 PM

	Portion Size	Carb (g)
Mon - 10/02/2017		
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, 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
Middle School (6-8) Lunch	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 16	SERVING	0.0
Chicken, Popcorn, Spicy	13 Pieces	16.0
Chicken, Popcorn, WG	12 pieces	17.06
Hot Dog, Turkey Frank	5" Frank	1.0
Bun, Hot Dog, WG, 6"	Bun	27.0
Chicken Tenders	3 Pieces	13.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
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
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		64.81
% of Calories		61.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/03/2017		
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, WG	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	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 17	SERVING	0.0
Pork, BBQ, Shredded	4 oz	13.0
Roll, WG 4"	Roll	27.0
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Celery Sticks	1/4 CUP	1.14
Green Beans	1/4 CUP	2.5
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		63.23
% of Calories		63.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/04/2017		
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, 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
Middle School (6-8) Lunch	Total	
CYCLE 18	SERVING	0.0
Chicken, Popcorn, WG	12 pieces	17.06
Chicken, Popcorn, Spicy	13 Pieces	16.0
Corn Dog, Chicken FF	1 Each	30.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Carrots, baby-cut, IW 1.3 oz	1 pkg	4.0
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		65.30
% of Calories		70.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/05/2017		
K-8 Breakfast	Total	
CYCLE 19	SERVING	0.0
Pancake, Buttermilk, WG	1 EACH	15.5
Sausage Patty, Pork	Patty	0.5
Syrup, Pancake & Waffle	1 TBSP	12.5
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, 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
Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Quesadilla, Chicken	piece	16.45
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
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
Pudding, Chocolate Bay Valley	1/3 cup	17.18
Whipped Topping, On Top Richs	1 TBSP	1.0
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 TSP	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		57.26
% of Calories		63.4%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Fri - 10/06/2017		
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, 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 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 Drumstick, Breaded	Piece	5.0
Potatoes, Mashed	1/4 Cup	7.75
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Broccoli	1/4 CUP	1.51
Beans, Red Kidney	1/4 CUP	11.0
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		57.38
% of Calories		55.6%
Nutrient Guideline		

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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Mon - 10/09/2017		
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
Middle School (6-8) Lunch	Total	
CYCLE 21	SERVING	0.0
Lil Kahuna Double Dogs	4 oz	27.0
Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Lettuce & Tomato: 1 leaf, 2 slice	1 lf, 2 slc	1.11
Chicken Tenders	3 Pieces	13.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Dill Pickle Chips	1/8 Cup	0.52
Potato, Fries, Oven Baked	1/4 Cup	8.68
Green Beans	1/4 CUP	2.5
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	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
BBQ Sauce	2 TBSP	13.86
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		52.56
% of Calories		61.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/10/2017		
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
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
Tortilla, Flour, 6" WG	Tortilla	15.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Chicken Patty, Spicy	Pattie	17.0
Chicken Patty	Pattie	12.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
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	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		66.09
% of Calories		63.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/11/2017		
K-8 Breakfast	Total	
CYCLE 23	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, 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
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Hot Dog, Turkey Frank	5" Frank	1.0
Bun, Hot Dog, WG, 6"	Bun	27.0
Pizza, PeppSausage/SmartChoice	Slice	34.14
Pizza, Cheese, SmartChoice	Slice	33.41
Salad Blend	3/4 Cup	4.0
Carrots, baby-cut, IW 1.3 oz	1 pkg	4.0
Broccoli	1/4 CUP	1.51
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		60.87
% of Calories		58.5%
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	Portion Size	Carb (g)
Thu - 10/12/2017		
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
Middle School (6-8) Lunch	Total	
CYCLE 24	SERVING	0.0
Szechuan Chicken	2/3 cup	10.86
Rice, Brown, WG 1/2cup	1/2 cup	18.58
Sandwich, Toasted Cheese	Sandwich	30.01
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Green Beans	1/4 CUP	2.5
Beans, Garbanzo	1/4 cup	10.0
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	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		55.16
% of Calories		57.9%
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	Portion Size	Carb (g)
Fri - 10/13/2017		
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
Middle School (6-8) Lunch	Total	
CYCLE 25	SERVING	0.0
Pancakes, Buttermilk, 4" Lunch	2 Pieces	31.0
Sausage Patty, Pork	Patty	0.5
Chicken Tenders	3 Pieces	13.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Beans, Red Kidney	1/4 CUP	11.0
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	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Syrup, Pancake & Waffle	1 TBSP	12.5
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		63.50
% of Calories		65.9%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Mon - 10/16/2017		
K-8 Breakfast	Total	
CYCLE 01	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
Middle School (6-8) Lunch		
CYCLE 01	Total	
Pork Riblet w/ BBQ Sauce	SERVING	0.0
Roll, WG 4"	Pattie	10.0
Corn Dogs, Mini Chicken	Roll	27.0
Chicken Patty	6 Mini Dogs	28.7
Chicken Patty, Spicy	Pattie	12.0
Bun, Hamburger WG 3.5"	Pattie	17.0
Pizza, Cheese, SmartChoice	Bun	28.0
Pizza, Pepperoni SmartChoice	Slice	33.41
Salad Blend	Slice	33.48
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	1 TSP	0.0
	1 TBSP	2.0
Weighted Daily Average		40.48
% of Calories		64.3%
Nutrient Guideline		

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Base Menu Spreadsheet
Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Tue - 10/17/2017		
K-8 Breakfast	Total	
CYCLE 02	SERVING	0.0
Egg & Turkey Sausage Wrap	Wrap	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
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 Taco Meat	1/2 cup	0.52
Cheese, Shredded	1 oz	0.19
Lettuce, Shredded for taco	2 TBSP	0.29
Tortilla, Flour, 6" WG	Tortilla	15.0
Taco Shell	Shell	12.0
Refried Beans for Tacos	1/4 cup	9.02
Chicken Tenders	3 Pieces	13.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Green Beans	1/4 CUP	2.5
Broccoli	1/4 CUP	1.51
Banana***	1 EACH	18.5
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
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		67.17
% of Calories		67.4%
Nutrient Guideline		

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Base Menu Spreadsheet
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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Wed - 10/18/2017		
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
Middle School (6-8) Lunch	Total	
CYCLE 03	SERVING	0.0
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, PeppSausage/SmartChoice	Slice	34.14
Salad Blend	3/4 Cup	4.0
Carrots, baby-cut, IW 1.3 oz	1 pkg	4.0
Potato Oven Fries	1/4 Cup	8.44
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
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		77.03
% of Calories		70.5%
Nutrient Guideline		

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Base Menu Spreadsheet
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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Thu - 10/19/2017		
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
Middle School (6-8) Lunch	Total	
CYCLE 04	SERVING	0.0
Chicken, Fajita Strips	1.8 oz	0.55
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
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Zucchini, Sticks	1/4 Cup	1.51
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
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
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		68.92
% of Calories		68.0%
Nutrient Guideline		

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Base Menu Spreadsheet
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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Fri - 10/20/2017		
K-8 Breakfast	Total	
CYCLE 05	SERVING	0.0
French Toast Sticks	2 Pieces	17.5
Sausage Patty, Pork	Patty	0.5
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
Middle School (6-8) Lunch	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 05	SERVING	0.0
Chicken Meatballs	3 Meatballs	5.0
Potatoes, Mashed	1/4 Cup	7.75
BBQ Sauce	2 TBSP	13.86
Chicken Tenders	3 Pieces	13.0
Marinara Sauce	1/4 cup	4.5
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Green Beans	1/4 CUP	2.5
Black Beans, Veg 1/4c	1/4 Cup	10.0
Orange Wedges (whole)***	4 Wedges	11.28
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 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Weighted Daily Average		50.31
% of Calories		64.0%
Nutrient Guideline		

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Base Menu Spreadsheet
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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Mon - 10/23/2017		
K-8 Breakfast	Total	
CYCLE 06	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 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 06	SERVING	0.0
Speedline MeatLoaf/MashPotatoe	Container	23.5
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
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Dill Pickle Chips	1/8 Cup	0.52
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli	1/4 CUP	1.51
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	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		52.37
% of Calories		54.9%
Nutrient Guideline		

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Base Menu Spreadsheet
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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Tue - 10/24/2017		
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
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
Corn Dog, Chicken FF	1 Each	30.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Green Beans	1/4 CUP	2.5
Potato, Fries, Oven Baked	1/4 Cup	8.68
Banana***	1 EACH	18.5
Strawberries, Frozen	1/4 Cup	2.76
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	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		60.13
% of Calories		63.8%
Nutrient Guideline		

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Base Menu Spreadsheet
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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Wed - 10/25/2017		
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
Middle School (6-8) Lunch	Total	
CYCLE 08	SERVING	0.0
Chicken Drumstick, Breaded	Piece	5.0
Potatoes, Mashed	1/4 Cup	7.75
BBQ Sauce	2 TBSP	13.86
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, PeppSausage/SmartChoice	Slice	34.14
Pizza, Cheese, SmartChoice	Slice	33.41
Salad Blend	3/4 Cup	4.0
Broccoli	1/4 CUP	1.51
Carrots, baby-cut, IW 1.3 oz	1 pkg	4.0
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	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		75.49
% of Calories		61.7%
Nutrient Guideline		

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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Thu - 10/26/2017		
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
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
Cheeseburgers, Mini Twin	Pkg	35.0
Chicken, Popcorn, WG	12 pieces	17.06
Chicken, Popcorn, Spicy	13 Pieces	16.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
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	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		65.64
% of Calories		64.4%
Nutrient Guideline		

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Base Menu Spreadsheet
 Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

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	Portion Size	Carb (g)
Fri - 10/27/2017		
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
Middle School (6-8) Lunch	Total	
Quesadilla, Chicken	piece	16.45
Quesadilla, Cheese	piece	17.3
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Jicama Sticks	1/4 cup	0.75
Beans, Garbanzo	1/4 cup	10.0
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
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
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		58.91
% of Calories		54.8%
Nutrient Guideline		

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Base Menu Spreadsheet
Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

Generated on: 9/27/2017 12:04:07 PM

	Portion Size	Carb (g)
Mon - 10/30/2017		
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
Middle School (6-8) Lunch	Total	
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Sandwich, Grape PBJ	Sandwich	32.0
Cheese, String, Mozzarella	1 oz	1.07
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Dill Pickle Chips	1/8 Cup	0.52
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	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		59.07
% of Calories		60.2%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2017 thru Oct 31, 2017

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

Generated on: 9/27/2017 12:04:07 PM

	Portion Size	Carb (g)
Tue - 10/31/2017		
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
Middle School (6-8) Lunch	Total	
CYCLE 12	SERVING	0.0
Caesar Salad Wrap:	1 Each	38.94
Salad Blend 1cup***	1 cup	5.33
Cheese, Shredded	1 oz	0.19
Chicken, Diced	2 oz	0.74
Dressing, Creamy Caesar, Ken's	2 Tbsp	1.0
Tortilla, WG 12"	Tortilla	42.0
Cheeseburgers, Mini Twin	Pkg	35.0
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Broccoli	1/4 CUP	1.51
Corn, Cnd 1/4c	1/4 CUP	12.75
Fruit, Mixed, Cnd	1/4 cup	9.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Banana***	1 EACH	18.5
Frozen Fruit Cup, Holiday	Container	25.0
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
Weighted Daily Average		64.79
% of Calories		56.9%
Nutrient Guideline		

Weighted Average		61.20
		62.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	61.20	62.26%						

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