

# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

Page 1

Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 9/25/2018 3:28:28 PM

	Portion Size	Carb (g)
Mon - 10/01/2018		
K-8 Breakfast	Total	
HOLIDAY	SERVING	0.0
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
K-8 Lunch	Total	
HOLIDAY	SERVING	0.0
CYCLE 16	SERVING	0.0
Hot Dog, Turkey Frank	5" Frank	1.0
Bun, Hot Dog, WG, 6"	Bun	27.0
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 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
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
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		72.07
% of Calories		53.1%
Nutrient Guideline		

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## Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Tue - 10/02/2018		
K-8 Breakfast	Total	
HOLIDAY	SERVING	0.0
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
K-8 Lunch	Total	
HOLIDAY	SERVING	0.0
CYCLE 17	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 topping	2 TBSP	0.29
Taco Shell	Shell	12.0
Tortilla, Flour, 6" WG	Tortilla	15.0
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
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
Apple***	1 EACH	14.64
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
Ketchup	1 TBSP	5.0
Mustard	1 TSP	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		73.46
% of Calories		57.8%
Nutrient Guideline		

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 10/03/2018		
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
K-8 Lunch	Total	
CYCLE 18	SERVING	0.0
Pork, Pulled, Cooked, Frozen	4 oz	0.0
BBQ Sauce	2 TBSP	13.86
Roll, WG 4"	Roll	27.0
Chicken Nuggets Tyson	5 pieces	16.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
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
Dill Pickle Chips	1/8 Cup	0.52
Peaches, Diced, Cnd	1/4 Cup	12.0
Orange Wedges 1/2 orange	1/2 orange	5.64
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	1 TSP	0.0
Taco Sauce, Mild	pkt	1.18
Salsa, Mild, Cnd	2 TBSP	4.0
Weighted Daily Average		77.84
% of Calories		57.2%
Nutrient Guideline		

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Thu - 10/04/2018		
K-8 Breakfast	Total	
CYCLE 19	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	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
K-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 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
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Green Beans	1/4 CUP	2.5
Corn, Cnd 1/4c	1/4 CUP	12.75
Apple, Fresh	1 EACH	14.64
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
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		75.54
% of Calories		53.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/05/2018		
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
K-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
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
Carrots, baby-cut, IW	1pkg	4.0
Broccoli	1/4 CUP	1.51
Peaches, Diced, Cnd	1/4 Cup	12.0
Orange	1 EACH	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
Weighted Daily Average		62.43
% of Calories		54.9%
Nutrient Guideline		

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Mon - 10/08/2018		
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	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
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
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
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		100.72
% of Calories		54.8%
Nutrient Guideline		

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Oct 1, 2018 thru Oct 31, 2018

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	Portion Size	Carb (g)
Tue - 10/09/2018		
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
K-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
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Broccoli	1/4 CUP	1.51
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
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Weighted Daily Average		74.20
% of Calories		54.0%
Nutrient Guideline		

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Oct 1, 2018 thru Oct 31, 2018

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	Portion Size	Carb (g)
Wed - 10/10/2018		
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
K-8 Lunch	Total	
CYCLE 23	SERVING	0.0
Corn Dog, Chicken FF	1 Each	30.0
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 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
Applesauce, unsweetened	1/4 cup	6.5
Orange Wedges 1/2 orange	1/2 orange	5.64
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
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		87.49
% of Calories		53.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/11/2018		
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
K-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
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 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
Fruit Juice, Variety***	4 fl.oz.	15.5
Strawberries, Frozen	1/4 Cup	2.76
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
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		65.06
% of Calories		53.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/12/2018		
K-8 Breakfast	Total	
CYCLE 24	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
K-8 Lunch	Total	
CYCLE 25	SERVING	0.0
Quesadilla, Carnitas	piece	16.15
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, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Celery Sticks	1/4 CUP	1.14
Carrots, baby-cut, IW	1pkg	4.0
Peaches, Diced, Cnd***	1/2 Cup	24.0
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	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		72.64
% of Calories		58.0%
Nutrient Guideline		

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Mon - 10/15/2018		
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
K-8 Lunch	Total	
CYCLE 01	SERVING	0.0
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
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 8slc 1.75MMA	Slice	41.86
Potato, Fries, Oven Baked*	1/2 Cup	17.36
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
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		64.84
% of Calories		56.6%
Nutrient Guideline		

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# SCVSFSA

Base Menu Spreadsheet  
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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Tue - 10/16/2018		
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
K-8 Lunch	Total	
CYCLE 02	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 8slce 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 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		77.69
% of Calories		58.3%
Nutrient Guideline		

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## Base Menu Spreadsheet Portion Values - Detailed

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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 10/17/2018		
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	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
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
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 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
Orange Wedges 1/2 orange	1/2 orange	5.64
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
Weighted Daily Average		80.36
% of Calories		56.5%
Nutrient Guideline		

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Base Menu Spreadsheet  
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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Thu - 10/18/2018		
K-8 Breakfast	Total	
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
K-8 Lunch	Total	
CYCLE 04	SERVING	0.0
Chicken Meatballs	3 Meatballs	5.0
Potatoes, Mashed	1/4 Cup	10.33
BBQ Sauce	2 TBSP	13.86
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*	1/2 Cup	17.36
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
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
Mustard	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Weighted Daily Average		89.45
% of Calories		52.9%
Nutrient Guideline		

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## Base Menu Spreadsheet Portion Values - Detailed

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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Fri - 10/19/2018		
K-8 Breakfast	Total	
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
K-8 Lunch	Total	
CYCLE 05	SERVING	0.0
Sandwich, Toasted Cheese	Sandwich	30.01
Chicken, Popcorn, WG	15 pieces	17.06
Crackers, WG, Mini, Zesta	1 Pouch	7.0
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
Carrots, baby-cut, IW	1pkg	4.0
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
Weighted Daily Average		64.36
% of Calories		48.1%
Nutrient Guideline		

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## Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Mon - 10/22/2018		
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
K-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
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli	1/4 CUP	1.51
Peaches, Diced, Cnd	1/4 Cup	12.0
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
Weighted Daily Average		74.41
% of Calories		52.2%
Nutrient Guideline		

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Tue - 10/23/2018		
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
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 topping	2 TBSP	0.29
Taco Shell	Shell	12.0
Tortilla, Flour, 6" WG	Tortilla	15.0
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
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*	1/2 Cup	17.36
Green Beans	1/4 CUP	2.5
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	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		81.45
% of Calories		50.2%
Nutrient Guideline		

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 10/24/2018		
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, 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
Pancakes, Mini, Maple, IW	Pkg	39.0
Sausage Patty, Pork x2 lunch	2 Pattys	1.0
Chicken, Popcorn, WG	15 pieces	17.06
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
Beans, Garbanzo	1/4 cup	10.0
Peas, Sweet, Cnd 1/4c	1/4 Cup	6.0
Applesauce, unsweetened***	1/2 cup	13.0
Orange Wedges 1/2 orange	1/2 orange	5.64
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
Syrup	1 TBSP	12.5
Weighted Daily Average		83.43
% of Calories		51.1%
Nutrient Guideline		

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## Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Thu - 10/25/2018		
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
K-8 Lunch	Total	
CYCLE 09	SERVING	0.0
Cheeseburgers, Mini Twin	Pkg	35.0
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
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Celery Sticks	1/4 CUP	1.14
Apple***	EACH	14.64
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
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		66.62
% of Calories		52.9%
Nutrient Guideline		

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Fri - 10/26/2018		
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
K-8 Lunch	Total	
CYCLE 10	SERVING	0.0
Quesadilla, Carnitas	piece	16.15
Quesadilla, Cheese	piece	17.3
Chicken Nuggets Tyson	5 pieces	16.0
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 8slice 1.75MMA	Slice	41.86
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Carrots, baby-cut, IW	1pkg	4.0
Applesauce, unsweetened	1/4 cup	6.5
Fruit, Mixed, Cnd	1/4 cup	9.0
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	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		60.94
% of Calories		44.5%
Nutrient Guideline		

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Mon - 10/29/2018		
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	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
K-8 Lunch	Total	
CYCLE 11	SERVING	0.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Chicken, Popcorn, WG	15 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
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
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
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
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		47.44
% of Calories		51.9%
Nutrient Guideline		

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

Page 22

Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 9/25/2018 3:28:30 PM

	Portion Size	Carb (g)
Tue - 10/30/2018		
K-8 Breakfast	Total	
CYCLE 12	SERVING	0.0
Cinnamon Toast	Pkg	30.0
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, 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
Pork Carnitas, Shredded	2 oz	0.0
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 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
Celery Sticks	1/4 CUP	1.14
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	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		65.71
% of Calories		46.7%
Nutrient Guideline		

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 10/31/2018		
K-8 Breakfast	Total	
CYCLE 13	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
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
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
Potato Oven Fries	1/4 Cup	8.44
Black Beans, Veg 1/4c	1/4 Cup	10.0
Frozen Fruit Cup, Holiday	Container	25.0
Orange Wedges 1/2 orange	1/2 orange	5.64
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
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
Weighted Daily Average		85.98
% of Calories		55.2%
Nutrient Guideline		

Weighted Average		74.09 53.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	74.09	53.26%						

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