

SCVSFSA

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2017 thru Jun 2, 2017

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

Generated on: 4/7/2017 12:12:58 PM

	Portion Size	Carb (g)
Mon - 05/01/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
Middle School (6-8) Lunch		
CYCLE 21	Total	
Lil Kahuna Double Dogs	SERVING	0.0
Hamburger Patty	4 oz	27.0
Bun, Hamburger WG 3.5"	Patty	2.0
Cheese, Slice	Bun	28.0
Lettuce & Tomato:1 leaf,2 slice	1 slice	1.0
Pizza, Cheese, SmartChoice	1 lf,2 slc	1.11
Pizza, Pepperoni SmartChoice	Slice	33.81
Salad Blend	Slice	33.88
Dill Pickle Chips	3/4 Cup	4.0
Potato,Fries,Oven Baked	1/8 Cup	0.52
Green Beans	1/4 Cup	8.5
Apple, Fresh	1/4 CUP	2.5
Crackers, Jungle	1 EACH	14.64
Milk, Nonfat	1 oz	19.63
Milk,1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	16.0
	Carton	23.0
Weighted Daily Average		52.56
% of Calories		61.0%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Tue - 05/02/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
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	0.27
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	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
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
Weighted Daily Average		66.23
% of Calories		63.7%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Wed - 05/03/2017		
K-8 Breakfast	Total	
CYCLE 23	SERVING	0.0
Pancake & Sausage Stick, WG	1 EACH	19.8
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
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
BBQ Sauce	2 TBSP	13.86
Middle School (6-8) Lunch	Total	
CYCLE 23	SERVING	0.0
Cowboy Bowl:	1 Bowl	34.5
Chicken, Popcorn, WG	12 pieces	14.0
Potatoes, Mashed: Cowboy Bowl	1/4 Cup	3.88
Corn: Cowboy Bowl	1/4 CUP	12.75
Cheese, Shredded	1 oz	0.19
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, Sausage/Pepp, PPavy	Slice	33.95
Pizza, Cheese, SmartChoice	Slice	33.81
Salad Blend	3/4 Cup	4.0
Carrots, baby-cut, 1.3 oz pkg	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
Weighted Daily Average		63.76
% of Calories		55.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/04/2017		
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, 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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
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
Macaroni & Cheese #8	1/2 Cup	23.24
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	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
Weighted Daily Average		50.43
% of Calories		61.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/05/2017		
K-8 Breakfast	Total	
CYCLE 25	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 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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
Syrup, Pancake & Waffle	1 TBSP	12.5
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Middle School (6-8) Lunch		
CYCLE 25	Total	0.0
Pancakes, Buttermilk, 4" Lunch	2 Pieces	31.0
Sausage Patty, Pork	Patty	0.5
Chicken Tenders	3 Pieces	13.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Beans, Red Kidney	1/4 CUP	11.0
Orange Wedges (whole)***	4 Wedges	11.28
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
Weighted Daily Average		63.78
% of Calories		67.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/08/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
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	33.81
Salad Blend	Slice	33.88
Potato, Fries, Oven Baked	3/4 Cup	4.0
Dill Pickle Chips	1/4 Cup	8.5
Broccoli	1/8 Cup	0.52
Apple Slices-bag***	1/4 CUP	1.51
Fruit Juice, Variety***	2 oz Pkg	8.0
Milk, Nonfat	4 fl.oz.	15.5
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	16.0
	Carton	23.0
Weighted Daily Average		53.98
% of Calories		67.9%
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	Portion Size	Carb (g)
Tue - 05/09/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
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
Middle School (6-8) Lunch	Total	
CYCLE 02	SERVING	0.0
Chicken Soft Taco Meat	1/2 cup	0.55
Cheese, Shredded	1 oz	0.19
Lettuce, Shredded for taco	2 TBSP	0.27
Tortilla, Flour, 6" WG	Tortilla	15.0
Taco Shell	Shell	12.0
Refried Beans for Tacos	1/4 cup	9.02
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	Pouch	7.0
Green Beans	1/4 CUP	2.5
Broccoli	1/4 CUP	1.51
Banana***	1 EACH	18.5
Fruit Juice, Variety***	4 fl.oz.	15.5
Brownie Cup	1.5 oz	26.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Weighted Daily Average		67.62
% of Calories		67.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/10/2017		
K-8 Breakfast	Total	
CYCLE 03	SERVING	0.0
Waffles, Snack'n Maple	Pouch	42.0
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
Belly Bear, WG, Brkfast Honey	PKG	20.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
Middle School (6-8) Lunch		
CYCLE 03	Total	
Chicken, Popcorn Orange	SERVING	0.0
Rice Pilaf (72 serv)	3.9 oz	21.0
Chicken Tenders	2/3 Cup	28.81
Marinara Sauce	3 Pieces	13.0
Pizza, Cheese, SmartChoice	1/4 cup	4.5
Pizza, Sausage/Pepp, PPavy	Slice	33.81
Salad Blend	Slice	33.95
Carrots, baby-cut, 1.3 oz pkg	3/4 Cup	4.0
Potato Oven Fries	1 pkg	4.0
Peaches, cnd, Sliced, light sy	1/4 Cup	8.68
Applesauce, Unsweetened, Cups,	1/4 cup	9.13
Cookie, Choc Chip (to bake)	Container	13.99
Milk, Nonfat	Cookie	18.5
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	16.0
	Carton	23.0
Weighted Daily Average		83.74
% of Calories		70.4%
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	Portion Size	Carb (g)
Thu - 05/11/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
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, Flour, 10"	Tortilla	32.04
Chicken Drumstick, Breaded	Piece	5.0
Potatoes, Mashed	1/4 Cup	7.75
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	Pouch	7.0
Zucchini, Sticks	1/4 Cup	0.95
Beans, Garbanzo	1/4 cup	10.0
Apple, Fresh	EACH	14.64
Fruit Cup, Frzn, Peaches, ***	4.4oz Cup	29.98
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Weighted Daily Average		68.89
% of Calories		68.0%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Fri - 05/12/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Middle School (6-8) Lunch	Total	
CYCLE 05	SERVING	0.0
Fish Taco:	Taco	0.0
Fish Sticks, Baja	2 Pieces	10.0
Cheese, Shredded	1 oz	0.19
Cabbage, Shredded	1/4 cup	0.94
Tortilla, Flour, 6" WG	Tortilla	15.0
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	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	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
Salsa, Mild, Cnd	2 TBSP	4.0
Weighted Daily Average		49.59
% of Calories		68.8%
Nutrient Guideline		

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Mon - 05/15/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Middle School (6-8) Lunch		
CYCLE 06	Total	
Speedline MeatLoaf/MashPotatoe	SERVING	0.0
Chicken Tenders	Container	23.5
Italian Cheesy Stix	3 Pieces	13.0
Marinara Sauce	2 Stix	34.0
Pizza, Cheese, SmartChoice	1/4 cup	4.5
Pizza, Pepperoni SmartChoice	Slice	33.81
Salad Blend	Slice	33.88
Crackers, WG, Mini, Zesta	3/4 Cup	4.0
Dill Pickle Chips	Pouch	7.0
Corn, Cnd 1/4c	1/8 Cup	0.52
Broccoli	1/4 CUP	12.75
Blueberries, Frozen, Unsw	1/4 CUP	1.51
Apple, Fresh	1/4 cup	4.72
Crackers, Jungle	EACH	14.64
Milk, Nonfat	1 oz	19.63
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	14.0
	Carton	23.0
Weighted Daily Average		51.84
% of Calories		55.8%
Nutrient Guideline		

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Base Menu Spreadsheet

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Tue - 05/16/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
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
Middle School (6-8) Lunch	Total	
CYCLE 07	SERVING	0.0
Chicken Soft Taco Meat	1/2 cup	0.55
Cheese, Shredded	1 oz	0.19
Lettuce, Shredded for taco	2 TBSP	0.27
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 Hickory Smoke	2 Tbsp	8.0
Cheese, Slice	1 slice	1.0
Corn Dog, Chicken FF	1 Each	30.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	Pouch	7.0
Green Beans	1/4 CUP	2.5
Potato, Fries, Oven Baked	1/4 Cup	8.5
Banana***	1 EACH	18.5
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Weighted Daily Average		62.31
% of Calories		64.8%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Wed - 05/17/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
Middle School (6-8) Lunch	Total	
CYCLE 08	SERVING	0.0
Teriyaki Chicken:Fajita meat	1/2 cup	0.55
Teriyaki Sauce, sweet 3.5oz	2 oz	29.48
Rice, Brown, WG 1/2cup	1/2 cup	18.58
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, Sausage/Pepp, PPavy	Slice	33.95
Pizza, Cheese, SmartChoice	Slice	33.81
Salad Blend	3/4 Cup	4.0
Broccoli	1/4 CUP	1.51
Carrots, baby-cut, 1.3 oz pkg	1 pkg	4.0
Applesauce, Unsweetened, Cups,	Container	13.99
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
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
Weighted Daily Average		75.89
% of Calories		67.4%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Thu - 05/18/2017		
K-8 Breakfast	Total	
CYCLE 09	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, 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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Salsa, Mild, Cnd	2 TBSP	4.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
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 TBSP	0.05
Cheeseburgers, Mini Twin	Pkg	35.0
Chicken, Popcorn, WG	12 pieces	14.0
Chicken, Popcorn, Spicy	13 Pieces	12.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	Pouch	7.0
Potato,Fries,Oven Baked	1/4 Cup	8.5
Corn, Cnd 1/4c	1/4 CUP	12.75
Apple, Fresh	EACH	14.64
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Weighted Daily Average		65.00
% of Calories		64.0%
Nutrient Guideline		

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Base Menu Spreadsheet

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Fri - 05/19/2017		
K-8 Breakfast	Total	
CYCLE 10	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
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
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
Middle School (6-8) Lunch	Total	
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	Pouch	7.0
Potato, Fries, Oven Baked	1/4 Cup	8.5
Beans, Garbanzo	1/4 cup	10.0
Pineapple, Sno Pal	1/2 package	4.0
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
Weighted Daily Average		68.38
% of Calories		61.1%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Mon - 05/22/2017		
K-8 Breakfast	Total	
CYCLE 11	SERVING	0.0
Muffin, Banana 2oz BV	Muffin	27.0
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
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	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	Pouch	7.0
Dill Pickle Chips	1/8 Cup	0.52
Green Beans	1/4 CUP	2.5
Apple, Fresh	1 EACH	14.64
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
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
Weighted Daily Average		58.08
% of Calories		60.0%
Nutrient Guideline		

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Tue - 05/23/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Middle School (6-8) Lunch		
CYCLE 12	Total	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, Flour, 10"	Tortilla	32.04
Cheeseburgers, Mini Twin	Pkg	35.0
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Broccoli	1/4 CUP	1.51
Corn, Cnd 1/4c	1/4 CUP	12.75
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
Weighted Daily Average		62.78
% of Calories		56.5%
Nutrient Guideline		

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Base Menu Spreadsheet

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Wed - 05/24/2017		
K-8 Breakfast	Total	
CYCLE 13	SERVING	0.0
Waffle Stix, WG	2 Pieces	28.0
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
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Middle School (6-8) Lunch	Total	
CYCLE 13	SERVING	0.0
Speedline Enchilada, Chicken	1 Enchilada	22.22
Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Deli Sandwich Meat-Turkey	Sandwich	1.28
Roll, WG 4"	Roll	27.0
Pizza, Sausage/Pepp, PPavy	Slice	33.95
Pizza, Cheese, SmartChoice	Slice	33.81
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	Pouch	7.0
Carrots, baby-cut, 1.3 oz pkg	1 pkg	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.5
Black Beans, Veg 1/4c	1/4 Cup	10.0
Applesauce, Unsweetened, Cups,	Container	13.99
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
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
Weighted Daily Average		82.50
% of Calories		63.6%
Nutrient Guideline		

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Base Menu Spreadsheet

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Thu - 05/25/2017		
K-8 Breakfast	Total	
CYCLE 14	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 Bear, WG, Brkfast Honey	PKG	20.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mayonnaise. Light	1 TBSP	2.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
Middle School (6-8) Lunch	Total	
CYCLE 14	SERVING	0.0
Rodeo Roundup: Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Onion Rings	2 Pieces	10.8
BBQ Sauce Hickory Smoke	2 Tbsp	8.0
Spicy Curly Fries	1/4 cup	7.5
Chicken Tenders	3 Pieces	13.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Peas, Sweet, Cnd 1/4c	1/4 Cup	6.0
Broccoli	1/4 CUP	1.51
Fruit Juice, Variety***	4 fl.oz.	15.5
Apple, Fresh	1 EACH	14.64
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Weighted Daily Average		61.47
% of Calories		65.0%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Fri - 05/26/2017		
K-8 Breakfast	Total	
CYCLE 15	SERVING	0.0
Omelet, Cheese	1 Omelet	1.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, 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
Salsa, Mild, Cnd	2 TBSP	4.0
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Middle School (6-8) Lunch		
CYCLE 15	Total	
Chicken Nuggets Tyson	SERVING	0.0
Macaroni & Cheese #8	5 pieces	16.0
Pizza, Cheese, SmartChoice	1/2 Cup	23.24
Pizza, Pepperoni SmartChoice	Slice	33.81
Manager's Choice	Slice	33.88
Salad Blend	1	*N/A*
Crackers, WG, Mini, Zesta	3/4 Cup	4.0
Potato, Fries, Oven Baked	Pouch	7.0
Beans, Garbanzo	1/4 Cup	8.5
Zucchini, Sticks	1/4 cup	10.0
Pears, Cnd, Sliced, juice 1/4c	1/4 Cup	0.95
Orange Wedges (whole)***	1/4 cup	8.02
Milk, Nonfat	whole orange	11.28
Milk, 1% Lowfat	HALF PINT	13.0
Milk, Chocolate Nonfat	HALF PINT	16.0
	Carton	23.0
Weighted Daily Average		48.40
% of Calories		62.3%
Nutrient Guideline		

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

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	Portion Size	Carb (g)
Mon - 05/29/2017		
K-8 Breakfast	Total	
CYCLE 16	SERVING	0.0
HOLIDAY	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
Salsa, Mild, Cnd	2 TBSP	4.0
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
Middle School (6-8) Lunch	Total	
CYCLE 16	SERVING	0.0
HOLIDAY	SERVING	0.0
Chicken, Popcorn, Spicy	13 Pieces	12.0
Hot Dog, Turkey Frank	5" Frank	1.0
Chili w Beef & Beans DL	#10 Scoop	7.4
Cheese, Shredded for topping	1 TBSP	0.05
Bun, Hot Dog, WG, 6"	Bun	27.0
Hot Dog Boat	boat	0.0
Chicken Tenders	3 Pieces	13.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.5
Corn, Cnd 1/4c	1/4 CUP	12.75
Beans, Garbanzo	1/4 cup	10.0
Apple, Fresh	1 EACH	14.64
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		65.39
% of Calories		60.0%
Nutrient Guideline		

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Tue - 05/30/2017		
K-8 Breakfast	Total	
CYCLE 17	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, 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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Middle School (6-8) Lunch	Total	
CYCLE 17	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	1/8 Cup	5.0
Cheese, Shredded for topping	1 TBSP	0.05
Dressing, Chipotle Ranch, Light	2 TBSP	4.0
Tortilla, Flour, 10"	Tortilla	32.04
Pork, BBQ, Shredded	4 oz	13.0
Roll, WG 4"	Roll	27.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Celery Sticks	1/4 CUP	1.1
Green Beans	1/4 CUP	2.5
Apple Slices-bag***	2 oz Pkg	8.0
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
Weighted Daily Average		62.51
% of Calories		63.5%
Nutrient Guideline		

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Wed - 05/31/2017		
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Middle School (6-8) Lunch	Total	
CYCLE 18	SERVING	0.0
Corn Dog, Chicken FF	1 Each	30.0
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Carrots, baby-cut, 1.3 oz pkg	1 pkg	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.5
Peaches, Diced, Cnd	1/4 Cup	12.0
Applesauce, Unsweetened, Cups,	Container	13.99
Cookie, Carnival (to bake)	1.5 oz	27.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		67.22
% of Calories		70.0%
Nutrient Guideline		

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Thu - 06/01/2017		
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, 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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
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 TBSP	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	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.5
Jicama Sticks	1/4 cup	2.65
Corn, Cnd 1/4c	1/4 CUP	12.75
Apple, Fresh	1 EACH	14.64
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
Weighted Daily Average		58.19
% of Calories		63.7%
Nutrient Guideline		

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May 1, 2017 thru Jun 2, 2017

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

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	Portion Size	Carb (g)
Fri - 06/02/2017		
K-8 Breakfast	Total	
CYCLE 20	SERVING	0.0
Cinnamon Roll, Sweet Potato	Roll	43.0
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
Dressing, Italian, Light	2 TBSP	2.0
Dressing, Ranch, Light	2 TBSP	6.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
BBQ Sauce	2 TBSP	13.86
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Middle School (6-8) Lunch	Total	
CYCLE 20	SERVING	0.0
Chicken Drumstick, BBQ Teriyaki	Drumstick	3.0
Rice, Brown, WG 1/2cup	1/2 cup	18.58
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Broccoli	1/4 CUP	1.51
Beans, Red Kidney	1/4 CUP	11.0
Orange Wedges (whole)***	4 Wedges	11.28
Pineapple, Sno Pal	1/2 package	4.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		58.50
% of Calories		56.1%
Nutrient Guideline		

Weighted Average		62.76 63.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	62.76	63.29%						

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