

SCVSFSA

May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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	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
K-8 Lunch	Total	
CYCLE 21	SERVING	0.0
Lil Kahuna Double Dogs	4 oz	27.0
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
Dill Pickle Chips	1/8 Cup	0.52
Potato,Fries,Oven Baked	1/4 Cup	8.5
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
Weighted Daily Average		34.80
% of Calories		59.7%
Nutrient Guideline		

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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
K-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
Taco Shell	Shell	12.0
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
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		48.45
% of Calories		55.0%
Nutrient Guideline		

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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
K-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
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
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Cookie, Choc Chip (pre-baked)	Cookie	18.5
Cookie, Choc Chip (to bake)	Cookie	18.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		50.46
% of Calories		53.3%
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
K-8 Lunch	Total	
CYCLE 24	SERVING	0.0
Macaroni & Cheese #8	1/2 Cup	23.24
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
Crackers, WG, Mini, Zesta	Pouch	7.0
Green Beans	1/4 CUP	2.5
Beans, Garbanzo	1/4 cup	10.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Apple, Fresh	1 EACH	14.64
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Weighted Daily Average		30.66
% of Calories		65.6%
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
K-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
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		63.31
% of Calories		62.9%
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
K-8 Lunch	Total	
CYCLE 01	SERVING	0.0
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Potato,Fries,Oven Baked	1/4 Cup	8.5
Salad Blend	3/4 Cup	4.0
Broccoli	1/4 CUP	1.51
Dill Pickle Chips	1/8 Cup	0.52
Apple Slices-bag***	2 oz Pkg	8.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		39.34
% of Calories		63.7%
Nutrient Guideline		

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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
K-8 Lunch	Total	
CYCLE 02	SERVING	0.0
Chicken Soft Taco Meat	1/2 cup	0.55
Speedline Chick 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		48.50
% of Calories		64.9%
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
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
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
Carrots, baby-cut, 1.3 oz pkg	1 pkg	4.0
Potato Oven Fries	1/4 Cup	8.68
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
Applesauce, Unsweetened, Cups,	Container	13.99
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
Weighted Daily Average		74.62
% of Calories		63.1%
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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
K-8 Lunch	Total	
CYCLE 04	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
Cheese, Slice	1 slice	1.0
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
Zucchini, Sticks	1/4 Cup	0.95
Beans, Garbanzo	1/4 cup	10.0
Apple Slices-bag***	2 oz Pkg	8.0
Fruit Cup, Frzn, Peaches, ***	4.4oz Cup	29.98
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Weighted Daily Average		42.58
% of Calories		55.1%
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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
K-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
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
Weighted Daily Average		46.81
% of Calories		71.4%
Nutrient Guideline		

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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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
K-8 Lunch	Total	
CYCLE 06	SERVING	0.0
Speedline MeatLoaf/MashPotatoe	Container	23.5
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
Crackers, WG, Mini, Zesta	Pouch	7.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Dill Pickle Chips	1/8 Cup	0.52
Broccoli	1/4 CUP	1.51
Blueberries, Frozen, Unsw	1/4 cup	4.72
Apple, Fresh	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
Weighted Daily Average		48.70
% of Calories		57.4%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/K-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
K-8 Lunch	Total	
CYCLE 07	SERVING	0.0
Chicken Soft Taco Meat	1/2 cup	0.55
Speedline Chick 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
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
Potato, Fries, Oven Baked	1/4 Cup	8.5
Black Beans, Veg 1/4c	1/4 Cup	10.0
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
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
Weighted Daily Average		51.60
% of Calories		62.6%
Nutrient Guideline		

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-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
K-8 Lunch	Total	
CYCLE 08	SERVING	0.0
Speedline Teriyaki ChickenRice	1 cup	28.7
Teriyaki Chicken:Fajita meat	1/2 cup	0.55
Teriyaki Sauce	2 Tbsp	9.58
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
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
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 (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
Weighted Daily Average		69.49
% of Calories		56.2%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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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
K-8 Lunch	Total	
CYCLE 09	SERVING	0.0
Cheeseburgers, Mini Twin	Pkg	35.0
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
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
Crackers, WG, Mini, Zesta	Pouch	7.0
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	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		58.18
% of Calories		63.1%
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 - 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
K-8 Lunch	Total	
CYCLE 10	SERVING	0.0
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
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		58.50
% of Calories		62.2%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-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
K-8 Lunch	Total	
CYCLE 11	SERVING	0.0
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
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
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		42.97
% of Calories		56.7%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/K-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
K-8 Lunch	Total	
CYCLE 12	SERVING	0.0
Chicken Soft Taco Meat	1/2 cup	0.55
Speedline Chick 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
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
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
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli	1/4 CUP	1.51
Fruit, Mixed, Cnd	1/4 cup	9.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Banana***	1 EACH	18.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Weighted Daily Average		49.10
% of Calories		56.1%
Nutrient Guideline		

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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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
K-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
Deli Sandwich Meat-Turkey	Sandwich	1.28
Roll, WG 4"	Roll	27.0
Cheese, Slice	1 slice	1.0
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
Carrots, baby-cut, 1.3 oz pkg	1 pkg	4.0
Potato Oven Fries	1/4 Cup	8.68
Black Beans, Veg 1/4c	1/4 Cup	10.0
Applesauce, unsweetened	1/4 cup	6.5
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
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
Weighted Daily Average		67.81
% of Calories		52.2%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/K-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
K-8 Lunch	Total	
CYCLE 14	SERVING	0.0
Rodeo Roundup: Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Onion Rings	2 Pieces	10.8
BBQ Sauce	2 TBSP	13.86
Spicy Curly Fries	1/4 cup	7.5
Chicken Tenders	3 Pieces	13.0
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		28.34
% of Calories		57.8%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-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
K-8 Lunch	Total	
CYCLE 15	SERVING	0.0
Chicken Nuggets Tyson	5 pieces	16.0
Macaroni & Cheese #8	1/2 Cup	23.24
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
Potato, Fries, Oven Baked	1/4 Cup	8.5
Beans, Garbanzo	1/4 cup	10.0
Zucchini, Sticks	1/4 Cup	0.95
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Orange Wedges 1/2 orange	2 Wedges	5.64
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		28.59
% of Calories		56.8%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-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
K-8 Lunch	Total	
CYCLE 16	SERVING	0.0
HOLIDAY	SERVING	0.0
Hot Dog, Turkey Frank	5" Frank	1.0
Chili w Beef & Beans DL	#10 Scoop	7.4
Cheese, Shredded	1 oz	0.19
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
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
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		63.09
% of Calories		54.2%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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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
K-8 Lunch	Total	
CYCLE 17	SERVING	0.0
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
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
Corn, Cnd 1/4c	1/4 CUP	12.75
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		47.22
% of Calories		65.8%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-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
K-8 Lunch	Total	
CYCLE 18	SERVING	0.0
Chicken, Popcorn, WG	12 pieces	14.0
Speedline Popcorn Chicken	12 pieces	14.0
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
Carrots, baby-cut, 1.3 oz pkg	1 pkg	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.5
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
Applesauce, Unsweetened, Cups,	Container	13.99
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	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		61.85
% of Calories		66.3%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/K-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, 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
K-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
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
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		52.39
% of Calories		57.4%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-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
K-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
Speedline Rice, Brown, 1/2 cup	1/2 cup	18.58
Quesadilla, Chicken	piece	16.45
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		41.23
% of Calories		55.4%
Nutrient Guideline		

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Mon - 06/05/2017		
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
K-8 Lunch	Total	
CYCLE 21	SERVING	0.0
Lil Kahuna Double Dogs	4 oz	27.0
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
Dill Pickle Chips	1/8 Cup	0.52
Potato,Fries,Oven Baked	1/4 Cup	8.5
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
Weighted Daily Average		34.80
% of Calories		59.7%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Tue - 06/06/2017		
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
K-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
Taco Shell	Shell	12.0
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
Corn, Cnd 1/4c	1/4 CUP	12.75
Black Beans, Veg 1/4c	1/4 Cup	10.0
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
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		48.52
% of Calories		55.6%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 06/07/2017		
K-8 Breakfast	Total	
CYCLE 23	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, 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
BBQ Sauce	2 TBSP	13.86
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
K-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
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, Cups,	Container	13.99
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Cookie, Choc Chip (pre-baked)	Cookie	18.5
Cookie, Choc Chip (to bake)	Cookie	18.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		51.45
% of Calories		53.8%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Thu - 06/08/2017		
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
K-8 Lunch	Total	
CYCLE 24	SERVING	0.0
Macaroni & Cheese #8	1/2 Cup	23.24
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
Crackers, WG, Mini, Zesta	Pouch	7.0
Green Beans	1/4 CUP	2.5
Beans, Garbanzo	1/4 cup	10.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Apple, Fresh	1 EACH	14.64
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Weighted Daily Average		30.66
% of Calories		65.6%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Fri - 06/09/2017		
K-8 Breakfast	Total	
CYCLE 25	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 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
K-8 Lunch	Total	
CYCLE 25	SERVING	0.0
Chicken Tenders	3 Pieces	13.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Manager's Choice	1	*N/A*
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
Applesauce, Unsweetened, Cups,	Container	13.99
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		56.48
% of Calories		65.6%
Nutrient Guideline		

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 06/12/2017		
K-8 Breakfast	Total	
CYCLE 01	SERVING	0.0
Muffin, Star, Corn 2.5oz	1 Each	37.0
Cinnamon Roll, Sweet Potato	Roll	43.0
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
K-8 Lunch	Total	
CYCLE 01	SERVING	0.0
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Potato,Fries,Oven Baked	1/4 Cup	8.5
Salad Blend	3/4 Cup	4.0
Broccoli	1/4 CUP	1.51
Dill Pickle Chips	1/8 Cup	0.52
Apple Slices-bag***	2 oz Pkg	8.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		40.34
% of Calories		65.8%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru Jun 16, 2017

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Tue - 06/13/2017		
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
K-8 Lunch	Total	
CYCLE 02	SERVING	0.0
Chicken Drumstick, Breaded	Piece	5.0
Potatoes, Mashed	1/4 Cup	7.75
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
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		49.27
% of Calories		61.7%
Nutrient Guideline		

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 06/14/2017		
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
Cinnamon Roll, Sweet Potato	Roll	43.0
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
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
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
Carrots, baby-cut, 1.3 oz pkg	1 pkg	4.0
Potato Oven Fries	1/4 Cup	8.68
Peaches, cnd, Sliced, light sy	1/4 cup	9.13
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
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	16.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		78.62
% of Calories		63.1%
Nutrient Guideline		

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 06/15/2017		
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
K-8 Lunch	Total	
CYCLE 04	SERVING	0.0
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
Manager's Choice	1	*N/A*
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Salad Blend	3/4 Cup	4.0
Zucchini, Sticks	1/4 Cup	0.95
Beans, Garbanzo	1/4 cup	10.0
Apple Slices-bag***	2 oz Pkg	8.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Weighted Daily Average		40.91
% of Calories		60.2%
Nutrient Guideline		

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May 1, 2017 thru Jun 16, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 06/16/2017		
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
Cinnamon Roll, Sweet Potato	Roll	43.0
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
K-8 Lunch	Total	
CYCLE 05	SERVING	0.0
Chicken Tenders	3 Pieces	13.0
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, SmartChoice	Slice	33.81
Pizza, Pepperoni SmartChoice	Slice	33.88
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Green Beans	1/4 CUP	2.5
Black Beans, Veg 1/4c	1/4 Cup	10.0
Applesauce, Unsweetened, Cups,	Container	13.99
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Weighted Daily Average		49.51
% of Calories		73.9%
Nutrient Guideline		

Weighted Average		49.40 60.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	49.40	60.09%						

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