

# GVSD Child Nutrition Services

Aug 16, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

Page 1

Generated on: 8/16/2017 10:59:09 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/16/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Yogurt 4oz Upstate	1 ea	90	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	170	4.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
CELERY,RAW	1/2 cup	12	2.21
Craisins 1.16 oz pkg Asst Flav	pkg	110	28.0
Graham Crackers Straw Waffle	2 ea	105	19.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		617	92.39
% of Calories			59.9%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 08/17/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Roll, Hoagie 5" WG GS	1 each	150	28.0
TurkHmSmkd Usda100126	3.26 oz	82	0.0
Cheese Amer Proc 50% Reduced	.50 oz	35	1.0
MUSTARD	1 each	5	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
Two-Bean Salad (kidn/garb)	1/2 cup	158	23.7
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		632	91.93
% of Calories			58.2%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 08/18/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
PIZZA PACK CHEESE ARDELLAS	PKG	324	32.58
CARROTS,RAW	3/8 cup	27	6.31
Applesauce 4 oz Plain NFG	1 ea	45	14.0
Bear Grahams	1 ea	104	18.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		624	89.89
% of Calories			57.6%
Nutrient Guideline		600-650	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Aug 16, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/21/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	6	1.16
CABBAGE,RED,RAW	1/8 cup	3	0.64
Buttermilk Ranch Dressing OF	1.5 FL OZ	107	10.85
EGG,HARD-BOILED	1 EACH	78	0.56
CARROTS,RAW	1/4 cup	18	4.21
Sunflower Seeds,Honey Roasted,	1 OZ	170	6.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		661	77.09
% of Calories			46.7%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/22/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	80	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	36	0.39
Pretzel Roll WG Sliced	1 ea	160	29.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	8	1.71
MAYONNAISE	1 each	70	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	1 slices	1	0.17
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		563	71.52
% of Calories			50.8%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/23/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Yogurt 4oz Upstate	1 ea	90	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	170	4.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
CELERY,RAW	1/2 cup	12	2.21
Craisins 1.16 oz pkg Asst Flav	pkg	110	28.0
Graham Crackers Straw Waffle	2 ea	105	19.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		617	92.39
% of Calories			59.9%
Nutrient Guideline		600-650	

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K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 08/24/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Roll, Hoagie 5" WG GS	1 each	150	28.0
TurkHmSmkd Usda100126	3.26 oz	82	0.0
Cheese Amer Proc 50% Reduced	.50 oz	35	1.0
MUSTARD	1 each	5	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
Two-Bean Salad (kidn/garb)	1/2 cup	158	23.7
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		632	91.93
% of Calories			58.2%
Nutrient Guideline		600-650	

Fri - 08/25/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
PIZZA PACK CHEESE ARDELLAS	PKG	324	32.58
CARROTS,RAW	3/8 cup	27	6.31
Applesauce 4 oz Plain NFG	1 ea	45	14.0
Bear Grahams	1 ea	104	18.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		624	89.89
% of Calories			57.6%
Nutrient Guideline		600-650	

Mon - 08/28/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	6	1.16
CABBAGE,RED,RAW	1/8 cup	3	0.64
Buttermilk Ranch Dressing OF	1.5 FL OZ	107	10.85
EGG,HARD-BOILED	1 EACH	78	0.56
CARROTS,RAW	1/4 cup	18	4.21
Sunflower Seeds,Honey Roasted,	1 OZ	170	6.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		661	77.09
% of Calories			46.7%
Nutrient Guideline		600-650	

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K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/29/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	80	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	36	0.39
Pretzel Roll WG Sliced	1 ea	160	29.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	8	1.71
MAYONNAISE	1 each	70	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		563	71.52
% of Calories			50.8%
Nutrient Guideline		600-650	

Wed - 08/30/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Yogurt 4oz Upstate	1 ea	90	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	170	4.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
CELERY,RAW	1/2 cup	12	2.21
Craisins 1.16 oz pkg Asst Flav	pkg	110	28.0
Graham Crackers Straw Waffle	2 ea	105	19.0
*ALL MEALS*	*	0	0.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		617	92.39
% of Calories			59.9%
Nutrient Guideline		600-650	

Thu - 08/31/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Roll, Hoagie 5" WG GS	1 each	150	28.0
TurkHmSmkd Usda100126	3.26 oz	82	0.0
Cheese Amer Proc 50% Reduced	.50 oz	35	1.0
MUSTARD	1 each	5	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
Two-Bean Salad (kidn/garb)	1/2 cup	158	23.7
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0

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Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		632	91.93
% of Calories			58.2%
Nutrient Guideline		600-650	

Fri - 09/01/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
PIZZA PACK CHEESE ARDELLAS	PKG	324	32.58
CARROTS,RAW	3/8 cup	27	6.31
Applesauce 4 oz Plain NFG	1 ea	45	14.0
Bear Grahams	1 ea	104	18.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		624	89.89
% of Calories			57.6%
Nutrient Guideline		600-650	

Mon - 09/04/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	6	1.16
CABBAGE,RED,RAW	1/8 cup	3	0.64
Buttermilk Ranch Dressing OF	1.5 FL OZ	107	10.85
EGG,HARD-BOILED	1 EACH	78	0.56
CARROTS,RAW	1/4 cup	18	4.21
Sunflower Seeds,Honey Roasted,	1 OZ	170	6.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
ENTREE #2	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		661	77.09
% of Calories			46.7%
Nutrient Guideline		600-650	

Tue - 09/05/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	80	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	36	0.39
Pretzel Roll WG Sliced	1 ea	160	29.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	8	1.71
MAYONNAISE	1 each	70	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0

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K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		563	71.52
% of Calories			50.8%
Nutrient Guideline		600-650	

Wed - 09/06/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Yogurt 4oz Upstate	1 ea	90	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	170	4.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
CELERY,RAW	1/2 cup	12	2.21
Craisins 1.16 oz pkg Asst Flav	pkg	110	28.0
Graham Crackers Straw Waffle	2 ea	105	19.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		617	92.39
% of Calories			59.9%
Nutrient Guideline		600-650	

Thu - 09/07/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Roll, Hoagie 5" WG GS	1 each	150	28.0
TurkHmSmkd Usda100126	3.26 oz	82	0.0
Cheese Amer Proc 50% Reduced	.50 oz	35	1.0
MUSTARD	1 each	5	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
Two-Bean Salad (kidn/garb)	1/2 cup	158	23.7
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		632	91.93
% of Calories			58.2%
Nutrient Guideline		600-650	

Fri - 09/08/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
PIZZA PACK CHEESE ARDELLAS	PKG	324	32.58
CARROTS,RAW	3/8 cup	27	6.31
Applesauce 4 oz Plain NFG	1 ea	45	14.0
Bear Grahams	1 ea	104	18.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0

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Portion Values - Detailed

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Weighted Daily Average		624	89.89
% of Calories			57.6%
Nutrient Guideline		600-650	

Mon - 09/11/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	6	1.16
CABBAGE,RED,RAW	1/8 cup	3	0.64
Buttermilk Ranch Dressing OF	1.5 FL OZ	107	10.85
EGG,HARD-BOILED	1 EACH	78	0.56
CARROTS,RAW	1/4 cup	18	4.21
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Roll Artisan 1oz WG GS	1 ea	80	15.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		661	77.09
% of Calories			46.7%
Nutrient Guideline		600-650	

Tue - 09/12/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	80	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	36	0.39
Pretzel Roll WG Sliced	1 ea	160	29.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	8	1.71
MAYONNAISE	1 each	70	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
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*ALL MEALS*	*	0	0.0
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Wed - 09/13/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Yogurt 4oz Upstate	1 ea	90	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	170	4.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
CELERY,RAW	1/2 cup	12	2.21
Craisins 1.16 oz pkg Asst Flav	pkg	110	28.0
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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/14/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Roll, Hoagie 5" WG GS	1 each	150	28.0
TurkHmSmkd Usda100126	3.26 oz	82	0.0
Cheese Amer Proc 50% Reduced	.50 oz	35	1.0
MUSTARD	1 each	5	0.0
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Two-Bean Salad (kidn/garb)	1/2 cup	158	23.7
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/15/2017			
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ENTREE #2	*	0	0.0
PIZZA PACK CHEESE ARDELLAS	PKG	324	32.58
CARROTS,RAW	3/8 cup	27	6.31
Applesauce 4 oz Plain NFG	1 ea	45	14.0
Bear Grahams	1 ea	104	18.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
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% of Calories			57.6%
Nutrient Guideline		600-650	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# GVSD Child Nutrition Services

Aug 16, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/18/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	6	1.16
CABBAGE,RED,RAW	1/8 cup	3	0.64
Buttermilk Ranch Dressing OF	1.5 FL OZ	107	10.85
EGG,HARD-BOILED	1 EACH	78	0.56
CARROTS,RAW	1/4 cup	18	4.21
Sunflower Seeds,Honey Roasted,	1 OZ	170	6.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		826	96.36
% of Calories			46.7%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/19/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	80	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	36	0.39
Pretzel Roll WG Sliced	1 ea	160	29.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	8	1.71
MAYONNAISE	1 each	70	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	1 slices	1	0.17
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		563	71.52
% of Calories			50.8%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/20/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Yogurt 4oz Upstate	1 ea	90	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	170	4.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
CELERY,RAW	1/2 cup	12	2.21
Craisins 1.16 oz pkg Asst Flav	pkg	110	28.0
Graham Crackers Straw Waffle	2 ea	105	19.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		617	92.39
% of Calories			59.9%
Nutrient Guideline		600-650	

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# GVSD Child Nutrition Services

Aug 16, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
<b>Thu - 09/21/2017</b>			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Roll, Hoagie 5" WG GS	1 each	150	28.0
TurkHmSmkd Usda100126	3.26 oz	82	0.0
Cheese Amer Proc 50% Reduced	.50 oz	35	1.0
MUSTARD	1 each	5	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
Two-Bean Salad (kidn/garb)	1/2 cup	158	23.7
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		632	91.93
% of Calories			58.2%
Nutrient Guideline		600-650	

<b>Fri - 09/22/2017</b>			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
PIZZA PACK CHEESE ARDELLAS	PKG	324	32.58
CARROTS,RAW	3/8 cup	27	6.31
Applesauce 4 oz Plain NFG	1 ea	45	14.0
Bear Grahams	1 ea	104	18.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		624	89.89
% of Calories			57.6%
Nutrient Guideline		600-650	

<b>Mon - 09/25/2017</b>			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	6	1.16
CABBAGE,RED,RAW	1/8 cup	3	0.64
Buttermilk Ranch Dressing OF	1.5 FL OZ	107	10.85
EGG,HARD-BOILED	1 EACH	78	0.56
CARROTS,RAW	1/4 cup	18	4.21
Sunflower Seeds,Honey Roasted,	1 OZ	170	6.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		661	77.09
% of Calories			46.7%
Nutrient Guideline		600-650	

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# GVSD Child Nutrition Services

Aug 16, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/26/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	80	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	36	0.39
Pretzel Roll WG Sliced	1 ea	160	29.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	8	1.71
MAYONNAISE	1 each	70	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		563	71.52
% of Calories			50.8%
Nutrient Guideline		600-650	

Wed - 09/27/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Yogurt 4oz Upstate	1 ea	90	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	170	4.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	7	1.19
CELERY,RAW	1/2 cup	12	2.21
Craisins 1.16 oz pkg Asst Flav	pkg	110	28.0
Graham Crackers Straw Waffle	2 ea	105	19.0
ENTREE #2	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		617	92.39
% of Calories			59.9%
Nutrient Guideline		600-650	

Thu - 09/28/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
Roll, Hoagie 5" WG GS	1 each	150	28.0
TurkHmSmkd Usda100126	3.26 oz	82	0.0
Cheese Amer Proc 50% Reduced	.50 oz	35	1.0
MUSTARD	1 each	5	0.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
Two-Bean Salad (kidn/garb)	1/2 cup	158	23.7
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0

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# GVSD Child Nutrition Services

Aug 16, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		632	91.93
% of Calories			58.2%
Nutrient Guideline		600-650	

Fri - 09/29/2017			
K-8 LUNCH CHOICE PRE-P	Total		
ENTREE #2	*	0	0.0
PIZZA PACK CHEESE ARDELLAS	PKG	324	32.58
CARROTS, RAW	3/8 cup	27	6.31
Applesauce 4 oz Plain NFG	1 ea	45	14.0
Bear Grahams	1 ea	104	18.0
*ALL MEALS*	*	0	0.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		624	89.89
% of Calories			57.6%
Nutrient Guideline		600-650	

Weighted Average		625	85.77
			54.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	625		600 - 650	100%				
Carbohydrate (g)	85.77	54.90%						

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