

GVSD Child Nutrition Services

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2018 thru Apr 30, 2018

K-8 LUNCH CHOICE PRE-PACK

Generated on: 4/2/2018 10:04:05 AM

	Portion Size	Carb (g)
Mon - 04/02/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
YOGURT GO BIG GM	1 EACH	18.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
CELERY,RAW	1/4 cup	1.1
Dried Fruit Mix, USDA	1/4 cup	23.0
Graham Crackers Straw Waffle	2 ea	19.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		86.48
% of Calories		57.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 04/03/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.90 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Pepperoni Sliced 2.89oz JO	.5 oz	0.52
Ciabatta Roll 2oz Shan SB480	1 each	27.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/4 cup	4.21
Pickles Dill, 2 slices	slices	0.17
MAYONNAISE	1 each	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Prtzl WG PF	1 each	16.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.76
% of Calories		55.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/04/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Chicken Fajita Meat Tyson 3522	3 oz	2.0
Barbecue Sauce SYSCO 8152134	1 oz	9.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Roll Aloha 1oz	1 ea	15.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0

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

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Apr 1, 2018 thru Apr 30, 2018

K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Weighted Daily Average		95.06
% of Calories		60.5%
Nutrient Guideline		

Thu - 04/05/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Croissant WG BC 3286	1 each	30.0
Tuna Salad	1/2 CUP	4.05
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	3/8 cup	6.31
FRUIT FRSH ASSRT #1	1 EACH	19.67
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		79.81
% of Calories		49.2%
Nutrient Guideline		

Fri - 04/06/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
SunButter Creamy	1 oz	6.2
JELLY	2 TBSP	26.58
Brd Ult Kids 1 slice Alv	2 each	32.0
EGG,HARD-BOILED	1/2 EACH	0.28
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		99.72
% of Calories		59.6%
Nutrient Guideline		

Mon - 04/09/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
YOGURT GO BIG GM	1 EACH	18.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
CELERY,RAW	1/4 cup	1.1
Dried Fruit Mix, USDA	1/4 cup	23.0
Graham Crackers Straw Waffle	2 ea	19.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Weighted Daily Average		86.48
% of Calories		57.1%
Nutrient Guideline		

Tue - 04/10/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.9 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Pepperoni Sliced 2.89oz JO	.5 oz	0.52
Ciabatta Roll 2oz Shan SB480	1 each	27.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/4 cup	4.21
Pickles Dill, 2 slices	slices	0.17
MAYONNAISE	1 each	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Prtzl WG PF	1 each	16.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.76
% of Calories		55.1%
Nutrient Guideline		

Wed - 04/11/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Chicken Fajita Meat Tyson 3522	3 oz	2.0
Barbecue Sauce SYSCO 8152134	1 oz	9.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Roll Aloha 1oz	1 ea	15.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		95.06
% of Calories		60.5%
Nutrient Guideline		

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Thu - 04/12/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Croissant WG BC 3286	1 each	30.0
Tuna Salad	1/2 CUP	4.05
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	3/8 cup	6.31
FRUIT FRSH ASSRT #1	1 EACH	19.67
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		79.81
% of Calories		49.2%
Nutrient Guideline		

Fri - 04/13/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
SunButter Creamy	1 oz	6.2
JELLY	2 TBSP	26.58
Brd Ult Kids 1 slice Alv	2 each	32.0
EGG,HARD-BOILED	1/2 EACH	0.28
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		99.72
% of Calories		59.6%
Nutrient Guideline		

Mon - 04/16/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
YOGURT GO BIG GM	1 EACH	18.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
CELERY,RAW	1/4 cup	1.1
Dried Fruit Mix, USDA	1/4 cup	23.0
Graham Crackers Straw Waffle	2 ea	19.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		86.48
% of Calories		57.1%
Nutrient Guideline		

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Tue - 04/17/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.9 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Pepperoni Sliced 2.89oz JO	.5 oz	0.52
Ciabatta Roll 2oz Shan SB480	1 each	27.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/4 cup	4.21
Pickles Dill, 2 slices	slices	0.17
MAYONNAISE	1 each	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Prtzl WG PF	1 each	16.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.76
% of Calories		55.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/18/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Chicken Fajita Meat Tyson 3522	3 oz	2.0
Barbecue Sauce SYSCO 8152134	1 oz	9.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Roll Aloha 1oz	1 ea	15.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		95.06
% of Calories		60.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/19/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Croissant WG BC 3286	1 each	30.0
Tuna Salad	1/2 CUP	4.05
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	3/8 cup	6.31
FRUIT FRSH ASSRT #1	1 EACH	19.67
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		79.81
% of Calories		49.2%
Nutrient Guideline		

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Fri - 04/20/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
SunButter Creamy	1 oz	6.2
JELLY	2 TBSP	26.58
Brd Ult Kids 1 slice Alv	2 each	32.0
EGG,HARD-BOILED	1/2 EACH	0.28
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		99.72
% of Calories		59.6%
Nutrient Guideline		

Mon - 04/23/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
YOGURT GO BIG GM	1 EACH	18.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
CELERY,RAW	1/4 cup	1.1
Dried Fruit Mix, USDA	1/4 cup	23.0
Graham Crackers Straw Waffle	2 ea	19.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		86.48
% of Calories		57.1%
Nutrient Guideline		

Tue - 04/24/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.9 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Pepperoni Sliced 2.89oz JO	.5 oz	0.52
Ciabatta Roll 2oz Shan SB480	1 each	27.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/4 cup	4.21
Pickles Dill, 2 slices	slices	0.17
MAYONNAISE	1 each	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Prtzl WG PF	1 each	16.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0

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	Portion Size	Carb (g)
Weighted Daily Average		87.76
% of Calories		55.1%
Nutrient Guideline		

Wed - 04/25/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Chicken Fajita Meat Tyson 3522	3 oz	2.0
Barbecue Sauce SYSCO 8152134	1/2 oz	4.5
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Frito-Lay Corn Chips	1 ea	12.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.56
% of Calories		54.4%
Nutrient Guideline		

Thu - 04/26/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Croissant WG BC 3286	1 each	30.0
Tuna Salad	1/2 CUP	4.05
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	3/8 cup	6.31
FRUIT FRSH ASSRT #1	1 EACH	19.67
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		79.81
% of Calories		49.2%
Nutrient Guideline		

Fri - 04/27/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
SunButter Creamy	1 oz	6.2
JELLY	2 TBSP	26.58
Brd Ult Kids 1 slice Alv	2 each	32.0
EGG,HARD-BOILED	1/2 EACH	0.28
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0

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	Portion Size	Carb (g)
Weighted Daily Average		99.72
% of Calories		59.6%
Nutrient Guideline		

Mon - 04/30/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
YOGURT GO BIG GM	1 EACH	18.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
CELERY,RAW	1/4 cup	1.1
Dried Fruit Mix, USDA	1/4 cup	23.0
Graham Crackers Straw Waffle	2 ea	19.0
ALL MEALS	*	0.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		86.48
% of Calories		57.1%
Nutrient Guideline		

Weighted Average		89.25
		56.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.25	56.03%						

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