

GVSD Child Nutrition Services

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 7, 2018 thru Jun 13, 2018

K-8 LUNCH CHOICE PRE-PACK

Generated on: 5/7/2018 9:06:50 AM

	Portion Size	Carb (g)
Mon - 05/07/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt Danimals	1 EA	21.0
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		89.48
% of Calories		57.6%
Nutrient Guideline		

Tue - 05/08/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Ciabatta Roll 2oz Shan SB480	1 each	27.0
Turkey, Rst,Boneless USDA 1001	1.5 oz	0.0
TRKY BACON FC JENNIE O	1 ea	0.0
CHEESE,CHEDDAR,AMERICAN	1 OZ	0.88
MUSTARD	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
Goldfish Ched P/Farm	pkg	13.0
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		82.70
% of Calories		50.4%
Nutrient Guideline		

Wed - 05/09/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
Chicken Fajita Meat Tyson 3522	1.50 oz	1.0
TOMATOES, CHERRY	1/4 CUP	1.45
CHEESE,PARMESAN,GRATED	.5 oz	1.97
CROUTONS,PLAIN	1 oz	20.87
Roll Artisan 1oz WG GS	1 ea	15.0
Beans Garb & Kidney	1/2 cup	17.59
FRUIT FRSH ASSRT #1	1 EACH	19.67
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		98.10
% of Calories		61.4%
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Thu - 05/10/2018		
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 - 05/11/2018		
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 - 05/14/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt Danimals	1 EA	21.0
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		89.48
% of Calories		57.6%
Nutrient Guideline		

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Tue - 05/15/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Ciabatta Roll 2oz Shan SB480	1 each	27.0
Turkey, Rst,Boneless USDA 1001	1.5 oz	0.0
TRKY BACON FC JENNIE O	1 ea	0.0
CHEESE,CHEDDAR,AMERICAN	1 OZ	0.88
MUSTARD	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
Goldfish Ched P/Farm	pkg	13.0
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		82.70
% of Calories		50.4%
Nutrient Guideline		

Wed - 05/16/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
Chicken Fajita Meat Tyson 3522	1.50 oz	1.0
TOMATOES, CHERRY	1/4 CUP	1.45
CHEESE,PARMESAN,GRATED	.5 oz	1.97
CROUTONS,PLAIN	1 oz	20.87
Roll Artisan 1oz WG GS	1 ea	15.0
Beans Garb & Kidney	1/2 cup	17.59
FRUIT FRSH ASSRT #1	1 EACH	19.67
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		98.10
% of Calories		61.4%
Nutrient Guideline		

Thu - 05/17/2018		
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 - 05/18/2018		
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 - 05/21/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt Danimals	1 EA	21.0
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		89.48
% of Calories		57.6%
Nutrient Guideline		

Tue - 05/22/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Ciabatta Roll 2oz Shan SB480	1 each	27.0
Turkey, Rst,Boneless USDA 1001	1.5 oz	0.0
TRKY BACON FC JENNIE O	1 ea	0.0
CHEESE,CHEDDAR,AMERICAN	1 OZ	0.88
MUSTARD	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
Goldfish Ched P/Farm	pkg	13.0
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

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Weighted Daily Average		82.70
% of Calories		50.4%
Nutrient Guideline		

Wed - 05/23/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
Chicken Fajita Meat Tyson 3522	1.50 oz	1.0
TOMATOES, CHERRY	1/4 CUP	1.45
CHEESE,PARMESAN,GRATED	.5 oz	1.97
CROUTONS,PLAIN	1 oz	20.87
Roll Artisan 1oz WG GS	1 ea	15.0
Beans Garb & Kidney	1/2 cup	17.59
FRUIT FRSH ASSRT #1	1 EACH	19.67
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		98.10
% of Calories		61.4%
Nutrient Guideline		

Thu - 05/24/2018		
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 - 05/25/2018		
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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K-8 LUNCH CHOICE PRE-PACK

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

Mon - 05/28/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt Danimals	1 EA	21.0
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		89.48
% of Calories		57.6%
Nutrient Guideline		

Tue - 05/29/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Ciabatta Roll 2oz Shan SB480	1 each	27.0
Turkey, Rst,Boneless USDA 1001	1.5 oz	0.0
TRKY BACON FC JENNIE O	1 ea	0.0
CHEESE,CHEDDAR,AMERICAN	1 OZ	0.88
MUSTARD	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
Goldfish Ched P/Farm	pkg	13.0
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		82.70
% of Calories		50.4%
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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Wed - 05/30/2018		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
Chicken Fajita Meat Tyson 3522	1.50 oz	1.0
TOMATOES, CHERRY	1/4 CUP	1.45
CHEESE,PARMESAN,GRATED	.5 oz	1.97
CROUTONS,PLAIN	1 oz	20.87
Roll Artisan 1oz WG GS	1 ea	15.0
Beans Garb & Kidney	1/2 cup	17.59
FRUIT FRSH ASSRT #1	1 EACH	19.67
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		98.10
% of Calories		61.4%
Nutrient Guideline		

Thu - 05/31/2018		
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		

Weighted Average		89.45
		55.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.45	55.42%						

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