

GVSD Child Nutrition Services

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 12/04/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt 4oz Upstate	1 ea	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	1.19
CELERY,RAW	1/2 cup	2.21
Craisins 1.16 oz pkg Asst Flav	pkg	28.0
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		92.39
% of Calories		59.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 12/05/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.63 oz	0.0
CHEESE,CHEDDAR,AMERICAN	1 OZ	0.88
Ciabatta Roll 2oz Shan SB480	1 each	27.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
MAYONNAISE	1 each	0.0
CARROTS,RAW	1/4 cup	4.21
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		73.24
% of Calories		49.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 12/06/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Pork Roast UDSA	1.5 oz	0.0
Barbecue Sauce SYSCO 8152134	.5 oz	4.5
BEANS,BLACK,CND,DRND	1/2 cup	18.02
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Cheese Ched/Mozz Grated	.5 oz	0.42
MuffinMiniCorn1.5ozSky	1 each	23.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
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		93.00
% of Calories		55.8%
Nutrient Guideline		

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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	Portion Size	Carb (g)
Thu - 12/07/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Pretzel Roll WG Sliced	1 ea	29.0
Turkey, Rst,Boneless USDA 1001	1.5 oz	0.0
Cheese Amer Proc 50% Reduced	.50 oz	1.0
MUSTARD	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
PEAS,EDIBLE-PODDED,RAW	3/8 cup	1.78
Pickles Dill, 2 slices	slices	0.17
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Ched P/Farm	pkg	13.0
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		84.40
% of Calories		58.8%
Nutrient Guideline		

Fri - 12/08/2017		
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		24.93
% of Calories		59.6%
Nutrient Guideline		

Weighted Average		73.59
		56.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	73.59	56.16%						

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