

GVSD Child Nutrition Services

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2017 thru Oct 31, 2017

K-8 LUNCH CHOICE PRE-PACK

Generated on: 10/2/2017 9:44:00 AM

	Portion Size	Carb (g)
Mon - 10/02/2017		
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 - 10/03/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	0.39
Ciabatta Roll 2oz Shan SB480	1 each	27.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
MAYONNAISE	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
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		68.55
% of Calories		51.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/04/2017		
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	1.5 FL OZ	10.85
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Muffin ChocChipWG 2oz 10145	1 each	30.0
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		113.68
% of Calories		59.9%
Nutrient Guideline		

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

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Portion Values - Detailed

Page 2

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Thu - 10/05/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Pretzel Roll WG Sliced	1 ea	29.0
TurkHmSmkd Usda100126	3.26 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		56.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/06/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Tortilla 10in886802 LaTap	1 each	26.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
TRKY BACON FC JENNIE O	1 ea	0.0
CREAM CHEESE	1 oz	1.15
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
Cookie Oatmeal Raisin	1 EA	22.31
CARROTS,RAW	1/4 cup	4.21
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		75.16
% of Calories		46.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/09/2017		
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		

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Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 1, 2017 thru Oct 31, 2017

K-8 LUNCH CHOICE PRE-PACK

Generated on: 10/2/2017 9:44:00 AM

	Portion Size	Carb (g)
Tue - 10/10/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	0.39
Ciabatta Roll 2oz Shan SB480	1 each	27.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
MAYONNAISE	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
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		68.55
% of Calories		51.0%
Nutrient Guideline		

Wed - 10/11/2017		
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	1.5 FL OZ	10.85
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Muffin ChocChipWG 2oz 10145	1 each	30.0
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		113.68
% of Calories		59.9%
Nutrient Guideline		

Thu - 10/12/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Pretzel Roll WG Sliced	1 ea	29.0
TurkHmSmkd Usda100126	3.26 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

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Portion Values - Detailed

Page 4

Oct 1, 2017 thru Oct 31, 2017

K-8 LUNCH CHOICE PRE-PACK

Generated on: 10/2/2017 9:44:00 AM

	Portion Size	Carb (g)
Weighted Daily Average		84.40
% of Calories		56.6%
Nutrient Guideline		

Fri - 10/13/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Tortilla 10in886802 LaTap	1 each	26.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
TRKY BACON FC JENNIE O	1 ea	0.0
CREAM CHEESE	1 oz	1.15
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
Cookie Oatmeal Raisin	1 EA	22.31
CARROTS,RAW	1/4 cup	4.21
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		75.16
% of Calories		46.1%
Nutrient Guideline		

Mon - 10/16/2017		
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		

Tue - 10/17/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	0.39
Ciabatta Roll 2oz Shan SB480	1 each	27.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
MAYONNAISE	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
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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Page 5

Oct 1, 2017 thru Oct 31, 2017

K-8 LUNCH CHOICE PRE-PACK

Generated on: 10/2/2017 9:44:00 AM

	Portion Size	Carb (g)
Weighted Daily Average		68.55
% of Calories		51.0%
Nutrient Guideline		

Wed - 10/18/2017		
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	1.5 FL OZ	10.85
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Muffin ChocChipWG 2oz 10145	1 each	30.0
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		113.68
% of Calories		59.9%
Nutrient Guideline		

Thu - 10/19/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Pretzel Roll WG Sliced	1 ea	29.0
TurkHmSmkd Usda100126	3.26 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		56.6%
Nutrient Guideline		

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Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-8 LUNCH CHOICE PRE-PACK

Portion Values - Detailed

Page 6

Generated on: 10/2/2017 9:44:00 AM

	Portion Size	Carb (g)
Fri - 10/20/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Tortilla 10in886802 LaTap	1 each	26.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
TRKY BACON FC JENNIE O	1 ea	0.0
CREAM CHEESE	1 oz	1.15
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
Cookie Oatmeal Raisin	1 EA	22.31
CARROTS,RAW	1/4 cup	4.21
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		75.16
% of Calories		46.1%
Nutrient Guideline		

Mon - 10/23/2017		
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
ENTREE #2	*	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		

Tue - 10/24/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	0.39
Ciabatta Roll 2oz Shan SB480	1 each	27.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
MAYONNAISE	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
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		68.55
% of Calories		51.0%
Nutrient Guideline		

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Page 7

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Wed - 10/25/2017		
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	1.5 FL OZ	10.85
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Muffin ChocChipWG 2oz 10145	1 each	30.0
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		113.68
% of Calories		59.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/26/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Pretzel Roll WG Sliced	1 ea	29.0
TurkHmSmkd Usda100126	3.26 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		56.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/27/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Tortilla 10in886802 LaTap	1 each	26.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
TRKY BACON FC JENNIE O	1 ea	0.0
CREAM CHEESE	1 oz	1.15
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
Cookie Oatmeal Raisin	1 EA	22.31
CARROTS,RAW	1/4 cup	4.21
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

Portion Values - Detailed

Page 8

Generated on: 10/2/2017 9:44:01 AM

	Portion Size	Carb (g)
Weighted Daily Average		75.16
% of Calories		46.1%
Nutrient Guideline		

Mon - 10/30/2017		
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
ENTREE #2	*	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		

Tue - 10/31/2017		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Turkey, Rst,Boneless USDA 1001	2 oz	0.0
CHEESE,MOZZARELLA,PART SKIM	1/2 OZ	0.39
Ciabatta Roll 2oz Shan SB480	1 each	27.0
TOMATOES,RED,RIPE,RAW,YEAR RND	1/4 cup	1.71
MAYONNAISE	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
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		68.55
% of Calories		51.0%
Nutrient Guideline		

Weighted Average		86.26
		55.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	86.26	54.99%						

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