

GVSD Child Nutrition Services

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 7, 2018 thru Jun 13, 2018

K-8 Pre-Pack Choice Option + D

Generated on: 5/7/2018 9:07:29 AM

	Portion Size	Carb (g)
Mon - 05/07/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Chick Pty WG Ty 70304	1 ea	16.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	25.08
Bun Hamb 3.5 WG GS	1 each	22.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Pickles Dill, 2 slices	slices	0.17
BBQ SAUCE	1 each	4.0
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		107.44
% of Calories		59.7%
Nutrient Guideline		

Tue - 05/08/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Waffle WG Bel Chef	2 each	27.0
Chick WG Crsp Chnk 5 ea 70364	4/5 ea	12.8
POTATOES WEDGES USDA 100355	1/2 cup	19.38
KETCHUP	2 each	4.0
Strawberries Glazed	1/2 cup	10.88
Jicama (Yam Bean) Fresh	1/4 cup	3.34
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		97.15
% of Calories		60.3%
Nutrient Guideline		

Wed - 05/09/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Bf Mini Chseburgers DonLee	1 EA	34.4
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Pickles Dill, 2 slices	slices	0.17
MUSTARD	1 each	0.0
KETCHUP	1 each	2.0
CARROTS,RAW	1/2 cup	8.42
KIWI FRUIT, FRSH,RAW	1/2 cup	12.5
Goldfish Ched P/Farm	pkg	13.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		91.01
% of Calories		54.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/10/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Pizza Chse DOMINOES	1 each	29.0
Pizza Pepp DOMINOES	1 each	29.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
Buttermilk Ranch Dressing PPI	1 each	1.0
CUCUMBER,RAW	1/8 cup	0.32
APPLES,Fresh	1 EACH	19.06
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		70.67
% of Calories		52.2%
Nutrient Guideline		

Fri - 05/11/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Chicken Fajita Meat Tyson 3522	3 oz	2.0
BEANS,BLACK,CND,DRND	1/4 cup	9.01
Rice, Spanish	1/2 CUP	21.2
PEPPERS,SWT,GRN,RAW CHPD	1/4 cup	1.73
Salsa Low Sod Cnd USDA	1/4 cup	4.37
Tortilla Chips Yellow Unsalt B	1 oz	19.0
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	18.07
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		95.11
% of Calories		61.0%
Nutrient Guideline		

Mon - 05/14/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Grilled Chse WG RF IW 13400	1 ea	32.99
Buttermilk Ranch Dressing OF	1.5 FL OZ	10.85
CARROTS,RAW	3/8 cup	6.31
BROCCOLI,raw: fresh	3/8 CUP	2.27
APPLES,Fresh	1 EACH	19.06
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		91.22
% of Calories		58.5%
Nutrient Guideline		

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K-8 Pre-Pack Choice Option + D

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	Portion Size	Carb (g)
Tue - 05/15/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Chick Tend 3 ea WG 70334	serving	16.0
Potatoes, Mashed Excel	1/2 cup	14.6
Cheese Ched/Mozz Grated	1 oz	0.83
KETCHUP	1 each	2.0
CARROTS,RAW	1/4 cup	4.21
Roll Artisan 1oz WG GS	1 ea	15.0
BLUEBERRIES,FRZ,UNSWTND	1/2 cup	9.43
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		81.82
% of Calories		47.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/16/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Beef HotDog Millers#	1 each	2.0
Bun, Hotdog 6in WG GS	1 each	28.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	25.08
RELISH: individual PC	PC packet	2.63
KETCHUP	1 each	2.0
MUSTARD	1 each	0.0
CELERY,RAW	1/4 cup	1.1
STRAWBERRIES,FRESH	1/2 CUP	5.53
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		86.09
% of Calories		58.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/17/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Pizza Chse DOMINOES	1 each	29.0
Pizza Pepp DOMINOES	1 each	29.0
Buttermilk Ranch Dressing PPI	2 each	2.0
BROCCOLI,raw: fresh	1/4 CUP	1.51
CARROTS,RAW	3/8 cup	6.31
APRICOTS: canned,light syrup	1/2 CUP	20.86
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		79.43
% of Calories		49.3%
Nutrient Guideline		

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K-8 Pre-Pack Choice Option + D

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	Portion Size	Carb (g)
Fri - 05/18/2018		
K-8 Pre-Pack Choice Option	Total	
Pasta,HH Alfredo chix	1 ea	35.95
LETTUCE, ROMAINE,RAW	1 cup	1.55
PEPPERS,SWT,RED,RAW CHPD	1/4 cup	2.25
Buttermilk Ranch Dressing PPI	1 each	1.0
Pears, Rosy	1/2 cup	17.31
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		77.81
% of Calories		50.6%
Nutrient Guideline		

Mon - 05/21/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Chick Pty WG Ty 70304	1 ea	16.0
Corn, Festive	1/2 cup	13.07
Bun Hamb 3.5 WG GS	1 each	22.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Pickles Dill, 2 slices	slices	0.17
BBQ SAUCE	1 each	4.0
KIWI FRUIT, FRSH,RAW	1/2 cup	12.5
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		88.26
% of Calories		55.3%
Nutrient Guideline		

Tue - 05/22/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Eggsstravaganza Bacon Chese Su	2.5 oz	1.25
French Toast Sticks WG /Jemima	2 ea	21.5
Potato Rounds Oven Ht USDA	1/2 cup	18.0
KETCHUP	1 each	2.0
Jicama (Yam Bean) Fresh	1/4 cup	3.34
ORANGES	1/2 EACH	5.64
Cherries, Glazed	1/4 cup	6.15
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		77.63
% of Calories		49.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/23/2018		
K-8 Pre-Pack Choice Option	Total	
Beef Mesq Patty	1 EA	1.1
Bun Hamb 4in WG GS	1 each	29.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	25.08
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Pickles Dill, 2 slices	slices	0.17
MUSTARD	1 each	0.0
KETCHUP	1 each	2.0
KIWI FRUIT, FRSH,RAW	1/2 cup	12.5
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		90.37
% of Calories		62.8%
Nutrient Guideline		

Thu - 05/24/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Pizza Chse DOMINOES	1 each	29.0
Pizza Pepp DOMINOES	1 each	29.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
Buttermilk Ranch Dressing PPI	2 each	2.0
CARROTS,RAW	1/4 cup	4.21
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		64.19
% of Calories		43.6%
Nutrient Guideline		

Fri - 05/25/2018		
K-8 Pre-Pack Choice Option	Total	
Burrito BC 5.5oz Ardellas IW	1 ea	53.13
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
APPLES,Fresh	1 EACH	19.06
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		99.91
% of Calories		63.9%
Nutrient Guideline		

Mon - 05/28/2018		
K-8 Pre-Pack Choice Option	Total	
HOLIDAY	SERVING	0.0

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	Portion Size	Carb (g)
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 05/29/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Chick Tend 3 ea WG 70334	serving	16.0
POTATOES WEDGES USDA 100355	1/2 cup	19.38
KETCHUP	1 each	2.0
CARROTS,RAW	1/4 cup	4.21
Roll Artisan 1oz WG GS	1 ea	15.0
BLUEBERRIES,FRZ,UNSWTND	1/2 cup	9.43
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		85.77
% of Calories		55.0%
Nutrient Guideline		

Wed - 05/30/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Corn Dog LF WG Chix 4 oz F/Far	1 ea	33.0
Two-Bean Salad RF(kidn/garb)	1/2 cup	23.7
KETCHUP	1 each	2.0
MUSTARD	1 each	0.0
CARROTS,RAW	1/4 cup	4.21
KIWI FRUIT, FRSH,RAW	1/2 cup	12.5
Gelatin A C Mix 502 series pre	2 oz	8.5
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		103.66
% of Calories		65.8%
Nutrient Guideline		

Thu - 05/31/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Pizza Chse DOMINOES	1 each	29.0
Pizza Pepp DOMINOES	1 each	29.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
PEPPERS, RED/GRN CHPD FRSH	1/4 cup	1.99
CARROTS,RAW	3/8 cup	6.31
APRICOTS: canned,light syrup	1/2 CUP	20.86
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		85.14
% of Calories		59.0%
Nutrient Guideline		

Weighted Average		87.37
		55.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	87.37	55.87%						

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