

# GVSD Child Nutrition Services

Base Menu Spreadsheet  
Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

K-8 Pre-Pack Choice Option + D

Generated on: 4/2/2018 9:55:47 AM

	Portion Size	Carb (g)
Mon - 04/02/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Burrito B/C LS 5.75oz IW AZ	1 each	45.0
Taco Sauce Americana PPI	1 ea	1.0
1000 Island Dressing, 12gm	1 ea	2.0
CUCUMBER,RAW	1/4 cup	0.64
LETTUCE, ROMAINE,RAW	1 cup	1.55
Pears, Rosy	1/2 cup	17.31
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.25
% of Calories		56.8%
Nutrient Guideline		

Tue - 04/03/2018		
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 Aloha 1oz	1 ea	15.0
ORANGES	1 EACH	11.28
*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		87.62
% of Calories		55.2%
Nutrient Guideline		

Wed - 04/04/2018		
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
GRAPES,Fresh	1/2 CUP	7.89
Gelatin A C Mix 502 series pre	2.5 oz	10.62
*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		101.17
% of Calories		65.8%
Nutrient Guideline		

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K-8 Pre-Pack Choice Option + D

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	Portion Size	Carb (g)
Thu - 04/05/2018		
K-8 Pre-Pack Choice Option	Total	
Pizza Chse DOMINOES	1 each	29.0
Pizza Pepp DOMINOES	1 each	29.0
Buttermilk Ranch Dressing PPI	1 each	1.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
CARROTS, SHRED RAW	1/4 cup	2.63
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		72.99
% of Calories		53.0%
Nutrient Guideline		

Fri - 04/06/2018		
K-8 Pre-Pack Choice Option	Total	
QUESADILLA MOZZ SCHWANS #78372	serving (2)	32.0
Refried & Pinto Beans Cnd USDA	1/2 cup	21.21
Taco Sauce Mild Pkt	1 ea	1.05
Salsa Low Sod Cnd USDA	1/4 cup	4.37
TORTILLA CHIPS,PLAIN	1/2 oz	9.61
BLUEBERRIES,Fresh	1/2 CUP	10.72
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		98.70
% of Calories		56.7%
Nutrient Guideline		

Mon - 04/09/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
CHEESEBURGER CLASSIC QCB475,	1 each	30.1
MUSTARD	1 each	0.0
KETCHUP	1 each	2.0
CARROTS,RAW	3/8 cup	6.31
CELERY STICKS	3/8 CUP	1.65
Cheetos .625 oz	1 each	10.0
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		88.88
% of Calories		57.0%
Nutrient Guideline		

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K-8 Pre-Pack Choice Option + D

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	Portion Size	Carb (g)
Tue - 04/10/2018		
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
Potato Rounds Oven Ht USDA	1/2 cup	18.0
KETCHUP	2 each	4.0
Straw-Blueberries Glazed	1/2 cup	10.51
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		95.40
% of Calories		55.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 04/11/2018		
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
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		100.27
% of Calories		57.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 04/12/2018		
K-8 Pre-Pack Choice Option	Total	
Pizza Chse DOMINOES	1 each	29.0
Pizza Pepp DOMINOES	1 each	29.0
Buttermilk Ranch Dressing PPI	1 each	1.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
CARROTS, SHRED RAW	1/4 cup	2.63
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		72.99
% of Calories		53.0%
Nutrient Guideline		

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K-8 Pre-Pack Choice Option + D

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	Portion Size	Carb (g)
Fri - 04/13/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Chix Mand Ornge 3.92oz Lings	1 ea	21.0
RICE,BROWN,MEDIUM-GRAIN,CKD	1/2 cup	19.43
CARROTS, CK FROM FRZN	3/8 cup	4.29
Broccoli Frz Chpd Unprep	3/8 cup	2.8
BANANAS	1 EACH	23.07
Blueberry Brd 1 pan WG Brnds	1/80 ea	13.45
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		103.79
% of Calories		70.8%
Nutrient Guideline		

Mon - 04/16/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Burrito B/C LS 5.75oz IW AZ	1 each	45.0
Taco Sauce Americana PPI	1 ea	1.0
1000 Island Dressing, 12gm	1 ea	2.0
CUCUMBER,RAW	1/4 cup	0.64
LETTUCE, ROMAINE,RAW	1 cup	1.55
Pears, Rosy	1/2 cup	17.31
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.25
% of Calories		56.8%
Nutrient Guideline		

Tue - 04/17/2018		
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		

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K-8 Pre-Pack Choice Option + D

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	Portion Size	Carb (g)
Wed - 04/18/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
BreadstickChse Ardellas#90134	2 each	29.84
Buttermilk Ranch Dressing OF	2 FL OZ	14.46
SQUASH,SMMR,ZUCCHINI,RAW	1/2 cup	1.76
BROCCOLI,raw: fresh	1/4 CUP	1.51
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	18.07
*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		85.38
% of Calories		54.2%
Nutrient Guideline		

Thu - 04/19/2018		
K-8 Pre-Pack Choice Option	Total	
Pizza Chse DOMINOES	1 each	29.0
Pizza Pepp DOMINOES	1 each	29.0
Buttermilk Ranch Dressing PPI	1 each	1.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
CARROTS, SHRED RAW	1/4 cup	2.63
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		72.99
% of Calories		53.0%
Nutrient Guideline		

Fri - 04/20/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Pork Rib Hny BBQ Rib 3eaPierre	4/3 ea	9.33
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	25.08
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
1000 Island Dressing, 12gm	1 ea	2.0
Cornmeal Super Star	1 ea	21.0
GRAPES,Fresh	1/2 CUP	7.89
*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		85.83
% of Calories		54.8%
Nutrient Guideline		

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K-8 Pre-Pack Choice Option + D

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	Portion Size	Carb (g)
<b>Mon - 04/23/2018</b>		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
CHEESEBURGER CLASSIC QCB475,	1 each	30.1
MUSTARD	1 each	0.0
KETCHUP	1 each	2.0
CARROTS,RAW	3/8 cup	6.31
CELERY STICKS	3/8 CUP	1.65
Cheetos .625 oz	1 each	10.0
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		88.88
% of Calories		57.0%
Nutrient Guideline		

	Portion Size	Carb (g)
<b>Tue - 04/24/2018</b>		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Spaghetti WG w Bf Sc IW #CP550	serving	23.0
Roll Artisan 1oz WG GS	1 ea	15.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/8 cup	2.1
Italian Dressing 12gm PPI	PKG	0.0
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		81.49
% of Calories		51.6%
Nutrient Guideline		

	Portion Size	Carb (g)
<b>Wed - 04/25/2018</b>		
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		

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K-8 Pre-Pack Choice Option + D

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	Portion Size	Carb (g)
Thu - 04/26/2018		
K-8 Pre-Pack Choice Option	Total	
Pizza Chse DOMINOES	1 each	29.0
Pizza Pepp DOMINOES	1 each	29.0
Buttermilk Ranch Dressing PPI	1 each	1.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
CARROTS, SHRED RAW	1/4 cup	2.63
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		72.99
% of Calories		53.0%
Nutrient Guideline		

Fri - 04/27/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Mac & Chse 6 oz WG JTM #5768	1 ea	25.0
TRKY BACON FC JENNIE O	1 ea	0.0
POTATO FROZEN,FRENCH-FRIES,OVE	1/2 CUP	21.73
PEAS,EDIBLE-PODDED,RAW	1/4 cup	1.19
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	18.07
*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		85.73
% of Calories		53.3%
Nutrient Guideline		

Mon - 04/30/2018		
K-8 Pre-Pack Choice Option	Total	
ENTREE #1	*	0.0
Burrito B/C LS 5.75oz IW AZ	1 each	45.0
Taco Sauce Americana PPI	1 ea	1.0
1000 Island Dressing, 12gm	1 ea	2.0
CUCUMBER,RAW	1/4 cup	0.64
LETTUCE, ROMAINE,RAW	1 cup	1.55
Pears, Rosy	1/2 cup	17.31
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.25
% of Calories		56.8%
Nutrient Guideline		

Weighted Average		87.92
		56.8%

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K-8 Pre-Pack Choice Option + D

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	87.92	56.83%						

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