

# GVSD Child Nutrition Services

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

K-8 LUNCH PREPACK HHFKA

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 12/01/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Egg Roll WG Chick/Veg Min69202	1 ea	30.0
Rice Brn w/ peas, carrots	1/2 cup	13.44
EGG, DICED SUNNYFRESH	.5 oz	0.28
Orange Sauce LoSo Nippon	4 TBSP	28.0
VEGETABLE FRSH ASST #1	1/4 CUP	2.01
MANDARIN ORANGE, RAW	1 ea	11.74
Cookie Fortune Amy's	1 ea	6.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		111.22
% of Calories		67.1%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 12/04/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Burrito B/C LS 5.75oz IW AZ	1 each	45.0
Burrito BC W/G Ard 80147/46B	1 ea	30.99
Taco Sauce Americana PPI	1 ea	1.0
1000 Island Dressing, 12gm	1 ea	2.0
TOMATOES, FRESH CHOPPED	1/4 CUP	1.75
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		119.35
% of Calories		52.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 12/05/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
PANCAKES	2 EACH	32.51
Sausage Link Prk Pierre #3755	2 ea	0.8
SYRUP, PANCAKE	1 fl oz	24.13
POTATOES WEDGES USDA 100355	3/8 cup	14.54
ORANGES	1 EACH	11.28
Jicama (Yam Bean) Fresh	3/8 cup	5.01
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		108.02
% of Calories		55.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 12/06/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pizza Pep Wedge WM 90500	serving	34.0
Two-Bean Salad (kidn/garb)	1/2 cup	23.7
CARROTS,RAW	1/8 cup	2.1
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
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		52.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 12/07/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
TurkHmSmkd Usda100126	3.26 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Potatoes, Mashed Excel	1/2 cup	14.6
CARROTS, CK FROM FRZN	1/4 cup	2.86
Roll Artisan 1oz WG GS	1 ea	15.0
MANDARIN ORANGE,RAW	1 ea	11.74
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		77.81
% of Calories		56.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 12/08/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Chick Tend 3 ea WG 70334	serving	16.0
Parmesan Quinoa	1/2 cup	17.91
KETCHUP	1 each	2.0
Italian Dressing Boca 9gr	1 each	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
CUCUMBER,RAW	3/8 cup	0.96
APRICOTS: canned,light syrup	1/2 CUP	20.86
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		78.64
% of Calories		47.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 12/11/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Mac & Chse 6 oz WG JTM #5768	1 ea	25.0
Broccoli Frz Chpd Unprep	3/8 cup	2.8
CELERY STICKS	3/8 CUP	1.65
STRAWBERRIES SWEETENED: frozen	1/2 CUP	33.05
Cookie Mini C Chip 1.1oz Bisco	pkg	22.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		104.25
% of Calories		61.3%
Nutrient Guideline		

Tue - 12/12/2017		
K-8 LUNCH PREPACK HHF	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
Orange Juice 4oz carton USDA	1 ea	13.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		100.77
% of Calories		57.6%
Nutrient Guideline		

Wed - 12/13/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pizza Chse Sicilian Wedge Arde	1 ea	29.48
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
CARROTS,RAW	3/8 cup	6.31
CUCUMBER,RAW	1/4 cup	0.64
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		71.11
% of Calories		49.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 12/14/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
TamaleChic/red Delreal	1 each	28.0
Corn, Festive	1/2 cup	13.07
Salsa Low Sod Cnd USDA	1/4 cup	4.37
Tortilla Chips Ylw Blk, La Tap	.5 OZ	9.5
BANANAS	1 EACH	23.07
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		97.75
% of Calories		58.5%
Nutrient Guideline		

Fri - 12/15/2017		
K-8 LUNCH PREPACK HHF	Total	
Turkey & Gravy Jennie-O	5.23 oz	2.76
Potatoes, Mashed Excel	1/2 cup	14.6
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Buttermilk Ranch Dressing PPI	1 each	1.0
Roll W/W 1oz IW Dobake	1 ea	15.0
MANDARIN ORANGE,RAW	1 ea	11.74
Pudding EZ Made W/Skim Milk Be	2 oz	14.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		79.63
% of Calories		52.3%
Nutrient Guideline		

Mon - 12/18/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
BreadstickChse Ardellas#90134	2 each	29.84
MARINARA SAUCE	1/2 CUP	12.73
Buttermilk Ranch Dressing OF	1.5 FL OZ	10.85
CARROTS,RAW	1/4 cup	4.21
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		85.06
% of Calories		52.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 12/19/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
ChicNug Winter4ea 63355	1 each	3.0
POTATO FROZEN,FRENCH-FRIES,OVE	1/2 CUP	21.73
KETCHUP	1 each	2.0
CELERY,RAW	1/4 cup	1.1
Crackers Holiday 57073	1 each	21.0
PEACHES: canned,light syrup	1/2 CUP	18.26
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		86.84
% of Calories		54.4%
Nutrient Guideline		

Wed - 12/20/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pizza Pep Sldr 2ctPkgArd90630	1 ea	30.01
LETTUCE, ROMAINE,RAW	1 cup	1.55
TOMATOES,FRESH CHOPPED	1/4 CUP	1.75
Buttermilk Ranch Dressing PPI	1 each	1.0
APRICOTS: canned,light syrup	1/2 CUP	20.86
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		74.92
% of Calories		48.6%
Nutrient Guideline		

Thu - 12/21/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Beef HotDog Millers#	1 each	2.0
Bun, Hotdog 6in WG GS	1 each	28.0
Beans Baked Bush's Veg	1/2 cup	29.0
KETCHUP	1 each	2.0
MUSTARD	1 each	0.0
VEGETABLE FRSH ASST #1	1/4 CUP	2.01
MANDARIN ORANGE,RAW	1 ea	11.74
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		94.50
% of Calories		60.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 12/22/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
PIZZA PACK CHEESE ARDELLAS	PKG	32.58
CARROTS,RAW	1/4 cup	4.21
APPLES,Fresh	1 EACH	19.06
Cookie Holiday 1.1oz Linda's	1 ea	18.65
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		94.25
% of Calories		55.8%
Nutrient Guideline		

Weighted Average		91.96 55.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	91.96	55.29%						

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