

GVSD Child Nutrition Services

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2017 thru Oct 31, 2017

K-8 LUNCH PREPACK HHFKA

Generated on: 10/2/2017 9:41:22 AM

	Portion Size	Carb (g)
Mon - 10/02/2017		
K-8 LUNCH PREPACK HHF	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
TOMATOES, CHERRY	3/8 CUP	2.17
CUCUMBER,RAW	3/8 cup	0.96
Apricot Cup Frzn 4.5oz USDA	1 ea	30.37
Graham Crackers Maple WG MJM	2 (ea)	20.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		119.26
% of Calories		64.0%
Nutrient Guideline		

Tue - 10/03/2017		
K-8 LUNCH PREPACK HHF	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
Blueberries Glazed	1/2 cup	9.94
Jicama (Yam Bean) Fresh	1/4 cup	3.34
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		94.84
% of Calories		55.6%
Nutrient Guideline		

Wed - 10/04/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pizza Pep Wedge WM 90500	serving	34.0
CARROTS,RAW	1/2 cup	8.42
SQUASH,SMMR,ZUCCHINI,RAW	1/4 cup	0.88
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
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		88.54
% of Calories		55.1%
Nutrient Guideline		

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Page 2

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	Portion Size	Carb (g)
Thu - 10/05/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Teriyaki BBQ Chix Lings	2.6 oz	6.0
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
ORANGES	1 EACH	11.28
Brownie LF IW 2oz Buena Vista	1 each	28.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		91.55
% of Calories		68.1%
Nutrient Guideline		

Fri - 10/06/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Chick Pty WG Ty 70304	1 ea	16.0
Bun Hamb 3.5 WG GS	1 each	22.0
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
BBQ SAUCE	1 each	4.0
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		95.46
% of Calories		56.4%
Nutrient Guideline		

Mon - 10/09/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Chili Mild Veg Truitt 1043	1/2 cup	20.0
Cheese Ched/Mozz Grated	3/4 oz	0.44
CORN, 3" COBBETTES, FROZEN	1 ea	17.99
CARROTS,RAW	1/4 cup	4.21
Strawberry Cup Frzn 4.5oz USD	Serving	22.0
Frito-Lay Corn Chips	1.25 ea	15.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		99.39
% of Calories		62.1%
Nutrient Guideline		

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Page 3

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	Portion Size	Carb (g)
Tue - 10/10/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Chick WGBread Drmstck Tyson	1 each	5.0
Beans Baked Bush's Veg	1/2 cup	29.0
LETTUCE, ROMAINE,RAW	3/8 cup	0.58
BROCCOLI, Shred/Chopped Raw	1/8 CUP	0.76
1000 Island Dressing, 12gm	1 ea	2.0
Cherry Turnover WG 2oz	1 ea	27.7
ORANGES	1/2 EACH	5.64
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		90.42
% of Calories		54.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/11/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Bf Mini Chseburgers DonLee	1 EA	34.4
LETTUCE, ROMAINE,RAW	1/4 cup	0.39
Pickles Dill, 2 slices	slices	0.17
MUSTARD	1 each	0.0
KETCHUP	1 each	2.0
CARROTS,RAW	1/2 cup	8.42
GRAPES,Fresh	1/2 CUP	7.89
Cheese-it Crackers WG	1 ea	14.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.01
% of Calories		54.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/12/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Corn Dogs Mini 6 ea WG LW F/F	1 EA	30.0
Potato Rounds Oven Ht USDA	1/2 cup	18.0
KETCHUP	2 each	4.0
MUSTARD	1 each	0.0
BROCCOLI,raw: fresh	1/4 CUP	1.51
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
PLUMS,FRESH	1 EACH	7.54
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		88.03
% of Calories		53.3%
Nutrient Guideline		

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Page 4

Oct 1, 2017 thru Oct 31, 2017

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	Portion Size	Carb (g)
Fri - 10/13/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Chick Tend 3 ea WG 70334	serving	16.0
Confetti Fries	1/2 cup	21.36
KETCHUP	1 each	2.0
TOMATOES, CHERRY	1/4 CUP	1.45
Roll Aloha 1oz	1 ea	15.0
ORANGES	1/2 EACH	5.64
Gelatin A C Mix 502 series pre	1.5 oz	6.37
PINEAPPLE CHUNKS:canned,lt syr	1/4 CUP	8.47
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		96.05
% of Calories		54.9%
Nutrient Guideline		

Mon - 10/16/2017		
K-8 LUNCH PREPACK HHF	Total	
HOLIDAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 10/17/2017		
K-8 LUNCH PREPACK HHF	Total	
HOLIDAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 10/18/2017		
K-8 LUNCH PREPACK HHF	Total	
HOLIDAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 10/19/2017		
K-8 LUNCH PREPACK HHF	Total	
HOLIDAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

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Page 5

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	Portion Size	Carb (g)
Fri - 10/20/2017		
K-8 LUNCH PREPACK HHF HOLIDAY	Total SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/23/2017		
K-8 LUNCH PREPACK HHF ENTREE #1	Total *	0.0
QUESADILLA MOZZ SCHWANS #78372	serving (2)	32.0
REFRIED BEANS: canned	1/2 CUP	16.12
Taco Sauce Americana PPI	1 ea	1.0
Buttermilk Ranch Dressing OF	1/2 FL OZ	3.62
BROCCOLI,raw: fresh	1/4 CUP	1.51
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		81.69
% of Calories		51.8%
Nutrient Guideline		

Tue - 10/24/2017		
K-8 LUNCH PREPACK HHF ENTREE #1	Total *	0.0
Eggsstravaganza Bacon Chese Su	2.5 oz	1.25
French Toast Sticks WG /Jemima	2 ea	21.5
POTATOES WEDGES USDA 100355	1/2 cup	19.38
KETCHUP	1 each	2.0
Jicama (Yam Bean) Fresh	1/4 cup	3.34
ORANGES	1/2 EACH	5.64
Cherries, Glazed	1/2 cup	12.3
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		85.16
% of Calories		55.5%
Nutrient Guideline		

Wed - 10/25/2017		
K-8 LUNCH PREPACK HHF ENTREE #1	Total *	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
PLUMS,FRESH	1 EACH	7.54
Frito-Lay Corn Chips	1 ea	12.0
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		85.05
% of Calories		51.1%
Nutrient Guideline		

Thu - 10/26/2017		
K-8 LUNCH PREPACK HHF	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	1/4 cup	0.39
CARROTS, SHRED RAW	1/8 cup	1.32
CROUTONS,PLAIN	1/8 oz	2.61
Italian Dressing 12gm PPI	PKG	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		81.73
% of Calories		51.4%
Nutrient Guideline		

Fri - 10/27/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Chick Tend 3 ea WG 70334	serving	16.0
Confetti Fries	1/2 cup	21.36
KETCHUP	1 each	2.0
TOMATOES, CHERRY	1/4 CUP	1.45
Roll Aloha 1oz	1 ea	15.0
Apricot Cup Frzn 4.5oz USDA	1 ea	30.37
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		105.93
% of Calories		57.7%
Nutrient Guideline		

Mon - 10/30/2017		
K-8 LUNCH PREPACK HHF	Total	
BreadstickChse Ardellas#90134	2 each	29.84
Buttermilk Ranch Dressing OF	2 FL OZ	14.46
PEPPERS, RED/GRN CHPD FRSH	3/8 cup	2.98
CUCUMBER,RAW	3/8 cup	0.96
FRUIT FRSH ASSRT #1	1 EACH	19.67
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.67
% of Calories		54.9%
Nutrient Guideline		

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Page 7

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	Portion Size	Carb (g)
Tue - 10/31/2017		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pretzel Dog, MB's IW	1 ea	40.5
KETCHUP	1 each	2.0
MUSTARD	1 each	0.0
POTATO SALAD	1/2 CUP	13.42
PEAS,EDIBLE-PODDED,RAW	1/4 cup	1.19
Raisels, Assrt 1.5oz	box	35.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		111.86
% of Calories		67.7%
Nutrient Guideline		

Weighted Average		93.51
		56.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	93.51	56.91%						

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