

GVSD Child Nutrition Services

Mar 1, 2018 thru Mar 23, 2018

Base Menu Spreadsheet

K-8 Pre-Pack + Choice Option

Portion Values - Detailed

Page 1

Generated on: 3/5/2018 7:43:19 AM

	Portion Size	Carb (g)
Thu - 03/01/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Meatballs Bf Don Lee	4 ea	1.6
Spaghetti Sauce	1/4 cup	5.5
CORN, 3" COBBETTES, FROZEN	1 ea	17.99
Cheese Ched/Mozz Grated	1/4 oz	0.21
Roll, Hoagie 5" WG GS	1 each	28.0
Peaches Frzn Cup 4.4 oz USDA	4.4oz serv.	19.0
Pudding EZ Made W/Skim Milk Be	2 oz	14.0
ENTREE #2	*	0.0
Croissant WG BC 3286	1 each	30.0
CHICKEN SALAD	1/2 CUP	7.38
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	3/8 cup	6.31
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		100.51
% of Calories		62.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 03/02/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Chick WGBread Drmstck Tyson	1 each	5.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	25.08
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Italian Dressing 12gm PPI	PKG	0.0
APRICOTS: canned,light syrup	1/2 CUP	20.86
Roll Aloha 1oz	1 ea	15.0
ENTREE #2	*	0.0
SunButter Creamy	1 oz	6.2
JELLY	2 TBSP	26.58
Brd Ult Kids 1 slice Alv	2 each	32.0
EGG,HARD-BOILED	1/2 EACH	0.28
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
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		89.97
% of Calories		58.0%
Nutrient Guideline		

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GVSD Child Nutrition Services

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K-8 Pre-Pack + Choice Option

Portion Values - Detailed

Page 2

Generated on: 3/5/2018 7:43:19 AM

	Portion Size	Carb (g)
Mon - 03/05/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Chse Ravioli Mini 7ea WG TB	1.5 ea	24.0
MARINARA SAUCE	1/2 CUP	12.73
Roll Artisan 1oz WG GS	1 ea	15.0
Cheese Ched/Mozz Grated	1/2 oz	0.42
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Buttermilk Ranch Dressing PPI	1 each	1.0
Pears, Rosy	1/2 cup	17.31
ENTREE #2	*	0.0
Yogurt 4oz Upstate	1 ea	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
CELERY,RAW	1/4 cup	1.1
Dried Fruit Mix, USDA	1/4 cup	23.0
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		90.29
% of Calories		57.6%
Nutrient Guideline		

Tue - 03/06/2018		
K-8 Pre-Pack + Choice Optio	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
ENTREE #2	*	0.0
Ciabatta Roll 2oz Shan SB480	1 each	27.0
Turkey, Rst,Boneless USDA 1001	1.5 oz	0.0
CHEESE,CHEDDAR,AMERICAN	1 OZ	0.88
MUSTARD	1 each	0.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Pickles Dill, 2 slices	slices	0.17
PEAS,EDIBLE-PODDED,RAW	3/8 cup	1.78
Goldfish Ched P/Farm	pkg	13.0
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		91.88
% of Calories		54.9%
Nutrient Guideline		

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Mar 1, 2018 thru Mar 23, 2018

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Portion Values - Detailed

Page 3

Generated on: 3/5/2018 7:43:19 AM

	Portion Size	Carb (g)
Wed - 03/07/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Pizza Chse Galaxy IW 78475	1 ea	32.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BROCCOLI,raw: fresh	1/4 CUP	1.51
CARROTS,RAW	3/8 cup	6.31
APRICOTS: canned,light syrup	1/2 CUP	20.86
ENTREE #2	*	0.0
Pepperoni Sliced 2.89oz JO	2.89 oz	3.0
OLIVES,RIPE,CANNED(SML-EX LRG)	2 EACH	0.4
Cheese Ched/Mozz Grated	1 oz	0.83
LETTUCE, ROMAINE,RAW	1 cup	1.55
KIDNEY BEANS: canned,drained	1/2 CUP	18.56
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
Roll Artisan 1oz WG GS	1 ea	15.0
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		87.09
% of Calories		51.3%
Nutrient Guideline		

Thu - 03/08/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Double Dogs (PKG 2)	1 EA	31.5
Coleslaw USDA	1/2 cup	7.78
KETCHUP	1 each	2.0
MUSTARD	1 each	0.0
CARROTS,RAW	1/4 cup	4.21
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
Pudding EZ Made W/Skim Milk Be	2.5 oz	17.5
ENTREE #2	*	0.0
Croissant WG BC 3286	1 each	30.0
CHICKEN SALAD	1/2 CUP	7.38
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/2 cup	8.42
FRUIT FRSH ASSRT #1	1 EACH	19.67
COOKIE SNICKERDOODLES	1 ea	14.01
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		92.83
% of Calories		60.0%
Nutrient Guideline		

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GVSD Child Nutrition Services

Mar 1, 2018 thru Mar 23, 2018

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K-8 Pre-Pack + Choice Option

Portion Values - Detailed

Page 4

Generated on: 3/5/2018 7:43:19 AM

	Portion Size	Carb (g)
Fri - 03/09/2018		
K-8 Pre-Pack + Choice Optio	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
ENTREE #2	*	0.0
SunButter Creamy	1 oz	6.2
JELLY	2 TBSP	26.58
Brd Ult Kids 1 slice Alv	2 each	32.0
EGG,HARD-BOILED	1/2 EACH	0.28
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
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		100.32
% of Calories		58.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 03/12/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
BreadstickChse Ardellas#90134	2 each	29.84
MARINARA SAUCE	1/2 CUP	12.73
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BROCCOLI,raw: fresh	1/4 CUP	1.51
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	18.07
ENTREE #2	*	0.0
Yogurt 4oz Upstate	1 ea	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
CELERY,RAW	1/4 cup	1.1
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		90.15
% of Calories		57.3%
Nutrient Guideline		

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Mar 1, 2018 thru Mar 23, 2018

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K-8 Pre-Pack + Choice Option

Portion Values - Detailed

Page 5

Generated on: 3/5/2018 7:43:20 AM

	Portion Size	Carb (g)
Tue - 03/13/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Chick Tend 3 ea WG 70334	serving	16.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	25.08
KETCHUP	1 each	2.0
CARROTS,RAW	1/4 cup	4.21
Roll Aloha 1oz	1 ea	15.0
ORANGES	1 EACH	11.28
ENTREE #2	*	0.0
Ciabatta Roll 2oz Shan SB480	1 each	27.0
Turkey, Rst,Boneless USDA 1001	1.5 oz	0.0
CHEESE,CHEDDAR,AMERICAN	1 OZ	0.88
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
Goldfish Ched P/Farm	pkg	13.0
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		90.75
% of Calories		55.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 03/14/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Pizza Pep Wedge WM 90500	serving	34.0
Salad Mix (RCC)	3/4 cup	3.32
Buttermilk Ranch Dressing PPI	1 each	1.0
CUCUMBER,RAW	1/8 cup	0.32
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
ENTREE #2	*	0.0
Pepperoni Sliced 2.89oz JO	2.89 oz	3.0
OLIVES,RIPE,CANNED(SML-EX LRG)	2 EACH	0.4
Cheese Ched/Mozz Grated	1 oz	0.83
LETTUCE, ROMAINE,RAW	1 cup	1.55
KIDNEY BEANS: canned,drained	1/2 CUP	18.56
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
Roll Artisan 1oz WG GS	1 ea	15.0
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		70.90
% of Calories		46.7%
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Portion Values - Detailed

Page 6

Generated on: 3/5/2018 7:43:20 AM

	Portion Size	Carb (g)
Thu - 03/15/2018		
K-8 Pre-Pack + Choice Optio	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
Sweet & Sour Sauce	1 ea	11.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	1.19
BANANAS	1 EACH	23.07
Cookie Fortune Amy's	1 ea	6.0
ENTREE #2	*	0.0
Croissant WG BC 3286	1 each	30.0
CHICKEN SALAD	1/2 CUP	7.38
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	3/8 cup	6.31
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		99.52
% of Calories		63.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 03/16/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Pork Rib Hny BBQ Rib 3eaPierre	4/3 ea	9.33
POTATOES WEDGES USDA 100355	1/2 cup	19.38
Salad Mix (RCC)	1/2 cup	2.21
1000 Island Dressing, 12gm	1 ea	2.0
Cookie Asst. WG BV72820	1 each	16.0
PEACHES: canned,light syrup	1/2 CUP	18.26
ENTREE #2	*	0.0
SunButter Creamy	1 oz	6.2
JELLY	2 TBSP	26.58
Brd Ult Kids 1 slice Alv	2 each	32.0
EGG,HARD-BOILED	1/2 EACH	0.28
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
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		90.32
% of Calories		56.4%
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K-8 Pre-Pack + Choice Option

Portion Values - Detailed

Page 7

Generated on: 3/5/2018 7:43:20 AM

	Portion Size	Carb (g)
Mon - 03/19/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
CHEESEBURGER CLASSIC QCB475,	1 each	30.1
MUSTARD	1 each	0.0
KETCHUP	1 each	2.0
Pickles Dill, 2 slices	slices	0.17
CARROTS,RAW	3/8 cup	6.31
CELERY STICKS	3/8 CUP	1.65
Buttermilk Ranch Dressing OF	1.25 FL OZ	9.04
APPLES SLICES RAW W/ SKIN	1/2 cup	7.69
ENTREE #2	*	0.0
Yogurt 4oz Upstate	1 ea	19.0
Sunflower Seeds,Lightlt Salted	Indiv pac	4.0
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
CELERY,RAW	1/4 cup	1.1
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		80.84
% of Calories		55.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 03/20/2018		
K-8 Pre-Pack + Choice Optio	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
ENTREE #2	*	0.0
Ciabatta Roll 2oz Shan SB480	1 each	27.0
Turkey, Rst,Boneless USDA 1001	1.5 oz	0.0
CHEESE,CHEDDAR,AMERICAN	1 OZ	0.88
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
Goldfish Ched P/Farm	pkg	13.0
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		78.98
% of Calories		50.2%
Nutrient Guideline		

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Portion Values - Detailed

Page 8

Generated on: 3/5/2018 7:43:20 AM

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Wed - 03/21/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Pizza Chse Sicilian Wedge Arde	1 ea	29.48
Buttermilk Ranch Dressing OF	1.5 FL OZ	10.85
BROCCOLI,raw: fresh	1/2 CUP	3.02
CARROTS,RAW	1/4 cup	4.21
APRICOTS: canned,light syrup	1/2 CUP	20.86
ENTREE #2	*	0.0
Pepperoni Sliced 2.89oz JO	2.89 oz	3.0
OLIVES,RIPE,CANNED(SML-EX LRG)	2 EACH	0.4
Cheese Ched/Mozz Grated	1 oz	0.83
LETTUCE, ROMAINE,RAW	1 cup	1.55
KIDNEY BEANS: canned,drained	1/2 CUP	18.56
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
Roll Artisan 1oz WG GS	1 ea	15.0
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		87.47
% of Calories		52.8%
Nutrient Guideline		

Thu - 03/22/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Meatballs Bf Don Lee	4 ea	1.6
Spaghetti Sauce	1/4 cup	5.5
Corn, Festive	1/2 cup	13.07
Cheese Ched/Mozz Grated	.5 oz	0.42
Roll, Hoagie 5" WG GS	1 each	28.0
BLUEBERRIES,FRZ,UNSWTND	1/2 cup	9.43
Blueberry Brd 1 pan WG Brnds	1/80 ea	13.45
ENTREE #2	*	0.0
Croissant WG BC 3286	1 each	30.0
CHICKEN SALAD	1/2 CUP	7.38
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	3/8 cup	6.31
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		89.38
% of Calories		56.6%
Nutrient Guideline		

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K-8 Pre-Pack + Choice Option

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Page 9

Generated on: 3/5/2018 7:43:20 AM

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Fri - 03/23/2018		
K-8 Pre-Pack + Choice Optio	Total	
ENTREE #1	*	0.0
Chick WGBread Drmstck Tyson	1 each	5.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	25.08
Salad Mix (RCC)	1/2 cup	2.21
1000 Island Dressing, 12gm	1 ea	2.0
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	18.07
Roll Aloha 1oz	1 ea	15.0
ENTREE #2	*	0.0
SunButter Creamy	1 oz	6.2
JELLY	2 TBSP	26.58
Brd Ult Kids 1 slice Alv	2 each	32.0
EGG,HARD-BOILED	1/2 EACH	0.28
CARROTS,RAW	3/8 cup	6.31
CELERY,RAW	3/8 cup	1.65
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		90.45
% of Calories		57.0%
Nutrient Guideline		

Weighted Average		89.51
		56.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.51	56.06%						

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.