

GVSD Child Nutrition Services

Aug 14, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

K-8 LUNCH PREPACK HHFKA

Portion Values - Detailed

Page 1

Generated on: 8/16/2017 10:14:42 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/14/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
QUESADILLA MOZZ SCHWANS #78372	serving (2)	320	32.0
REFRIED BEANS: canned	1/2 CUP	107	16.12
Taco Sauce Americana PPI	1 ea	5	1.0
Buttermilk Ranch Dressing OF	1/2 FL OZ	36	3.62
BROCCOLI,raw: fresh	1/4 CUP	8	1.51
APPLES SLICES RAW W/ SKIN	1/2 cup	33	7.69
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		631	81.69
% of Calories			51.8%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/15/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Eggsstravaganza Bacon Chese Su	2.5 oz	150	1.25
French Toast Sticks WG /Jemima	2 ea	150	21.5
POTATOES WEDGES USDA 100355	1/2 cup	94	19.38
KETCHUP	1 each	10	2.0
Jicama (Yam Bean) Fresh	1/4 cup	14	3.34
ORANGES	1/2 EACH	23	5.64
Cherries, Glazed	1/2 cup	50	12.3
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		613	85.16
% of Calories			55.5%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/16/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Bf Mini Chseburgers DonLee	1 EA	337	34.4
LETTUCE, ROMAINE,RAW	1/2 cup	4	0.77
Pickles Dill, 2 slices	slices	1	0.17
MUSTARD	1 each	5	0.0
KETCHUP	1 each	10	2.0
CARROTS,RAW	1/2 cup	36	8.42
PLUMS,FRESH	1 EACH	30	7.54
Crackers, Cheez-it	.75 oz	109	12.36
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		655	85.41
% of Calories			52.2%
Nutrient Guideline		600-650	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 08/17/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Spaghetti WG w Bf Sc IW #CP550	serving	330	23.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
CARROTS, SHRED RAW	1/8 cup	6	1.32
CROUTONS,PLAIN	1/8 oz	14	2.61
Italian Dressing 12gm PPI	PKG	6	0.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		636	81.73
% of Calories			51.4%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 08/18/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chick Tend 3 ea WG 70334	serving	260	16.0
Confetti Fries	1/2 cup	132	21.36
KETCHUP	1 each	10	2.0
TOMATOES, CHERRY	1/4 CUP	7	1.45
Roll Aloha 1oz	1 ea	85	15.0
APRICOTS: canned,light syrup	1/2 CUP	80	20.86
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		696	96.42
% of Calories			55.4%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Sat - 08/19/2017			
K-8 LUNCH PREPACK HHF	Total		
Turk Hm Chse WG Knot Integ	1 each	283	32.16
CARROTS,RAW	1/2 cup	36	8.42
CELERY,RAW	1/4 cup	6	1.1
MUSTARD	1 each	5	0.0
APPLES,Fresh	1 EACH	72	19.06
Cheetos .625 oz	1 each	100	10.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		624	90.49
% of Calories			58.0%
Nutrient Guideline		600-650	

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K-8 LUNCH PREPACK HHFKA

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/21/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Burrito B/C LS 5.75oz IW AZ	1 each	380	45.0
Taco Sauce Americana PPI	1 ea	5	1.0
TOMATOES, CHERRY	3/8 CUP	10	2.17
CUCUMBER,RAW	3/8 cup	5	0.96
PLUMS,FRESH	1 EACH	30	7.54
Graham Crackers Maple WG MJM	2 (ea)	105	20.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		658	96.42
% of Calories			58.6%
Nutrient Guideline		600-650	

Tue - 08/22/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Waffle WG Bel Chef	2 each	140	27.0
Chick WG Crsp Chnk 5 ea 70364	4/5 ea	208	12.8
Potato Rounds Oven Ht USDA	1/2 cup	134	18.0
KETCHUP	2 each	20	4.0
APPLESAUCE Unswt,W/CINNAMON	1/2 CUP	52	14.01
Jicama (Yam Bean) Fresh	1/4 cup	14	3.34
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		691	98.90
% of Calories			57.3%
Nutrient Guideline		600-650	

Wed - 08/23/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Pizza Pep Wedge WM 90500	serving	340	34.0
CARROTS,RAW	1/2 cup	36	8.42
SQUASH,SMMR,ZUCCHINI,RAW	1/4 cup	5	0.88
Buttermilk Ranch Dressing OF	1 FL OZ	71	7.23
PEACHES: canned,light syrup	1/2 CUP	68	18.26
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		642	88.54
% of Calories			55.1%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 08/24/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chix Mand Ornge 3.92oz Lings	1 ea	160	21.0
RICE,BROWN,MEDIUM-GRAIN,CKD	1/2 cup	95	19.43
CARROTS, CK FROM FRZN	3/8 cup	21	4.29
Broccoli Frz Chpd Unprep	3/8 cup	15	2.8
ORANGES	1 EACH	45	11.28
GRAHAM CRACKERS,PLN/HONEY/CINN	1 TBSP	23	4.08
Pudding Inst Crm Prepared 512	2.5 oz	75	14.38
MARSHMALLOWS	.25 oz	22	5.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		578	102.67
% of Calories			71.0%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 08/25/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chick Pty WG Ty 70304	1 ea	260	16.0
Bun Hamb 3.5 WG GS	1 each	120	22.0
LETTUCE, ROMAINE,RAW	1/2 cup	4	0.77
Pickles Dill, 2 slices	slices	1	0.17
BBQ SAUCE	1 each	20	4.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	117	25.08
APPLES SLICES RAW W/ SKIN	1/2 cup	33	7.69
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		677	95.46
% of Calories			56.4%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/28/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chili Mild Veg Truitt 1043	1/2 cup	110	20.0
Cheese Ched/Mozz Grated	3/4 oz	70	0.44
CORN, 3" COBBETTES, FROZEN	1 ea	80	17.99
CARROTS,RAW	1/4 cup	18	4.21
APPLES SLICES RAW W/ SKIN	1/2 cup	33	7.69
Frito-Lay Corn Chips	1.25 ea	150	15.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		583	85.08
% of Calories			58.3%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/29/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chick WGBread Drmstck Tyson	1 each	190	5.0
Beans Baked Bush's Veg	1/2 cup	130	29.0
LETTUCE, ROMAINE,RAW	3/8 cup	3	0.58
BROCCOLI, Shred/Chopped Raw	1/8 CUP	4	0.76
1000 Island Dressing, 12gm	1 ea	30	2.0
Cherry Turnover WG 2oz	1 ea	160	27.7
ORANGES	1/2 EACH	23	5.64
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		662	90.42
% of Calories			54.6%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/30/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Bf Mini Chseburgers DonLee	1 EA	337	34.4
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
MUSTARD	1 each	5	0.0
KETCHUP	1 each	10	2.0
CARROTS,RAW	1/2 cup	36	8.42
GRAPES,Fresh	1/2 CUP	31	7.89
Cheese-it Crackers WG	1 ea	100	14.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		644	87.01
% of Calories			54.0%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 08/31/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Corn Dogs Mini 6 ea WG LW F/F	1 EA	270	30.0
Potato Rounds Oven Ht USDA	1/2 cup	134	18.0
KETCHUP	2 each	20	4.0
MUSTARD	1 each	5	0.0
BROCCOLI,raw: fresh	1/4 CUP	8	1.51
Buttermilk Ranch Dressing OF	1 FL OZ	71	7.23
PLUMS,FRESH	1 EACH	30	7.54
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		661	88.03
% of Calories			53.3%
Nutrient Guideline		600-650	

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Base Menu Spreadsheet

K-8 LUNCH PREPACK HHFKA

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/01/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chick Tend 3 ea WG 70334	serving	260	16.0
Confetti Fries	1/2 cup	132	21.36
KETCHUP	1 each	10	2.0
TOMATOES, CHERRY	1/4 CUP	7	1.45
Roll Aloha 1oz	1 ea	85	15.0
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	18.07
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		685	93.63
% of Calories			54.6%
Nutrient Guideline		600-650	

Mon - 09/04/2017			
K-8 LUNCH PREPACK HHF	Total		
HOLIDAY	SERVING	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		600-650	

Tue - 09/05/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Pork Rib Hny BBQ Rib 3eaPierre	4/3 ea	187	9.33
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	117	25.08
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
CARROTS, SHRED RAW	1/8 cup	6	1.32
1000 Island Dressing, 12gm	1 ea	30	2.0
Roll Aloha 1oz	1 ea	85	15.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		619	91.24
% of Calories			59.0%
Nutrient Guideline		600-650	

Wed - 09/06/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Pizza Chse Sicilian Wedge Arde	1 ea	314	29.48
Buttermilk Ranch Dressing OF	1 FL OZ	71	7.23
CARROTS,RAW	3/8 cup	27	6.31
SQUASH,SMMR,ZUCCHINI,RAW	1/4 cup	5	0.88
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0

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K-8 LUNCH PREPACK HHFKA

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		615	83.33 54.2%
Nutrient Guideline		600-650	

Thu - 09/07/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Pocket Turkey Taco 5oz BTF	1 EACH	310	40.0
Salad Mix (RCC)	3/4 cup	15	3.32
TOMATOES, CHERRY	1/8 CUP	3	0.72
CUCUMBER, RAW	1/8 cup	2	0.32
Buttermilk Ranch Dress 1oz PPI	1 oz	160	2.0
PLUMS, FRESH	1 EACH	30	7.54
Gelatin A C Mix 502 series pre	2 oz	38	8.5
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average % of Calories		680	82.15 48.3%
Nutrient Guideline		600-650	

Fri - 09/08/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Pretzel Dog, MB's IW	1 ea	300	40.5
KETCHUP	1 each	10	2.0
MUSTARD	1 each	5	0.0
POTATO SALAD	1/2 CUP	77	13.42
PEAS, EDIBLE-PODDED, RAW	1/4 cup	7	1.19
Raisels, Assrt 1.5oz	box	140	35.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average % of Calories		661	111.86 67.7%
Nutrient Guideline		600-650	

Mon - 09/11/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
QUESADILLA MOZZ SCHWANS #78372	serving (2)	320	32.0
REFRIED BEANS: canned	1/2 CUP	107	16.12
Taco Sauce Americana PPI	1 ea	5	1.0
VEGETABLE FRSH ASST #1	1/4 CUP	9	2.01
APPLES SLICES RAW W/ SKIN	1/2 cup	33	7.69
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average % of Calories		596	78.57 52.7%
Nutrient Guideline		600-650	

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Tue - 09/12/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Eggsstravaganza Bacon Chese Su	2.5 oz	150	1.25
French Toast Sticks WG /Jemima	2 ea	150	21.5
POTATOES WEDGES USDA 100355	1/2 cup	94	19.38
KETCHUP	1 each	10	2.0
Jicama (Yam Bean) Fresh	1/4 cup	14	3.34
ORANGES	1/2 EACH	23	5.64
Cherries, Glazed	1/2 cup	50	12.3
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		613	85.16
% of Calories			55.5%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/13/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Bf Mini Chseburgers DonLee	1 EA	337	34.4
LETTUCE, ROMAINE,RAW	1/2 cup	4	0.77
Pickles Dill, 2 slices	slices	1	0.17
MUSTARD	1 each	5	0.0
KETCHUP	1 each	10	2.0
CARROTS,RAW	1/2 cup	36	8.42
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
Crackers, Cheez-it	.75 oz	109	12.36
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		699	97.54
% of Calories			55.8%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/14/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Spaghetti WG w Bf Sc IW #CP550	serving	330	23.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
CARROTS, SHRED RAW	1/8 cup	6	1.32
CROUTONS,PLAIN	1/8 oz	14	2.61
Italian Dressing 12gm PPI	PKG	6	0.0
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		636	81.73
% of Calories			51.4%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/15/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chick Tend 3 ea WG 70334	serving	260	16.0
Confetti Fries	1/2 cup	132	21.36
KETCHUP	1 each	10	2.0
TOMATOES, CHERRY	1/4 CUP	7	1.45
Roll Aloha 1oz	1 ea	85	15.0
APRICOTS: canned,light syrup	1/2 CUP	80	20.86
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		696	96.42
% of Calories			55.4%
Nutrient Guideline		600-650	

Mon - 09/18/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Burrito B/C LS 5.75oz IW AZ	1 each	380	45.0
Taco Sauce Americana PPI	1 ea	5	1.0
TOMATOES, CHERRY	3/8 CUP	10	2.17
CUCUMBER,RAW	3/8 cup	5	0.96
PLUMS,FRESH	1 EACH	30	7.54
Graham Crackers Maple WG MJM	2 (ea)	105	20.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		658	96.42
% of Calories			58.6%
Nutrient Guideline		600-650	

Tue - 09/19/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Waffle WG Bel Chef	2 each	140	27.0
Chick WG Crsp Chnk 5 ea 70364	4/5 ea	208	12.8
Potato Rounds Oven Ht USDA	1/2 cup	134	18.0
KETCHUP	2 each	20	4.0
APPLESAUCE Unswt,W/CINNAMON	1/2 CUP	52	14.01
Jicama (Yam Bean) Fresh	1/4 cup	14	3.34
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		691	98.90
% of Calories			57.3%
Nutrient Guideline		600-650	

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GVSD Child Nutrition Services

Aug 14, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

K-8 LUNCH PREPACK HHFKA

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/20/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Pizza Pep Wedge WM 90500	serving	340	34.0
CARROTS,RAW	1/2 cup	36	8.42
SQUASH,SMMR,ZUCCHINI,RAW	1/4 cup	5	0.88
Buttermilk Ranch Dressing OF	1 FL OZ	71	7.23
PEACHES: canned,light syrup	1/2 CUP	68	18.26
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		642	88.54
% of Calories			55.1%
Nutrient Guideline		600-650	

Thu - 09/21/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chix Mand Ornge 3.92oz Lings	1 ea	160	21.0
RICE,BROWN,MEDIUM-GRAIN,CKD	1/2 cup	95	19.43
CARROTS, CK FROM FRZN	3/8 cup	21	4.29
Broccoli Frz Chpd Unprep	3/8 cup	15	2.8
ORANGES	1 EACH	45	11.28
GRAHAM CRACKERS,PLN/HONEY/CINN	1 TBSP	23	4.08
Pudding Inst Crm Prepared 512	2.5 oz	75	14.38
MARSHMALLOWS	.25 oz	22	5.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		578	102.67
% of Calories			71.0%
Nutrient Guideline		600-650	

Fri - 09/22/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chick Pty WG Ty 70304	1 ea	260	16.0
Bun Hamb 3.5 WG GS	1 each	120	22.0
LETTUCE, ROMAINE,RAW	1/2 cup	4	0.77
Pickles Dill, 2 slices	slices	1	0.17
BBQ SAUCE	1 each	20	4.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	117	25.08
APPLES SLICES RAW W/ SKIN	1/2 cup	33	7.69
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		677	95.46
% of Calories			56.4%
Nutrient Guideline		600-650	

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GVSD Child Nutrition Services

Aug 14, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

K-8 LUNCH PREPACK HHFKA

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/25/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chili Mild Veg Truitt 1043	1/2 cup	110	20.0
Cheese Ched/Mozz Grated	3/4 oz	70	0.44
CORN, 3" COBBETTES, FROZEN	1 ea	80	17.99
CARROTS,RAW	1/4 cup	18	4.21
APPLES SLICES RAW W/ SKIN	1/2 cup	33	7.69
Frito-Lay Corn Chips	1.25 ea	150	15.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		583	85.08
% of Calories			58.3%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/26/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chick WGBread Drmstck Tyson	1 each	190	5.0
Beans Baked Bush's Veg	1/2 cup	130	29.0
LETTUCE, ROMAINE,RAW	3/8 cup	3	0.58
BROCCOLI, Shred/Chopped Raw	1/8 CUP	4	0.76
1000 Island Dressing, 12gm	1 ea	30	2.0
Cherry Turnover WG 2oz	1 ea	160	27.7
ORANGES	1/2 EACH	23	5.64
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		662	90.42
% of Calories			54.6%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/27/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Bf Mini Chseburgers DonLee	1 EA	337	34.4
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
MUSTARD	1 each	5	0.0
KETCHUP	1 each	10	2.0
CARROTS,RAW	1/2 cup	36	8.42
GRAPES,Fresh	1/2 CUP	31	7.89
Cheese-it Crackers WG	1 ea	100	14.0
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		644	87.01
% of Calories			54.0%
Nutrient Guideline		600-650	

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GVSD Child Nutrition Services

Aug 14, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

K-8 LUNCH PREPACK HHFKA

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/28/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Corn Dogs Mini 6 ea WG LW F/F	1 EA	270	30.0
Potato Rounds Oven Ht USDA	1/2 cup	134	18.0
KETCHUP	2 each	20	4.0
MUSTARD	1 each	5	0.0
BROCCOLI,raw: fresh	1/4 CUP	8	1.51
Buttermilk Ranch Dressing OF	1 FL OZ	71	7.23
PLUMS,FRESH	1 EACH	30	7.54
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		661	88.03
% of Calories			53.3%
Nutrient Guideline		600-650	

Fri - 09/29/2017			
K-8 LUNCH PREPACK HHF	Total		
ENTREE #1	*	0	0.0
Chick Tend 3 ea WG 70334	serving	260	16.0
Confetti Fries	1/2 cup	132	21.36
KETCHUP	1 each	10	2.0
TOMATOES, CHERRY	1/4 CUP	7	1.45
Roll Aloha 1oz	1 ea	85	15.0
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	69	18.07
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Milk, FF Chocolate 8oz Produce	1 ea	120	21.0
Weighted Daily Average		685	93.63
% of Calories			54.6%
Nutrient Guideline		600-650	

Weighted Average		647	90.89
			56.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	647		600 - 650	100%				
Carbohydrate (g)	90.89	56.22%						

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