

GVSD Child Nutrition Services

Aug 16, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

PRESCHOOL LUNCH, TFB

Portion Values - Detailed

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Generated on: 8/16/2017 10:50:20 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/16/2017			
PRESCHOOL LUNCH, TFB	Total		
Beef Mesq Patty	1 EA	111	1.1
Bun Hamb 4in WG GS	1 each	150	29.0
Pickles Dill, 2 slices	slices	1	0.17
BBQ Beans Veg USDA/SYSCO BBQ	1/4 cup	59	12.54
MUSTARD	1 each	5	0.0
KETCHUP	1 each	10	2.0
GRAPES,Fresh	1/4 CUP	15	3.94
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		481	64.75
% of Calories			53.9%
Nutrient Guideline		544	

Thu - 08/17/2017			
PRESCHOOL LUNCH, TFB	Total		
Spaghetti WG w/Sc 7.44 oz 5590	1 ea	308	23.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Buttermilk Ranch Dressing OF	1/4 FL OZ	18	1.81
APPLES SLICES RAW W/ SKIN	1/4 cup	16	3.84
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		554	60.04
% of Calories			43.3%
Nutrient Guideline		544	

Fri - 08/18/2017			
PRESCHOOL LUNCH, TFB	Total		
Chick WG Crsp Chnk 5 ea 70364	1 ea	260	16.0
CARROTS: canned, cooked	1/2 CUP	18	4.04
APRICOTS,CANNED,LIGHT SYRUP,W/	1/2 CUP	80	20.86
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		488	56.90
% of Calories			46.6%
Nutrient Guideline		544	

Mon - 08/21/2017			
PRESCHOOL LUNCH, TFB	Total		
Burrito B/C LS 5.75oz IW AZ	1 each	380	45.0
Taco Sauce Americana PPI	1 ea	5	1.0
CUCUMBER,RAW	1/4 cup	4	0.64
PLUMS,FRESH	1 EACH	30	7.54
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		549	70.18
% of Calories			51.1%
Nutrient Guideline		544	

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Base Menu Spreadsheet

PRESCHOOL LUNCH, TFB

Portion Values - Detailed

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Generated on: 8/16/2017 10:50:20 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/22/2017			
PRESCHOOL LUNCH, TFB	Total		
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	1/4 cup	67	9.0
KETCHUP	2 each	20	4.0
APPLESAUCE Unswt,W/CINNAMON	1/4 CUP	26	7.01
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		591	75.81
% of Calories			51.3%
Nutrient Guideline		544	

Wed - 08/23/2017			
PRESCHOOL LUNCH, TFB	Total		
Pocket Taco Beef 5.5oz	1 EA	379	38.0
SQUASH,SMMR,ZUCCHINI,RAW	1/4 cup	5	0.88
Buttermilk Ranch Dressing OF	1/4 FL OZ	18	1.81
PEACHES: canned,light syrup	1/4 CUP	34	9.13
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		566	65.82
% of Calories			46.6%
Nutrient Guideline		544	

Thu - 08/24/2017			
PRESCHOOL LUNCH, TFB	Total		
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	1/8 cup	7	1.43
Broccoli Frz Chpd Unprep	1/8 cup	5	0.93
ORANGES	1/2 EACH	23	5.64
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		419	64.44
% of Calories			61.5%
Nutrient Guideline		544	

Fri - 08/25/2017			
PRESCHOOL LUNCH, TFB	Total		
Chick Pty WG Ty 70304	1 ea	260	16.0
Bun Hamb 3.5 WG GS	1 each	120	22.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
Pickles Dill, 2 slices	slices	1	0.17
BBQ SAUCE	1 each	20	4.0
BBQ Beans Veg USDA/SYSCO BBQ	1/4 cup	59	12.54
APPLES SLICES RAW W/ SKIN	1/2 cup	33	7.69
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		624	78.79
% of Calories			50.5%
Nutrient Guideline		544	

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Base Menu Spreadsheet

PRESCHOOL LUNCH, TFB

Portion Values - Detailed

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Generated on: 8/16/2017 10:50:20 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/28/2017			
PRESCHOOL LUNCH, TFB	Total		
Chili Mild Veg Truitt 1043	1/2 cup	110	20.0
Cheese Ched/Mozz Grated	3/4 oz	70	0.44
CORN: frozen, yellow	1/4 CUP	33	7.96
APPLES SLICES RAW W/ SKIN	1/4 cup	16	3.84
Corn Bread	1 EACH	110	14.66
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		470	62.90
% of Calories			53.5%
Nutrient Guideline		544	

Tue - 08/29/2017			
PRESCHOOL LUNCH, TFB	Total		
Tuna Salad	1/2 CUP	238	4.05
Brd Goldfish Thin WG PF	1 ea	100	21.0
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
CUCUMBER,RAW	1/8 cup	2	0.32
ORANGES	1/2 EACH	23	5.64
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		494	47.40
% of Calories			38.3%
Nutrient Guideline		544	

Wed - 08/30/2017			
PRESCHOOL LUNCH, TFB	Total		
Beef Mesq Patty	1 EA	111	1.1
Bun Hamb 4in WG GS	1 each	150	29.0
Pickles Dill, 2 slices	slices	1	0.17
BBQ Beans Veg USDA/SYSCO BBQ	1/4 cup	59	12.54
MUSTARD	1 each	5	0.0
KETCHUP	1 each	10	2.0
GRAPES,Fresh	1/4 CUP	15	3.94
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		481	64.75
% of Calories			53.9%
Nutrient Guideline		544	

Thu - 08/31/2017			
PRESCHOOL LUNCH, TFB	Total		
Fish, Rainbow Treasures 4ea WG	1 ea	230	18.0
Potato Rounds Oven Ht USDA	1/4 cup	67	9.0
KETCHUP	2 each	20	4.0
BROCCOLI,raw: fresh	1/4 CUP	8	1.51
Buttermilk Ranch Dressing OF	.25 FL OZ	18	1.81
PLUMS,FRESH	1 EACH	30	7.54
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		503	57.86
% of Calories			46.0%
Nutrient Guideline		544	

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PRESCHOOL LUNCH, TFB

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/01/2017			
PRESCHOOL LUNCH, TFB	Total		
Chick WG Crsp Chnk 5 ea 70364	1 ea	260	16.0
Confetti Fries	1/4 cup	66	10.68
KETCHUP	1 each	10	2.0
Roll Aloha 1oz	1 ea	85	15.0
FRUIT COCKTAIL:canned,lt syrup	1/4 CUP	34	9.03
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		586	68.72
% of Calories			46.9%
Nutrient Guideline		544	

Mon - 09/04/2017			
PRESCHOOL LUNCH, TFB	Total		
HOLIDAY	SERVING	0	0.0
Weighted Daily Average		0	0.00
% of Calories			0.0%
Nutrient Guideline		544	

Tue - 09/05/2017			
PRESCHOOL LUNCH, TFB	Total		
Pork Rib Hny BBQ Rib 3eaPierre	4/3 ea	187	9.33
BBQ Beans Veg USDA/SYSCO BBQ	1/4 cup	59	12.54
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
Weighted Daily Average		536	72.55
% of Calories			54.2%
Nutrient Guideline		544	

Wed - 09/06/2017			
PRESCHOOL LUNCH, TFB	Total		
Pocket Pizza Pep Trky 5oz Tast	1 ea	300	40.0
Buttermilk Ranch Dressing OF	.25 FL OZ	18	1.81
SQUASH,SMR,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
Weighted Daily Average		528	78.36
% of Calories			59.4%
Nutrient Guideline		544	

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PRESCHOOL LUNCH, TFB

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/07/2017			
PRESCHOOL LUNCH, TFB	Total		
LasagnaChVgRollup4.30oz	1 each	190	28.0
SPAGHETTI SAUCE,CND USDA	1/4 cup	66	9.69
LETTUCE, ROMAINE,RAW	1/4 cup	2	0.39
CUCUMBER,RAW	1/8 cup	2	0.32
Buttermilk Ranch Dressing OF	.25 FL OZ	18	1.81
PLUMS,FRESH	1 EACH	30	7.54
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		438	63.74
% of Calories			58.2%
Nutrient Guideline		544	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/08/2017			
PRESCHOOL LUNCH, TFB	Total		
Tuna Salad	1/2 CUP	238	4.05
Brd Goldfish Thin WG PF	1 ea	100	21.0
POTATO SALAD	1/2 CUP	77	13.42
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		620	74.14
% of Calories			47.8%
Nutrient Guideline		544	

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/11/2017			
PRESCHOOL LUNCH, TFB	Total		
QUESADILLA MOZZ SCHWANS #78372	serving (2)	320	32.0
REFRIED BEANS: canned	1/4 CUP	54	8.06
Taco Sauce Americana PPI	1 ea	5	1.0
APPLES SLICES RAW W/ SKIN	1/4 cup	16	3.84
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		525	60.91
% of Calories			46.4%
Nutrient Guideline		544	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/12/2017			
PRESCHOOL LUNCH, TFB	Total		
Eggsstravaganza Bacon Chese Su	2.5 oz	150	1.25
French Toast Sticks WG /Jemima	2 ea	150	21.5
POTATOES WEDGES USDA 100355	1/4 cup	47	9.69
KETCHUP	1 each	10	2.0
Cherries, Glazed	1/4 cup	25	6.15
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		512	56.59
% of Calories			44.2%
Nutrient Guideline		544	

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PRESCHOOL LUNCH, TFB

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/13/2017			
PRESCHOOL LUNCH, TFB	Total		
Beef Mesq Patty	1 EA	111	1.1
Bun Hamb 4in WG GS	1 each	150	29.0
Pickles Dill, 2 slices	slices	1	0.17
BBQ Beans Veg USDA/SYSCO BBQ	1/4 cup	59	12.54
MUSTARD	1 each	5	0.0
KETCHUP	1 each	10	2.0
GRAPES,Fresh	1/4 CUP	15	3.94
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		481	64.75
% of Calories			53.9%
Nutrient Guideline		544	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/14/2017			
PRESCHOOL LUNCH, TFB	Total		
Spaghetti WG w Bf Sc IW #CP550	serving	330	23.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
LETTUCE, ROMAINE,RAW	1/2 cup	4	0.77
Buttermilk Ranch Dressing OF	.25 FL OZ	18	1.81
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		637	76.25
% of Calories			47.9%
Nutrient Guideline		544	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/15/2017			
PRESCHOOL LUNCH, TFB	Total		
Fish, Rainbow Treasures 4ea WG	1 ea	230	18.0
Potatoes, Mashed Excel	1/4 cup	37	7.3
CARROTS: canned, cooked	1/4 CUP	9	2.02
ORANGES	1/2 EACH	23	5.64
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		428	48.96
% of Calories			45.7%
Nutrient Guideline		544	

	Portion Size	Cals (kcal)	Carb (g)
Mon - 09/18/2017			
PRESCHOOL LUNCH, TFB	Total		
Burrito B/C LS 5.75oz IW AZ	1 each	380	45.0
Taco Sauce Americana PPI	1 ea	5	1.0
TOMATOES, CHERRY	1/8 CUP	3	0.72
CUCUMBER,RAW	1/8 cup	2	0.32
PLUMS,FRESH	1 EACH	30	7.54
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		550	70.58
% of Calories			51.3%
Nutrient Guideline		544	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/19/2017			
PRESCHOOL LUNCH, TFB	Total		
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	1/4 cup	67	9.0
KETCHUP	2 each	20	4.0
APPLESAUCE Unswt,W/CINNAMON	1/4 CUP	26	7.01
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		591	75.81
% of Calories			51.3%
Nutrient Guideline		544	

Wed - 09/20/2017			
PRESCHOOL LUNCH, TFB	Total		
Pocket Pizza Pep Trky 5oz Tast	1 ea	300	40.0
SQUASH,SMMR,ZUCCHINI,RAW	1/4 cup	5	0.88
Buttermilk Ranch Dressing OF	.25 FL OZ	18	1.81
PEACHES: canned,light syrup	1/4 CUP	34	9.13
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		487	67.82
% of Calories			55.8%
Nutrient Guideline		544	

Thu - 09/21/2017			
PRESCHOOL LUNCH, TFB	Total		
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	1/8 cup	7	1.43
Broccoli Frz Chpd Unprep	1/8 cup	5	0.93
ORANGES	1/2 EACH	23	5.64
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		419	64.44
% of Calories			61.5%
Nutrient Guideline		544	

Fri - 09/22/2017			
PRESCHOOL LUNCH, TFB	Total		
Chick Pty WG Ty 70304	1 ea	260	16.0
Bun Hamb 3.5 WG GS	1 each	120	22.0
BBQ Beans Veg USDA/SYSCO BBQ	1/4 cup	59	12.54
Pickles Dill, 2 slices	slices	1	0.17
BBQ SAUCE	1 each	20	4.0
APPLES SLICES RAW W/ SKIN	1/4 cup	16	3.84
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		606	74.55
% of Calories			49.2%
Nutrient Guideline		544	

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Mon - 09/25/2017			
PRESCHOOL LUNCH, TFB	Total		
Chili Mild Veg Truitt 1043	1/2 cup	110	20.0
Cheese Ched/Mozz Grated	3/4 oz	70	0.44
CORN: frozen, yellow	1/4 CUP	33	7.96
APPLES SLICES RAW W/ SKIN	1/2 cup	33	7.69
CORNBREAD	SERVINGS	108	18.03
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		484	70.12
% of Calories			57.9%
Nutrient Guideline		544	

Tue - 09/26/2017			
PRESCHOOL LUNCH, TFB	Total		
Fish, Rainbow Treasures 4ea WG	1 ea	230	18.0
Potatoes, Mashed Excel	1/4 cup	37	7.3
CARROTS: canned, cooked	1/4 CUP	9	2.02
ORANGES	1/2 EACH	23	5.64
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		428	48.96
% of Calories			45.7%
Nutrient Guideline		544	

Wed - 09/27/2017			
PRESCHOOL LUNCH, TFB	Total		
Beef Mesq Patty	1 EA	111	1.1
Bun Hamb 4in WG GS	1 each	150	29.0
Pickles Dill, 2 slices	slices	1	0.17
BBQ Beans Veg USDA/SYSCO BBQ	1/4 cup	59	12.54
MUSTARD	1 each	5	0.0
KETCHUP	1 each	10	2.0
GRAPES,Fresh	1/4 CUP	15	3.94
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		481	64.75
% of Calories			53.9%
Nutrient Guideline		544	

Thu - 09/28/2017			
PRESCHOOL LUNCH, TFB	Total		
Spaghetti WG w Bf Sc IW #CP550	serving	330	23.0
Roll Artisan 1oz WG GS	1 ea	80	15.0
LETTUCE, ROMAINE,RAW	1/2 cup	4	0.77
Buttermilk Ranch Dressing OF	.25 FL OZ	18	1.81
FRUIT FRSH ASSRT #1	1 EACH	75	19.67
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		637	76.25
% of Calories			47.9%
Nutrient Guideline		544	

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/29/2017			
PRESCHOOL LUNCH, TFB			
Chick WG Crsp Chnk 5 ea 70364	1 ea	260	16.0
Confetti Fries	1/4 cup	66	10.68
KETCHUP	1 each	10	2.0
Roll Aloha 1oz	1 ea	85	15.0
FRUIT COCKTAIL:canned,lt syrup	1/4 CUP	34	9.03
Milk, 1% Plain 8oz Producers	1 ea	130	16.0
Weighted Daily Average		586	68.72
% of Calories			46.9%
Nutrient Guideline		544	

Weighted Average		524	66.14 50.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	524		544	96%		20		
Carbohydrate (g)	66.14	50.46%						Correction Required - Calories are Low

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* - 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.