

GVSD Child Nutrition Services

Sep 30, 2019 thru Nov 1, 2019

Base Menu Spreadsheet

HIGH SCHOOL LUNCH HHFKA

Portion Values - Detailed

Page 1

Generated on: 9/29/2019 3:24:29 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 09/30/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Tortilla 10in886802 LaTap | 1 each | 100 | 26.0 |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| CHEESE,PARMESAN,GRATED | .5 oz | 100 | 1.97 |
| DRESSING,CAESAR | 1 oz | 100 | 1.57 |
| VEGETABLE FRSH ASST #1 | 3/4 CUP | 100 | 6.02 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 97.43 |
| % of Calories | | | 52.1% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|--------|
| Tue - 10/01/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Bagel WG, Buena Vista 11213 | 1 ea | 100 | 32.0 |
| Turkey, Deli Breast, Slcd USD | 2.9 oz | 100 | 2.03 |
| Cheese Amer Proc 50% Reduced | 1 oz | 100 | 2.0 |
| CUCUMBER,RAW | 1/4 cup | 100 | 0.64 |
| TOMATOES,RED,RIPE,RAW,YEAR RND | 1/4 cup | 100 | 1.71 |
| VEGETABLE FRSH ASST #1 | 1/2 CUP | 100 | 4.01 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Cookie Oatmeal Raisin | 1 EA | 100 | 22.31 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 123.80 |
| % of Calories | | | 64.2% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|--------|
| Wed - 10/02/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 3/4 cup | 100 | 1.16 |
| Cheese Ched/Mozz Grated | .5 oz | 100 | 0.42 |
| BEANS,BLACK,CND,DRND | 1/2 cup | 100 | 18.02 |
| CORN: frozen, yellow | 1/8 CUP | 100 | 3.98 |
| TOMATOES, CHERRY | 1/4 CUP | 100 | 1.45 |
| Buttermilk Ranch Dressing OF | 2 FL OZ | 100 | 14.46 |
| CILANTRO,RAW | 1/8 cup | 100 | 0.48 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Cornmeal Super Star | 1 ea | 100 | 21.0 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 122.06 |
| % of Calories | | | 58.7% |
| Nutrient Guideline | | | |

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.

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 10/03/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| SunButter Creamy | 1 oz | 100 | 6.2 |
| JELLY | 2 TBSP | 100 | 26.58 |
| Brd Ult Kids 1 slice Alv | 2 each | 100 | 32.0 |
| Cheese Stick, Mozz LoL | 1 ea | 100 | 1.0 |
| CARROTS,RAW | 1/2 cup | 100 | 8.42 |
| CELERY,RAW | 1/2 cup | 100 | 2.21 |
| APPLES SLICES RAW W/ SKIN | 1 cup | 100 | 15.38 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 111.54 |
| % of Calories | | | 59.2% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|-------|
| Fri - 10/04/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Pita Gordita WW 6.5" LTapatia | 1 ea | 100 | 24.0 |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| TOMATOES,RED,RIPE,RAW,YEAR RND | 1/4 cup | 100 | 1.71 |
| CUCUMBER,RAW | 1/8 cup | 100 | 0.32 |
| Dill & Yogurt Dip | 2 oz | 100 | 6.63 |
| VEGETABLE FRSH ASST #1 | 3/8 CUP | 100 | 3.01 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 97.54 |
| % of Calories | | | 53.2% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|--------|
| Mon - 10/07/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Bread Sprt Wht Ult Kids Alvara | 2 ea | 100 | 32.0 |
| Turkey, Deli Breast, Slcd USD | 2.15 oz | 100 | 1.5 |
| CHEESE,CHEDDAR,AMERICAN | .5 OZ | 100 | 0.44 |
| TRKY BACON FC JENNIE O | 2 ea | 100 | 0.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| TOMATOES,RED,RIPE,RAW,YEAR RND | 1/4 cup | 100 | 1.71 |
| MAYONNAISE | 1 each | 100 | 0.0 |
| LETTUCE, ROMAINE,RAW | 3/4 cup | 100 | 1.16 |
| TOMATOES, CHERRY | 1/8 CUP | 100 | 0.72 |
| Buttermilk Ranch Dressing OF | 1 FL OZ | 100 | 7.23 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 104.63 |
| % of Calories | | | 55.2% |
| Nutrient Guideline | | | |

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

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Base Menu Spreadsheet

HIGH SCHOOL LUNCH HHFKA

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Tue - 10/08/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Brd French WG Pillsbury | 1 each | 100 | 27.0 |
| Ham, 97% Fat Free, Water-Added | 1.83 oz | 100 | 2.95 |
| Cheese Ched/Mozz Grated | .5 oz | 100 | 0.42 |
| Pepperoni Sliced 2.89oz JO | .5 oz | 100 | 0.52 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| Pickles Dill, 2 slices | slices | 100 | 0.17 |
| MAYONNAISE | 1 each | 100 | 0.0 |
| CARROTS,RAW | 3/8 cup | 100 | 6.31 |
| CUCUMBER,RAW | 3/8 cup | 100 | 0.96 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Potato Chips .5oz | PKG | 100 | 7.05 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 105.25 |
| % of Calories | | | 56.9% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|--------|
| Wed - 10/09/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| LETTUCE, ROMAINE,RAW | 3/4 cup | 100 | 1.16 |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| Barbecue Sauce SYSCO 8152134 | 1 oz | 100 | 9.0 |
| CORN: frozen, yellow | 1/8 CUP | 100 | 3.98 |
| BEANS,BLACK,CND,DRND | 1/2 cup | 100 | 18.02 |
| Buttermilk Ranch Dressing OF | 1 FL OZ | 100 | 7.23 |
| Cornmeal Super Star | 1 ea | 100 | 21.0 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 121.48 |
| % of Calories | | | 65.3% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|--------|
| Thu - 10/10/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Brd Pillsbury Panini | 2 each | 100 | 30.0 |
| Ham, 97% Fat Free, Water-Added | 2 oz | 100 | 3.33 |
| CHEESE,CHEDDAR,AMERICAN | 1 OZ | 100 | 0.88 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| Pickles Dill, 2 slices | slices | 100 | 0.17 |
| CUCUMBER,RAW | 3/8 cup | 100 | 0.96 |
| TOMATOES, CHERRY | 3/8 CUP | 100 | 2.17 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Frito-Lay Corn Chips | 1 ea | 100 | 12.0 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 109.38 |
| % of Calories | | | 58.4% |
| Nutrient Guideline | | | |

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

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 10/11/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Pastrami Turk Jennie-O | 3 oz | 100 | 2.0 |
| Cheese Amer Proc 50% Reduced | 1 oz | 100 | 2.0 |
| Brd French WG Pillsbury | 1 each | 100 | 27.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| Pickles Dill, 2 slices | slices | 100 | 0.17 |
| PEPPERS,SWEET,RED,RAW | 3/8 cup | 100 | 3.36 |
| Jicama (Yam Bean) Fresh | 3/8 cup | 100 | 5.01 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Cookie Oatmeal Raisin | 1 EA | 100 | 22.31 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 121.73 |
| % of Calories | | | 61.0% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|-------|
| Mon - 10/14/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Tortilla 10in886802 LaTap | 1 each | 100 | 26.0 |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| CHEESE,PARMESAN,GRATED | .5 oz | 100 | 1.97 |
| DRESSING,CAESAR | 1 oz | 100 | 1.57 |
| VEGETABLE FRSH ASST #1 | 3/4 CUP | 100 | 6.02 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 97.43 |
| % of Calories | | | 52.1% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|--------|
| Tue - 10/15/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Bagel WG, Buena Vista 11213 | 1 ea | 100 | 32.0 |
| Turkey, Deli Breast, Slcd USD | 2.9 oz | 100 | 2.03 |
| Cheese Amer Proc 50% Reduced | 1 oz | 100 | 2.0 |
| CUCUMBER,RAW | 1/4 cup | 100 | 0.64 |
| TOMATOES,RED,RIPE,RAW,YEAR RND | 1/4 cup | 100 | 1.71 |
| VEGETABLE FRSH ASST #1 | 1/2 CUP | 100 | 4.01 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Cookie Oatmeal Raisin | 1 EA | 100 | 22.31 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 123.80 |
| % of Calories | | | 64.2% |
| Nutrient Guideline | | | |

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

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Wed - 10/16/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 3/4 cup | 100 | 1.16 |
| Cheese Ched/Mozz Grated | .5 oz | 100 | 0.42 |
| BEANS,BLACK,CND,DRND | 1/2 cup | 100 | 18.02 |
| CORN: frozen, yellow | 1/8 CUP | 100 | 3.98 |
| TOMATOES, CHERRY | 1/4 CUP | 100 | 1.45 |
| Buttermilk Ranch Dressing OF | 2 FL OZ | 100 | 14.46 |
| CILANTRO,RAW | 1/8 cup | 100 | 0.48 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Cornmeal Super Star | 1 ea | 100 | 21.0 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 122.06 |
| % of Calories | | | 58.7% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|--------|
| Thu - 10/17/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| SunButter Creamy | 1 oz | 100 | 6.2 |
| JELLY | 2 TBSP | 100 | 26.58 |
| Brd Ult Kids 1 slice Alv | 2 each | 100 | 32.0 |
| Cheese Stick, Mozz LoL | 1 ea | 100 | 1.0 |
| CARROTS,RAW | 1/2 cup | 100 | 8.42 |
| CELERY,RAW | 1/2 cup | 100 | 2.21 |
| APPLES SLICES RAW W/ SKIN | 1 cup | 100 | 15.38 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 111.54 |
| % of Calories | | | 59.2% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|-------|
| Fri - 10/18/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Pita Gordita WW 6.5" LTapatia | 1 ea | 100 | 24.0 |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| TOMATOES,RED,RIPE,RAW,YEAR RND | 1/4 cup | 100 | 1.71 |
| CUCUMBER,RAW | 1/8 cup | 100 | 0.32 |
| Dill & Yogurt Dip | 2 oz | 100 | 6.63 |
| VEGETABLE FRSH ASST #1 | 3/8 CUP | 100 | 3.01 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 97.54 |
| % of Calories | | | 53.2% |
| Nutrient Guideline | | | |

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

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 10/21/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Bread Sprt Wht Ult Kids Alvara | 2 ea | 100 | 32.0 |
| Turkey, Deli Breast, Slcd USD | 2.15 oz | 100 | 1.5 |
| CHEESE,CHEDDAR,AMERICAN | .5 OZ | 100 | 0.44 |
| TRKY BACON FC JENNIE O | 2 ea | 100 | 0.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| TOMATOES,RED,RIPE,RAW,YEAR RND | 1/4 cup | 100 | 1.71 |
| MAYONNAISE | 1 each | 100 | 0.0 |
| LETTUCE, ROMAINE,RAW | 3/4 cup | 100 | 1.16 |
| TOMATOES, CHERRY | 1/8 CUP | 100 | 0.72 |
| Buttermilk Ranch Dressing OF | 1 FL OZ | 100 | 7.23 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 104.63 |
| % of Calories | | | 55.2% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|--------|
| Tue - 10/22/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Brd French WG Pillsbury | 1 each | 100 | 27.0 |
| Ham, 97% Fat Free, Water-Added | 1.83 oz | 100 | 2.95 |
| Cheese Ched/Mozz Grated | .5 oz | 100 | 0.42 |
| Pepperoni Sliced 2.89oz JO | .5 oz | 100 | 0.52 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| Pickles Dill, 2 slices | slices | 100 | 0.17 |
| MAYONNAISE | 1 each | 100 | 0.0 |
| CARROTS,RAW | 3/8 cup | 100 | 6.31 |
| CUCUMBER,RAW | 3/8 cup | 100 | 0.96 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Potato Chips .5oz | PKG | 100 | 7.05 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 105.25 |
| % of Calories | | | 56.9% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|-----|-------|
| Wed - 10/23/2019 | | | |
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| LETTUCE, ROMAINE,RAW | 3/4 cup | 100 | 1.16 |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| Barbecue Sauce SYSCO 8152134 | 1 oz | 100 | 9.0 |
| CORN: frozen, yellow | 1/8 CUP | 100 | 3.98 |
| BEANS,BLACK,CND,DRND | 1/2 cup | 100 | 18.02 |
| Buttermilk Ranch Dressing OF | 1 FL OZ | 100 | 7.23 |
| Cornmeal Super Star | 1 ea | 100 | 21.0 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |

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

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------------|--------------|-----------|-----------------|
| Weighted Daily Average % of Calories | | | 121.48 65.3% |
| Nutrient Guideline | | | |

| Thu - 10/24/2019 | | | |
|--------------------------------------|---------|-----|-----------------|
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Brd Pillsbury Panini | 2 each | 100 | 30.0 |
| Ham, 97% Fat Free, Water-Added | 2 oz | 100 | 3.33 |
| CHEESE,CHEDDAR,AMERICAN | 1 OZ | 100 | 0.88 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| Pickles Dill, 2 slices | slices | 100 | 0.17 |
| CUCUMBER,RAW | 3/8 cup | 100 | 0.96 |
| TOMATOES, CHERRY | 3/8 CUP | 100 | 2.17 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Frito-Lay Corn Chips | 1 ea | 100 | 12.0 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average % of Calories | | | 109.38 58.4% |
| Nutrient Guideline | | | |

| Fri - 10/25/2019 | | | |
|--------------------------------------|---------|-----|-----------------|
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Pastrami Turk Jennie-O | 3 oz | 100 | 2.0 |
| Cheese Amer Proc 50% Reduced | 1 oz | 100 | 2.0 |
| Brd French WG Pillsbury | 1 each | 100 | 27.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| Pickles Dill, 2 slices | slices | 100 | 0.17 |
| PEPPERS,SWEET,RED,RAW | 3/8 cup | 100 | 3.36 |
| Jicama (Yam Bean) Fresh | 3/8 cup | 100 | 5.01 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Cookie Oatmeal Raisin | 1 EA | 100 | 22.31 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average % of Calories | | | 121.73 61.0% |
| Nutrient Guideline | | | |

| Mon - 10/28/2019 | | | |
|--------------------------------|---------|-----|-------|
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Tortilla 10in886802 LaTap | 1 each | 100 | 26.0 |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| CHEESE,PARMESAN,GRATED | .5 oz | 100 | 1.97 |
| DRESSING,CAESAR | 1 oz | 100 | 1.57 |
| VEGETABLE FRSH ASST #1 | 3/4 CUP | 100 | 6.02 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |

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

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GVSD Child Nutrition Services

Sep 30, 2019 thru Nov 1, 2019

Base Menu Spreadsheet

HIGH SCHOOL LUNCH HHFKA

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|------------------------|--------------|-----------|----------|
| Weighted Daily Average | | | 97.43 |
| % of Calories | | | 52.1% |
| Nutrient Guideline | | | |

| Tue - 10/29/2019 | | | |
|--------------------------------|---------|-----|--------|
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Bagel WG, Buena Vista 11213 | 1 ea | 100 | 32.0 |
| Turkey, Deli Breast, Slcd USD | 2.9 oz | 100 | 2.03 |
| Cheese Amer Proc 50% Reduced | 1 oz | 100 | 2.0 |
| CUCUMBER,RAW | 1/4 cup | 100 | 0.64 |
| TOMATOES,RED,RIPE,RAW,YEAR RND | 1/4 cup | 100 | 1.71 |
| VEGETABLE FRSH ASST #1 | 1/2 CUP | 100 | 4.01 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Cookie Oatmeal Raisin | 1 EA | 100 | 22.31 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 123.80 |
| % of Calories | | | 64.2% |
| Nutrient Guideline | | | |

| Wed - 10/30/2019 | | | |
|--------------------------------|---------|-----|--------|
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 3/4 cup | 100 | 1.16 |
| Cheese Ched/Mozz Grated | .5 oz | 100 | 0.42 |
| BEANS,BLACK,CND,DRND | 1/2 cup | 100 | 18.02 |
| CORN: frozen, yellow | 1/8 CUP | 100 | 3.98 |
| TOMATOES, CHERRY | 1/4 CUP | 100 | 1.45 |
| Buttermilk Ranch Dressing OF | 2 FL OZ | 100 | 14.46 |
| CILANTRO,RAW | 1/8 cup | 100 | 0.48 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Cornmeal Super Star | 1 ea | 100 | 21.0 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average | | | 122.06 |
| % of Calories | | | 58.7% |
| Nutrient Guideline | | | |

| Thu - 10/31/2019 | | | |
|--------------------------------|---------|-----|-------|
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| SunButter Creamy | 1 oz | 100 | 6.2 |
| JELLY | 2 TBSP | 100 | 26.58 |
| Brd Ult Kids 1 slice Alv | 2 each | 100 | 32.0 |
| Cheese Stick, Mozz LoL | 1 ea | 100 | 1.0 |
| CARROTS,RAW | 1/2 cup | 100 | 8.42 |
| CELERY,RAW | 1/2 cup | 100 | 2.21 |
| APPLES SLICES RAW W/ SKIN | 1 cup | 100 | 15.38 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |

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GVSD Child Nutrition Services

Sep 30, 2019 thru Nov 1, 2019

Base Menu Spreadsheet

HIGH SCHOOL LUNCH HHFKA

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|---|--------------|-----------|-----------------|
| Weighted Daily Average % of Calories | | | 111.54 59.2% |
| Nutrient Guideline | | | |

| Fri - 11/01/2019 | | | |
|---|---------|-----|----------------|
| HIGH SCHOOL LUNCH HH | Total | 100 | |
| Pita Gordita WW 6.5" LTapatia | 1 ea | 100 | 24.0 |
| Chicken Fajita Strips FC USDA | 3.4 oz | 100 | 2.0 |
| LETTUCE, ROMAINE,RAW | 1/2 cup | 100 | 0.77 |
| TOMATOES,RED,RIPE,RAW,YEAR RND | 1/4 cup | 100 | 1.71 |
| CUCUMBER,RAW | 1/8 cup | 100 | 0.32 |
| Dill & Yogurt Dip | 2 oz | 100 | 6.63 |
| VEGETABLE FRSH ASST #1 | 3/8 CUP | 100 | 3.01 |
| FRUIT FRSH ASSRT #1 | 2 EACH | 100 | 39.34 |
| Milk, 1% Plain 8oz Producers | 1 ea | 25 | 16.0 |
| Milk, FF Chocolate 8oz Produce | 1 ea | 75 | 21.0 |
| Weighted Daily Average % of Calories | | | 97.54 53.2% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|-----------------|
| Weighted Average | | | 111.28 58.3% |
|------------------|--|--|-----------------|

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 111.28 | 58.28% | | | | | | |

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