

GVSD Child Nutrition Services

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CHOICE PRE-PACK

Generated on: 1/4/2019 1:49:39 PM

	Portion Size	Carb (g)
Mon - 01/07/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt Danimals	1 EA	21.0
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		94.48
% of Calories		58.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/08/2019		
K-8 LUNCH CHOICE PRE-P	Total	
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
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		69.27
% of Calories		51.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/09/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Chicken Fajita Meat Tyson 3522	3 oz	2.0
Barbecue Sauce SYSCO 8152134	1 oz	9.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Roll Aloha 1oz	1 ea	15.0
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		95.06
% of Calories		60.5%
Nutrient Guideline		

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Thu - 01/10/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.9 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Pepperoni Sliced 2.89oz JO	.5 oz	0.52
Brd French Pillsbury	1 each	27.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/2 cup	8.42
Pickles Dill, 2 slices	slices	0.17
MAYONNAISE	1 each	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Prtzl WG PF	1 each	16.0
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		91.97
% of Calories		54.5%
Nutrient Guideline		

Fri - 01/11/2019		
K-8 LUNCH CHOICE PRE-P	Total	
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
Cheese Stick, Mozz LoL	1 ea	1.0
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		100.44
% of Calories		56.5%
Nutrient Guideline		

Mon - 01/14/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt Danimals	1 EA	21.0
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

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Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Weighted Daily Average		94.48
% of Calories		58.8%
Nutrient Guideline		

Tue - 01/15/2019		
K-8 LUNCH CHOICE PRE-P	Total	
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
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		69.27
% of Calories		51.9%
Nutrient Guideline		

Wed - 01/16/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Chicken Fajita Meat Tyson 3522	3 oz	2.0
Barbecue Sauce SYSCO 8152134	1 oz	9.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Roll Aloha 1oz	1 ea	15.0
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		95.06
% of Calories		60.5%
Nutrient Guideline		

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Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Thu - 01/17/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.9 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Pepperoni Sliced 2.89oz JO	.5 oz	0.52
Brd French Pillsbury	1 each	27.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/2 cup	8.42
Pickles Dill, 2 slices	slices	0.17
MAYONNAISE	1 each	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Prtzl WG PF	1 each	16.0
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		91.97
% of Calories		54.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 01/18/2019		
K-8 LUNCH CHOICE PRE-P	Total	
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
Cheese Stick, Mozz LoL	1 ea	1.0
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		100.44
% of Calories		56.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 01/21/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt Danimals	1 EA	21.0
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		94.48
% of Calories		58.8%
Nutrient Guideline		

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Tue - 01/22/2019		
K-8 LUNCH CHOICE PRE-P	Total	
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
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		69.27
% of Calories		51.9%
Nutrient Guideline		

Wed - 01/23/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Chicken Fajita Meat Tyson 3522	3 oz	2.0
Barbecue Sauce SYSCO 8152134	1 oz	9.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Roll Aloha 1oz	1 ea	15.0
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		95.06
% of Calories		60.5%
Nutrient Guideline		

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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Thu - 01/24/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.9 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Pepperoni Sliced 2.89oz JO	.5 oz	0.52
Brd French Pillsbury	1 each	27.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/2 cup	8.42
Pickles Dill, 2 slices	slices	0.17
MAYONNAISE	1 each	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Prtzl WG PF	1 each	16.0
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		91.97
% of Calories		54.5%
Nutrient Guideline		

Fri - 01/25/2019		
K-8 LUNCH CHOICE PRE-P	Total	
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
Cheese Stick, Mozz LoL	1 ea	1.0
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		100.44
% of Calories		56.5%
Nutrient Guideline		

Mon - 01/28/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
Yogurt Danimals	1 EA	21.0
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		94.48
% of Calories		58.8%
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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Tue - 01/29/2019		
K-8 LUNCH CHOICE PRE-P	Total	
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
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		69.27
% of Calories		51.9%
Nutrient Guideline		

Wed - 01/30/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
Chicken Fajita Meat Tyson 3522	3 oz	2.0
Barbecue Sauce SYSCO 8152134	1 oz	9.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BEANS,BLACK,CND,DRND	1/2 cup	18.02
CORN: frozen, yellow	1/8 CUP	3.98
Roll Aloha 1oz	1 ea	15.0
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		95.06
% of Calories		60.5%
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K-8 LUNCH CHOICE PRE-PACK

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	Portion Size	Carb (g)
Thu - 01/31/2019		
K-8 LUNCH CHOICE PRE-P	Total	
ENTREE #2	*	0.0
TurkHmSmkd Usda100126	1.9 oz	0.0
Cheese Ched/Mozz Grated	.5 oz	0.42
Pepperoni Sliced 2.89oz JO	.5 oz	0.52
Brd French Pillsbury	1 each	27.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
CARROTS,RAW	1/2 cup	8.42
Pickles Dill, 2 slices	slices	0.17
MAYONNAISE	1 each	0.0
FRUIT FRSH ASSRT #1	1 EACH	19.67
Goldfish Prtzl WG PF	1 each	16.0
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		91.97
% of Calories		54.5%
Nutrient Guideline		

Weighted Average		89.71
		56.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.71	56.55%						

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