

GVSD Child Nutrition Services

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH PREPACK HHFKA

Generated on: 1/4/2019 12:32:31 PM

	Portion Size	Carb (g)
Mon - 01/07/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Grilled Chse WG RF IW 13400	1 ea	32.99
Buttermilk Ranch Dressing OF	2 FL OZ	14.46
CARROTS,RAW	3/8 cup	6.31
BROCCOLI,raw: fresh	3/8 CUP	2.27
BLUEBERRIES,FRZ,UNSWTND	1/2 cup	9.43
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		85.21
% of Calories		54.3%
Nutrient Guideline		

Tue - 01/08/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pizza Chs WM 90501	1 ea	34.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
CUCUMBER,RAW	1/4 cup	0.64
APPLES,Fresh	1 EACH	19.06
Buttermilk Ranch Dressing PPI	1 each	1.0
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		75.61
% of Calories		47.7%
Nutrient Guideline		

Wed - 01/09/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Chick Tend 3 ea WG 70334	serving	16.0
Parmesan Quinoa	1/2 cup	17.91
KETCHUP	1 each	2.0
TOMATOES, CHERRY	1/4 CUP	1.45
PEAS,EDIBLE-PODDED,RAW	1/2 cup	2.38
Pears, Rosy	1/2 cup	17.31
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		76.80
% of Calories		49.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/10/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Rotini Pasta WG FC no salt	1/2 cup	18.58
Spaghetti Sauce	1/2 cup	11.0
Cheese Ched/Mozz Grated	1.5 oz	1.25
Roll Artisan 1oz WG GS	1 ea	15.0
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Italian Dressing Boca 9gr	1 each	0.0
KIWI FRUIT, FRSH,RAW	1/2 cup	12.5
Gelatin A C Mix 502 series pre	2 oz	8.5
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		87.35
% of Calories		54.5%
Nutrient Guideline		

Fri - 01/11/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Tostada Bowl Ret, La Tapatia	1 ea	14.0
Chicken Fajita Meat Tyson 3522	2.5 oz	1.67
Cheese Ched/Mozz Grated	.5 oz	0.42
Refried & Pinto Beans Cnd USDA	1/2 cup	21.21
Salsa Low Sod Cnd USDA	1/4 cup	4.37
Tortilla Chips Ylw Blk, La Tap	.5 OZ	9.5
LETTUCE,ICEBERG,FRESH	1/2 cup	0.83
OLIVES,RIPE,CANNED(SML-EX LRG)	2 EACH	0.4
TANGERINES,FRESH	1 EACH	11.21
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		83.34
% of Calories		51.2%
Nutrient Guideline		

Mon - 01/14/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
CheeseBitesBulk11003WM	4 ea	28.0
MARINARA SAUCE	1/4 CUP	6.36
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BROCCOLI,raw: fresh	1/4 CUP	1.51
CARROTS,RAW	1/4 cup	4.21
Strawberry Cup Frzn 4.5oz USD	Serving	22.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		89.06
% of Calories		56.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 01/15/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pizza Pep Wedge WM 90500	serving	34.0
LETTUCE, ROMAINE,RAW	1 cup	1.55
Buttermilk Ranch Dressing PPI	1 each	1.0
CUCUMBER,RAW	1/8 cup	0.32
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		75.68
% of Calories		49.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/16/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Corn Dog LF WG Chix 4 oz F/Far	1 ea	33.0
Bean, White Summer Salad	1/2 cup	24.04
KETCHUP	1 each	2.0
MUSTARD	1 each	0.0
CARROTS,RAW	1/4 cup	4.21
KIWI FRUIT, FRSH,RAW	1/2 cup	12.5
Goldfish Ched P/Farm	pkg	13.0
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		108.50
% of Calories		62.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/17/2019		
K-8 LUNCH PREPACK HHF	Total	
Chicken Fajita Meat Tyson 3522	3.0 oz	2.0
TERIYAKI SAUCE	2 TBSP	9.58
RICE,BROWN,MEDIUM-GRAIN,CKD	1/2 cup	19.43
CARROTS, CK FROM FRZN	3/8 cup	4.29
Broccoli Frz Chpd Unprep	3/8 cup	2.8
APRICOTS: canned,light syrup	1/2 CUP	20.86
Bear Grahams	1 ea	18.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average		96.71
% of Calories		63.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/18/2019		
K-8 LUNCH PREPACK HHF	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
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		77.63
% of Calories		49.4%
Nutrient Guideline		

Mon - 01/21/2019		
K-8 LUNCH PREPACK HHF	Total	
HOLIDAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 01/22/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pizza Chs WM 90501	1 ea	34.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
CUCUMBER,RAW	1/4 cup	0.64
APPLES,Fresh	1 EACH	19.06
Buttermilk Ranch Dressing PPI	1 each	1.0
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		75.61
% of Calories		47.7%
Nutrient Guideline		

Wed - 01/23/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Chick Tend 3 ea WG 70334	serving	16.0
Sweet Potatoes w/bs	1/2 cup	31.62
KETCHUP	1 each	2.0
TOMATOES, CHERRY	1/4 CUP	1.45
PEACHES: canned,light syrup	1/2 CUP	18.26
Roll Artisan 1oz WG GS	1 ea	15.0
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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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		104.08 61.3%
Nutrient Guideline		

Thu - 01/24/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Turkey & Gravy Jennie-O	5.23 oz	2.76
Potatoes, Mashed Excel	1/2 cup	14.6
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
TOMATOES,FRESH CHOPPED	1/8 CUP	0.88
Buttermilk Ranch Dressing PPI	1 each	1.0
Roll W/W 1oz IW Dobake	1 ea	15.0
MANDARIN ORANGE,RAW	1 ea	11.74
Pudding EZ Made W/Skim Milk Be	2 oz	14.0
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0
Weighted Daily Average % of Calories		80.50 52.5%
Nutrient Guideline		

Fri - 01/25/2019		
K-8 LUNCH PREPACK HHF	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
Orange Sauce LoSo Nippon	4 TBSP	28.0
PEAS,EDIBLE-PODDED,RAW	1/4 cup	1.19
Pineapple Tidbits	1/2 cup	15.0
Cookie Fortune Amy's	1 ea	6.0
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 % of Calories		113.66 67.5%
Nutrient Guideline		

Mon - 01/28/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Burrito B/C LS 5.75oz IW AZ	1 each	45.0
Buttermilk Ranch Dressing OF	1 FL OZ	7.23
BROCCOLI,raw: fresh	3/8 CUP	2.27
CARROTS,RAW	3/8 cup	6.31
MIXED FRUIT: frozen,sweetened	1/2 CUP	30.29
Milk, 1% Plain 8oz Producers	1 ea	16.0
Milk, FF Chocolate 8oz Produce	1 ea	21.0

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	Portion Size	Carb (g)
Weighted Daily Average		110.85
% of Calories		60.3%
Nutrient Guideline		

Tue - 01/29/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pizza Chs WM 90501	1 ea	34.0
LETTUCE, ROMAINE,RAW	3/4 cup	1.16
CUCUMBER,RAW	1/4 cup	0.64
APPLES,Fresh	1 EACH	19.06
Buttermilk Ranch Dressing PPI	1 each	1.0
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		75.61
% of Calories		47.7%
Nutrient Guideline		

Wed - 01/30/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Beef Hot Dog Natural Miller's	1 each	1.0
BBQ Beans Veg USDA/SYSCO BBQ	1/2 cup	25.08
Bun, Hotdog 6in WG GS	1 each	28.0
KETCHUP	1 each	2.0
RELISH: individual PC	PC packet	2.63
MUSTARD	1 each	0.0
CARROTS,RAW	1/4 cup	4.21
TANGERINES,FRESH	1 EACH	11.21
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		93.88
% of Calories		61.9%
Nutrient Guideline		

Thu - 01/31/2019		
K-8 LUNCH PREPACK HHF	Total	
ENTREE #1	*	0.0
Pork Rib Hny BBQ Rib 3eaPierre	4/3 ea	9.33
Apples, Hot w/Cobbler Topping	1/2 cup	11.38
TOMATOES, CHERRY	1/2 CUP	2.9
LETTUCE, ROMAINE,RAW	1/2 cup	0.77
Buttermilk Ranch Dressing PPI	1 each	1.0
Roll Aloha 1oz	1 ea	15.0
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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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		60.13 45.5%
Nutrient Guideline		

Weighted Average		87.23 54.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	87.23	54.83%						

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