

GVSD Child Nutrition Services

Page 1 CHOICE MENU WINTER 2012 CARB Portion Values Junior High School

	Portion Size	Carb (g)
Mon		
Junior High School	Total	
ENTREE #1	*	0.0
Pocket Turkey Taco Pckt Fds	1 EACH	38.7
ENTREE #2	*	0.0
Taco (v) Salad Rnch<sld	1 ea	29.16
ENTREE #3	*	0.0
Chick Fajita Salad Rnch<sld	1 ea	22.82
ALL MEALS	*	0.0
Taco Sauce Mild Pkt	1 ea	1.05
CARROTS,RAW,BABY	2 oz	4.67
APPLES,Fresh	1 EACH	19.06
Tortilla Chips Ylw Blk, La Tap	1.5 OZ	28.5
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		105.00
% of Calories		53.7%

Tue		
Junior High School	Total	
ENTREE #1	*	0.0
Roast Beef-Chse Sand Fr Roll R	1 ea	29.5
ENTREE #2	*	0.0
Sandwich Trky/Ham/Bolg/Chse	1 ea	47.33
MUSTARD	1 each	0.0
ENTREE #3	*	0.0
Burrito BC Ultimate 7.1oz LC 7	1 ea	54.86
Taco Sauce Mild Pkt	1 ea	1.05
ALL MEALS	*	0.0
Salad(side) Rnch Dressing	1 ea	1.89
ORANGES	1 EACH	11.28
Trail Mix Fruit Nut w/PNuts**	1 oz	10.68
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		89.59
% of Calories		45.1%

Wed		
Junior High School	Total	
ENTREE #1	*	0.0
Pizza Pepp 5" WG 5" IW WMikes	1 ea	44.0
Pizza Pepp RT SB12 Entre (min day LG only)	slice	55.9
ENTREE #2	*	0.0
Pizza Chse 5" WG 5" IW WMikes	1 ea	44.0
Pizza Cheese RT SB12 Entre (min day LG only)	slice	56.2
ALL MEALS	*	0.0
Vegetables Fresh Assrt #1	2 oz	3.19
BANANAS	1 EACH	23.07
Cookie Mini C Chip 1.1oz Bisco	pkg	19.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		116.79
% of Calories		61.6%

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 - denotes optional nutrient values

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

GVSD Child Nutrition Services

CHOICE MENU WINTER 2012 CARB Portion Values Junior High School

	Portion Size	Carb (g)
Thu		
Junior High School	Total	
ENTREE #1	*	0.0
Gen Tso Chick-Veg BrnRice Bowl	1 ea	53.49
ENTREE #2	*	0.0
Chick Crunchy Tenders Tyson	3 EA	12.0
POTATO WEDGES,FRZ,CKD	1/2 CUP	30.77
KETCHUP	2 each	4.0
ENTREE #3	*	0.0
Macaroni & Cheese, L/Lakes	5.5 oz	21.66
BROCCOLI: frozen, boiled	1/2 CUP	4.92
ALL MEALS	*	0.0
MANDARIN ORANGE,RAW	1 ea	11.74
Concha W/W 2.5oz IW Assrt. Dob	1 ea	35.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		110.52
% of Calories		57.2%

Fri		
Junior High School	Total	
ENTREE #1	*	0.0
Fish Brd 4oz Trident	1 ea	50.0
ENTREE #2	*	0.0
Chick Patty FC Hot Spicy Tyson	1 ea	12.0
ENTREE #3	*	0.0
VEGGIE PATTY 3.4oz	1 ea	21.99
ALL MEALS	*	0.0
Potato Fr Fried Oven Ht USDA	3 oz	20.55
Hamb Bun Rainbo W/W 1/.57g	1 ea	28.0
LETTUCE & PICKLE	1/4 CUP	0.98
KETCHUP	1 each	2.0
MAYONNAISE	1 each	0.0
Fruit Bar-Assorted, Kettle Val	1 each	16.0
Crackers, Dolphin Cheese	1 pkg	13.0
Milk Variety 1% Plain/0% Choc.	8 oz	21.5
Weighted Daily Average		130.02
% of Calories		58.0%

Weighted Average		110.38
		55.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Carbohydrate (g)	110.38	55.12%					

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 - denotes optional nutrient values

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