

CVUSD Nutrition

Jun 1, 2019 thru Jun 30, 2019

Base Menu Spreadsheet

EDP & JumpStart Snack

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/03/2019																
EDP & JumpStart Snack	Total	1														
Golden Grahams Cereal Bar	Bar	1	140	0	135	3.00	1.80	150.0	200	3.6	*N/A*	2.0	29.0	3.0	0.50	0.00
Applesauce Cup	4.5 oz. Cup	1	50	0	15	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average			190	0	150	4.00	1.80	150.0	200	63.60	*12	2.00	43.00	3.00	0.50	0.00
% of Calories											*25.3%	4.2%	90.5%	14.2%	2.4%	0.0%
Nutrient Guideline			0													<10.00

Tue - 06/04/2019																
EDP & JumpStart Snack	Total	1														
Kelloggs Cereal Bar, Berry	Bar	1	140	0	105	3.00	0.72	100.0	500	0.0	9	2.0	27.0	3.0	0.50	0.00
RAISINS	Box	1	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
Weighted Daily Average			269	0	110	4.59	1.53	121.5	500	0.99	34	3.32	61.05	3.20	0.52	0.00
% of Calories											51.3%	4.9%	90.9%	10.7%	1.8%	0.0%
Nutrient Guideline			0													<10.00

Wed - 06/05/2019																
EDP & JumpStart Snack	Total	1														
Munchie Mix	Package	1	110	0	180	2.00	2.70	20.0	500	6.0	2	2.0	17.0	3.5	0.00	0.00
Apple & Eve Juice	Containers	1	60	0	12	0.00	0.18	66.7	500	60.0	12	0.0	14.33	0.0	0.00	0.00
Weighted Daily Average			170	0	192	2.00	2.88	86.7	1000	66.00	14	2.00	31.33	3.50	0.00	0.00
% of Calories											33.7%	4.7%	73.7%	18.5%	0.0%	0.0%
Nutrient Guideline			0													<10.00

Thu - 06/06/2019																
EDP & JumpStart Snack	Total	1														
Zee Zee's Cocoa Cherry Bar	Serving	1	200	0	40	2.00	2.00	12.0	0	0.0	16	3.0	33.0	7.0	2.00	0.00
Land O Lakes Mozzarella String	1 Each	1	80	20	210	0.00	0.00	220.0	200	0.0	*N/A*	7.0	1.0	6.0	4.00	0.00
Weighted Daily Average			280	20	250	2.00	2.00	232.0	200	0.00	*16	10.00	34.00	13.00	6.00	0.00
% of Calories											*22.9%	14.3%	48.6%	41.8%	19.3%	0.0%
Nutrient Guideline			0													<10.00

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Fri - 06/07/2019																
EDP & JumpStart Snack	Total	1														
Applesauce Snack Bread	Portions	1	185	0	84	1.85	0.99	43.1	6	0.18	*12	2.6	27.24	7.94	1.21	*0.00
Applesauce	1/2 cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.3	0.22	0.04	0.00
Weighted Daily Average			272	0	87	3.38	1.14	46.9	14	2.34	*30	2.80	49.54	8.16	1.25	*0.00
% of Calories											*44.5%	4.1%	73.0%	27.0%	4.1%	*0.0%
Nutrient Guideline			0													<10.00

Mon - 06/10/2019																
EDP & JumpStart Snack	Total	1														
Blueberry Muffin Top	1 each	1	240	25	190	2.00	1.44	20.0	1000	0.0	20	4.0	42.0	8.0	0.50	0.00
Apple & Eve Juice	Containers	1	60	0	12	0.00	0.18	66.7	500	60.0	12	0.0	14.33	0.0	0.00	0.00
Weighted Daily Average			300	25	202	2.00	1.62	86.7	1500	60.00	32	4.00	56.33	8.00	0.50	0.00
% of Calories											43.1%	5.3%	75.1%	24.0%	1.5%	0.0%
Nutrient Guideline			0													<10.00

Tue - 06/11/2019																
EDP & JumpStart Snack	Total	1														
Simply Chex Cheddar	26 grams	1	110	0	135	2.00	0.36	0.0	0	0.0	4	2.0	20.0	2.5	0.50	0.00
RAISINS	Box	1	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
Weighted Daily Average			239	0	140	3.59	1.17	21.5	0	0.99	29	3.32	54.05	2.70	0.52	0.00
% of Calories											49.4%	5.6%	90.6%	10.2%	2.0%	0.0%
Nutrient Guideline			0													<10.00

Wed - 06/12/2019																
EDP & JumpStart Snack	Total	1														
Ultimate Breakfast Round	Breakfast Round	1	270	5	190	6.00	0.72	40.0	0	0.0	18	5.0	44.0	8.0	3.00	0.00
Apple & Eve Juice	Containers	1	60	0	12	0.00	0.18	66.7	500	60.0	12	0.0	14.33	0.0	0.00	0.00
Weighted Daily Average			330	5	202	6.00	0.90	106.7	500	60.00	30	5.00	58.33	8.00	3.00	0.00
% of Calories											36.8%	6.1%	70.7%	21.8%	8.2%	0.0%
Nutrient Guideline			0													<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/13/2019																
EDP & JumpStart Snack	Total	1														
Yoplait GoGurt	2 oz. Tube	1	60	5	30	0.00	0.00	100.0	400	0.0	9	2.0	12.0	0.5	0.00	0.00
Giant Goldfish Grahams	package	1	120	0	110	1.00	0.72	100.0	30	0.0	6	1.0	19.0	4.0	1.00	0.00
Weighted Daily Average			180	5	140	1.00	0.72	200.0	430	0.00	15	3.00	31.00	4.50	1.00	0.00
% of Calories											33.3%	6.7%	68.9%	22.5%	5.0%	0.0%
Nutrient Guideline			0													<10.00

Fri - 06/14/2019																
EDP & JumpStart Snack	Total	1														
Catch Cinnamon Rolls	Roll	1	191	3	191	3.03	1.45	28.7	33	1.18	*10	4.85	35.18	4.1	1.85	*0.00
Apple & Eve Juice	Containers	1	60	0	12	0.00	0.18	66.7	500	60.0	12	0.0	14.33	0.0	0.00	0.00
Weighted Daily Average			251	3	202	3.03	1.63	95.4	533	61.18	*22	4.85	49.52	4.10	1.85	*0.00
% of Calories											*35.3%	7.7%	78.8%	14.7%	6.6%	*0.0%
Nutrient Guideline			0													<10.00

Mon - 06/17/2019																
EDP & JumpStart Snack	Total	1														
Checkerboard Cookie	1.5 oz. Package	1	150	10	160	2.00	1.44	*N/A*	*N/A*	*N/A*	13	2.0	24.0	5.0	1.50	0.00
Apple & Eve Juice	Containers	1	60	0	12	0.00	0.18	66.7	500	60.0	12	0.0	14.33	0.0	0.00	0.00
Weighted Daily Average			210	10	172	2.00	1.62	*66.7	*500	*60.00	25	2.00	38.33	5.00	1.50	0.00
% of Calories											48.3%	3.8%	73.0%	21.4%	6.4%	0.0%
Nutrient Guideline			0													<10.00

Tue - 06/18/2019																
EDP & JumpStart Snack	Total	1														
Pillsbury Mini Cinnis	2.29oz. Package	1	240	0	270	2.00	1.44	40.0	*N/A*	*N/A*	15	5.0	39.0	7.0	1.50	0.00
Applesauce	1/2 cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.3	0.22	0.04	0.00
Weighted Daily Average			327	0	273	3.53	1.59	43.8	*8	*2.17	34	5.20	61.30	7.22	1.54	0.00
% of Calories											41.3%	6.4%	75.1%	19.9%	4.2%	0.0%
Nutrient Guideline			0													<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/19/2019																
EDP & JumpStart Snack	Total	1														
Wheat Thin Crackers	package	1	230	0	370	3.00	1.44	40.0	35	0.0	7	3.0	36.0	8.0	1.00	0.00
Cheese Portion	1 oz	1	110	30	180	0.00	0.00	200.0	400	0.0	*N/A*	7.0	0.0	9.0	5.00	0.00
Weighted Daily Average % of Calories			340	30	550	3.00	1.44	240.0	435	0.00	*7 *8.2%	10.00	36.00	17.00	6.00	0.00
Nutrient Guideline			0													<10.00

Thu - 06/20/2019																
EDP & JumpStart Snack	Total	1														
Strawberry Nutrigrain Bar	Bar	1	158	0	148	2.95	1.80	213.4	861	0.0	*N/A*	2.2	29.48	3.96	0.66	0.04
Apple & Eve Juice	Containers	1	60	0	12	0.00	0.18	66.7	500	60.0	12	0.0	14.33	0.0	0.00	0.00
Weighted Daily Average % of Calories			218	0	160	2.95	1.98	280.1	1361	60.00	*12 *22.6%	2.20	43.81	3.96	0.66	0.04
Nutrient Guideline			0													<10.00

Mon - 06/24/2019																
EDP & JumpStart Snack	Total	1														
Golden Grahams Cereal Bar	Bar	1	140	0	135	3.00	1.80	150.0	200	3.6	*N/A*	2.0	29.0	3.0	0.50	0.00
Applesauce Cup	4.5 oz. Cup	1	50	0	15	1.00	0.00	0.0	0	60.0	12	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			190	0	150	4.00	1.80	150.0	200	63.60	*12 *25.3%	2.00	43.00	3.00	0.50	0.00
Nutrient Guideline			0													<10.00

Tue - 06/25/2019																
EDP & JumpStart Snack	Total	1														
Kellogg's Cereal Bar, Berry	Bar	1	140	0	105	3.00	0.72	100.0	500	0.0	9	2.0	27.0	3.0	0.50	0.00
RAISINS	Box	1	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
Weighted Daily Average % of Calories			269	0	110	4.59	1.53	121.5	500	0.99	34 51.3%	3.32	61.05	3.20	0.52	0.00
Nutrient Guideline			0													<10.00

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Wed - 06/26/2019																
EDP & JumpStart Snack	Total	1														
Munchie Mix	Package	1	110	0	180	2.00	2.70	20.0	500	6.0	2	2.0	17.0	3.5	0.00	0.00
Apple & Eve Juice	Containers	1	60	0	12	0.00	0.18	66.7	500	60.0	12	0.0	14.33	0.0	0.00	0.00
Weighted Daily Average			170	0	192	2.00	2.88	86.7	1000	66.00	14	2.00	31.33	3.50	0.00	0.00
% of Calories											33.7%	4.7%	73.7%	18.5%	0.0%	0.0%
Nutrient Guideline			0													<10.00
Thu - 06/27/2019																
EDP & JumpStart Snack	Total	1														
Zee Zee's Cocoa Cherry Bar	Serving	1	200	0	40	2.00	2.00	12.0	0	0.0	16	3.0	33.0	7.0	2.00	0.00
Land O Lakes Mozzarella String	1 Each	1	80	20	210	0.00	0.00	220.0	200	0.0	*N/A*	7.0	1.0	6.0	4.00	0.00
Weighted Daily Average			280	20	250	2.00	2.00	232.0	200	0.00	*16	10.00	34.00	13.00	6.00	0.00
% of Calories											*22.9%	14.3%	48.6%	41.8%	19.3%	0.0%
Nutrient Guideline			0													<10.00
Fri - 06/28/2019																
EDP & JumpStart Snack	Total	1														
Banana Snack Bread	portion	1	204	14	207	1.91	0.93	30.3	32	1.62	*15	3.37	30.65	8.17	2.37	*0.00
Applesauce	1/2 cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.3	0.22	0.04	0.00
Weighted Daily Average			290	14	210	3.44	1.08	34.1	40	3.79	*33	3.57	52.95	8.39	2.41	*0.00
% of Calories											*45.9%	4.9%	73.0%	26.0%	7.5%	*0.0%
Nutrient Guideline			0													<10.00
Weighted Average			251	7	197	3.11	1.65	*126.4	*480	*30.09	*22	4.24	45.79	6.44	1.80	*0.00
											*80.1%	6.8%	72.9%	23.1%	6.5%	*0.0%

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	251		0														
Cholesterol (mg)	7																
Sodium 1 (mg)	197								197								
Sodium 2 (mg)	197								197								
Fiber (g)	3.11																
Iron (mg)	1.65																
Calcium (mg)	126.4					Missing											
Vitamin A (IU)	480					Missing											
Sugars (g)	22	35.59%				Missing											
Vitamin C (mg)	30.09					Missing											
Protein (g)	4.24	6.75%															
Carbohydrate (g)	45.79	72.90%															
Total Fat (g)	6.44	23.08%															
Saturated Fat (g)	1.80	6.46%		<10.00%													
Trans Fat ¹ (g)	0.00	0.01%				Missing											

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