

Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

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)
Fri - 12/01/2017																
CUSD Breakfast 7-12	Total	200														
Bean & Cheese Brk Burrito, WG	1 each	25	230	5	420	4.00	1.80	200.0	100	2.4	2	9.0	28.0	9.0	3.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	125	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			563	19	558	5.94	3.52	551.5	1605	40.31	*23	18.43	91.26	14.30	5.60	0.00
% of Calories											*16.4%	13.1%	64.9%	22.9%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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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)
Mon - 12/04/2017																
CUSD Breakfast 7-12	Total	200														
Hawaiian Roll, Turk. Ham & Chs	1 each	25	209	37	642	2.00	1.91	122.0	133	4.74	4	11.75	28.18	5.22	1.52	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
PEACHES: canned,light syrup	1/2 Cup	100	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			549	23	588	4.44	3.66	538.5	1785	38.14	*23	18.83	88.50	13.70	5.33	0.00
% of Calories											*16.6%	13.7%	64.4%	22.4%	8.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017																
CUSD Breakfast 7-12	Total	200														
Bear Paw, Apple Cinnamon WG	1 each	25	250	10	320	0.00	1.80	20.0	0	0.0	14	5.0	41.0	6.0	1.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	100	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			555	19	548	3.98	3.59	527.5	1672	37.19	*24	17.95	90.01	13.82	5.33	0.00
% of Calories											*17.4%	12.9%	64.9%	22.4%	8.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Base Menu Spreadsheet

CUSD Breakfast 7-12

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)
Wed - 12/06/2017																
CUSD Breakfast 7-12	Total	200														
Pizza, Brk Bacon Scramble	1 each	25	210	55	320	2.00	1.80	150.0	0	0.0	5	10.0	23.0	8.0	3.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
GRAPES,Fresh	1/2 Cup	125	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			554	25	546	4.14	3.58	548.2	1604	38.34	*24	18.69	88.59	14.23	5.64	0.00
% of Calories											*17.3%	13.5%	64.0%	23.1%	9.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/07/2017																
CUSD Breakfast 7-12	Total	200														
Mini Maple Burst'n Pancakes	1 each	13	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
Mini Strawberry Splash Pancake	1 each	12	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	29.0	5.0	0.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
MELONS,HONEYDEW,RAW	1/2 CUP	100	30	0	9	0.51	0.06	5.1	34	21.08	*N/A*	0.39	7.8	0.09	0.02	*N/A*
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			525	19	534	3.88	3.31	528.9	1563	46.58	*14	17.78	83.44	13.70	5.21	*0.00
% of Calories											*10.6%	13.5%	63.5%	23.5%	8.9%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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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)
Fri - 12/08/2017																
CUSD Breakfast 7-12	Total	200														
Bean & Cheese Brk Burrito, WG	1 each	25	230	5	420	4.00	1.80	200.0	100	2.4	2	9.0	28.0	9.0	3.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	125	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			563	19	558	5.94	3.52	551.5	1605	40.31	*23	18.43	91.26	14.30	5.60	0.00
% of Calories											*16.4%	13.1%	64.9%	22.9%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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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)
Mon - 12/11/2017																
CUSD Breakfast 7-12	Total	200														
Hawaiian Roll, Turk. Ham & Chs	1 each	25	209	37	642	2.00	1.91	122.0	133	4.74	4	11.75	28.18	5.22	1.52	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
PEACHES: canned,light syrup	1/2 Cup	100	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			549	23	588	4.44	3.66	538.5	1785	38.14	*23	18.83	88.50	13.70	5.33	0.00
% of Calories											*16.6%	13.7%	64.4%	22.4%	8.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/12/2017																
CUSD Breakfast 7-12	Total	200														
Bear Paw, Apple Cinnamon WG	1 each	25	250	10	320	0.00	1.80	20.0	0	0.0	14	5.0	41.0	6.0	1.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	100	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			555	19	548	3.98	3.59	527.5	1672	37.19	*24	17.95	90.01	13.82	5.33	0.00
% of Calories											*17.4%	12.9%	64.9%	22.4%	8.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

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)
Wed - 12/13/2017																
CUSD Breakfast 7-12	Total	200														
Pizza, Brk Bacon Scramble	1 each	25	210	55	320	2.00	1.80	150.0	0	0.0	5	10.0	23.0	8.0	3.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
GRAPES,Fresh	1/2 Cup	125	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			554	25	546	4.14	3.58	548.2	1604	38.34	*24	18.69	88.59	14.23	5.64	0.00
% of Calories											*17.3%	13.5%	64.0%	23.1%	9.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

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)
Thu - 12/14/2017																
CUSD Breakfast 7-12	Total	200														
Mini Maple Burst'n Pancakes	1 each	13	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	30.0	5.0	0.50	0.00
Mini Strawberry Splash Pancake	1 each	12	170	5	200	2.00	0.72	40.0	0	0.0	*N/A*	4.0	29.0	5.0	0.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	100	33	0	1	0.50	0.25	8.8	24	4.72	8	0.23	8.47	0.08	0.01	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			527	19	530	3.87	3.40	530.8	1558	38.41	*18	17.70	83.78	13.69	5.21	0.00
% of Calories											*13.6%	13.4%	63.6%	23.4%	8.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/15/2017																
CUSD Breakfast 7-12	Total	200														
Bean & Cheese Brk Burrito, WG	1 each	25	230	5	420	4.00	1.80	200.0	100	2.4	2	9.0	28.0	9.0	3.50	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	5	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Cereal, Cocoa Puffs	1 each	5	90	0	125	1.00	3.60	80.0	400	4.8	*N/A*	1.0	20.0	1.0	0.00	0.00
Cereal, Lucky Charms	1 each	5	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Cereal, Trix	1 each	5	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Cereal, Cinnamon Chex	1 each	5	110	0	170	1.00	7.20	80.0	400	4.8	7	1.0	23.0	2.0	0.00	0.00
String Cheese, Mozz.	1 each	25	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
MJM Cinnamon Gram	1 each	50	120	0	150	2.00	2.00	8.0	285	3.0	7	2.0	20.0	3.0	0.50	0.00
Mini Chocolate Donuts, WG	1 each	25	390	10	360	2.00	1.44	40.0	0	0.0	*N/A*	5.0	41.0	24.0	11.00	0.00
Mini Powdered Donut, WG	1 each	25	370	10	390	1.00	1.80	40.0	0	0.0	21	4.0	42.0	21.0	7.00	0.00
Pop-Tart Cinnamon	1 each	25	370	0	380	6.00	3.60	200.0	1000	0.0	31	5.0	75.0	5.0	2.00	0.00
Pop-Tart Strawberry	1 each	25	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
PBJ Wafer	1 each	25	300	0	220	4.00	1.44	20.0	0	0.0	14	9.0	32.0	17.0	3.50	0.00
Bosco Cheese Stick WG	1 each	12	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	13	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Juice, Apple	1 each	100	60	0	1	0.00	0.72	0.0	0	30.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Juice, Mixed Berry	1 each	50	60	0	15	0.00	0.00	0.0	2500	30.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Juice, Orange	1 each	50	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
APPLES,Fresh	1 EACH	125	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	10	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Weighted Daily Average			563	19	558	5.94	3.52	551.5	1605	40.31	*23	18.43	91.26	14.30	5.60	0.00
% of Calories											*16.4%	13.1%	64.9%	22.9%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			551	21	555	4.61	3.54	540.2	1642	39.39	*22	18.34	88.65	13.98	5.44	*0.00
											*36.1%	13.3%	64.4%	22.8%	8.9%	*0.0%

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

CUSD Breakfast 7-12

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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	551		450 - 600	100%													
Cholesterol (mg)	21																
Sodium (mg)	555		640														
Fiber (g)	4.61																
Iron (mg)	3.54																
Calcium (mg)	540.2																
Vitamin A (IU)	1642																
Sugars (g)	22	16.03%				Missing											
Vitamin C (mg)	39.39																
Protein (g)	18.34	13.32%															
Carbohydrate (g)	88.65	64.40%															
Total Fat (g)	13.98	22.85%															
Saturated Fat (g)	5.44	8.89%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%			Missing											

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