

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 1

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 12/01/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Burrito, A.G.	1 each	150	200	9.0	21.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	50	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES, Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			411	18.63	63.48
% of Calories				18.1%	61.8%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 12/02/2021					
CUSD Elementary Breakfast	Total	200			
French Toast Sticks	4 each	150	229	6.55	39.27
Syrup, Maple	1 each	150	80	0.0	20.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Strawberry	1 each	200	90	1.0	22.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			536	17.21	101.91
% of Calories				12.8%	76.0%
Nutrient Guideline			400-500		

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 2

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 12/03/2021					
CUSD Elementary Breakfast	Total	200			
Mini Chocolate Chip Pancakes	1 each	150	230	4.0	41.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			421	14.30	74.20
% of Calories				13.6%	70.5%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 12/06/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Pizza, WG Turk. Saus	1 EACH	150	220	10.0	27.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
PEACHES: canned,light syrup	1/2 Cup	200	68	0.56	18.26
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			447	19.36	73.96
% of Calories				17.3%	66.1%
Nutrient Guideline			400-500		

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 3

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 12/07/2021					
CUSD Elementary Breakfast	Total	200			
UBR Chocolate	1 each	75	270	5.0	44.0
UBR Cinnamon	1 each	75	270	5.0	44.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			486	15.53	86.52
% of Calories				12.8%	71.2%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 12/08/2021					
CUSD Elementary Breakfast	Total	200			
Hawaiian Roll, Turk. Ham & Chs	1 each	150	209	11.75	28.18
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES,Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			433	20.69	72.36
% of Calories				19.1%	66.8%
Nutrient Guideline			400-500		

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 4

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 12/09/2021					
CUSD Elementary Breakfast	Total	200			
WG Crumb Square, Blueberry	1 each	75	270	5.0	45.0
WG Crumb Square, Choc. Chip	1 each	75	300	5.0	47.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Mixed Berry	1 each	200	90	0.0	20.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			518	15.05	89.95
% of Calories				11.6%	69.4%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 12/10/2021					
CUSD Elementary Breakfast	Total	200			
Pancake on a Stick	1 each	150	176	9.0	22.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			380	18.05	59.95
% of Calories				19.0%	63.0%
Nutrient Guideline			400-500		

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 5

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 12/13/2021					
CUSD Elementary Breakfast	Total	200			
Bosco Cheese Stick WG	1 each	75	220	12.0	30.0
Bosco Pepperoni Stick	1 each	75	260	12.0	30.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
PEACHES: canned,light syrup	1/2 Cup	200	68	0.56	18.26
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			462	20.86	76.21
% of Calories				18.1%	65.9%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 12/14/2021					
CUSD Elementary Breakfast	Total	200			
Honey Bun, WG	1 each	150	270	6.0	40.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			486	16.28	83.52
% of Calories				13.4%	68.7%
Nutrient Guideline			400-500		

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 6

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 12/15/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Burrito, A.G.	1 each	150	200	9.0	21.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	50	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES, Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			411	18.63	63.48
% of Calories				18.1%	61.8%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 12/16/2021					
CUSD Elementary Breakfast	Total	200			
French Toast Sticks	4 each	150	229	6.55	39.27
Syrup, Maple	1 each	150	80	0.0	20.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Apricots	1 each	200	110	1.0	25.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			556	17.21	104.91
% of Calories				12.4%	75.4%
Nutrient Guideline			400-500		

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 7

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 12/17/2021					
CUSD Elementary Breakfast	Total	200			
Mini Chocolate Chip Pancakes	1 each	150	230	4.0	41.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			421	14.30	74.20
% of Calories				13.6%	70.5%
Nutrient Guideline			400-500		

Mon - 12/20/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Tue - 12/21/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Wed - 12/22/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Thu - 12/23/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 8

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Fri - 12/24/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Mon - 12/27/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Tue - 12/28/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Wed - 12/29/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Thu - 12/30/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

Page 9

Generated on: 11/3/2021 3:38:31 PM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 12/31/2021					
CUSD Elementary Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			400-500		

Weighted Average			459	17.39 15.1%	78.82 68.6%
------------------	--	--	-----	----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	459		400 - 500	100%				
Protein (g)	17.39	15.15%						
Carbohydrate (g)	78.82	68.65%						

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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 conditions.