

Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 12/01/2021					
CUSD High School Breakfast	Total	200			
Breakfast Burrito, A.G.	1 each	25	200	9.0	21.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			540	17.48	90.28
% of Calories				12.9%	66.9%
Nutrient Guideline			450-600		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 12/02/2021					
CUSD High School Breakfast	Total	200			
French Toast Stix 4 each	1 each	30	210	6.0	36.0
Syrup, Maple	1 each	30	80	0.0	20.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	20	390	5.0	41.0
Mini Powdered Donut, WG	1 each	10	370	4.0	42.0
Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
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

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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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			557	18.30	97.43
% of Calories				13.1%	70.0%
Nutrient Guideline			450-600		

Fri - 12/03/2021					
CUSD High School Breakfast	Total	200			
Mini Chocolate Chip Pancakes	1 each	30	230	4.0	41.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			509	16.25	83.28
% of Calories				12.8%	65.4%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 12/06/2021					
CUSD High School Breakfast	Total	200			
Breakfast Pizza, WG Turk. Saus	1 EACH	20	220	10.0	27.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			549	17.46	93.84
% of Calories				12.7%	68.4%
Nutrient Guideline			450-600		

Tue - 12/07/2021					
CUSD High School Breakfast	Total	200			
UBR Chocolate	1 each	15	270	5.0	44.0
UBR Cinnamon	1 each	15	270	5.0	44.0
Mini Cinnis, Pillsbury	1 each	10	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			557	16.88	95.55
% of Calories				12.1%	68.6%
Nutrient Guideline			450-600		

Wed - 12/08/2021					
CUSD High School Breakfast	Total	200			
Hawaiian Roll, Turk. Ham & Chs	1 each	25	209	11.75	28.18
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			541	17.82	91.18
% of Calories				13.2%	67.4%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 12/09/2021					
CUSD High School Breakfast	Total	200			
WG Crumb Square, Blueberry	1 each	15	270	5.0	45.0
WG Crumb Square, Choc. Chip	1 each	15	300	5.0	47.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	20	390	5.0	41.0
Mini Powdered Donut, WG	1 each	10	370	4.0	42.0
Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
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			556	17.15	93.93
% of Calories				12.3%	67.6%
Nutrient Guideline			450-600		

Fri - 12/10/2021					
CUSD High School Breakfast	Total	200			
Pancake on a Stick	1 each	30	176	9.0	22.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			501	17.00	80.43
% of Calories				13.6%	64.2%
Nutrient Guideline			450-600		

Mon - 12/13/2021					
CUSD High School Breakfast	Total	200			
Breakfast Pizza, WG Turk. Saus	1 EACH	20	220	10.0	27.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			549	17.46	93.84
% of Calories				12.7%	68.4%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 12/14/2021					
CUSD High School Breakfast	Total	200			
Honey Bun, WG	1 each	30	270	6.0	40.0
Mini Cinnis, Pillsbury	1 each	10	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			557	17.03	94.95
% of Calories				12.2%	68.2%
Nutrient Guideline			450-600		

Wed - 12/15/2021					
CUSD High School Breakfast	Total	200			
Breakfast Burrito, A.G.	1 each	25	200	9.0	21.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			540	17.48	90.28
% of Calories				12.9%	66.9%
Nutrient Guideline			450-600		

Thu - 12/16/2021					
CUSD High School Breakfast	Total	200			
French Toast Stix 4 each	1 each	30	210	6.0	36.0
Syrup, Maple	1 each	30	80	0.0	20.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	20	390	5.0	41.0
Mini Powdered Donut, WG	1 each	10	370	4.0	42.0
Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
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			577	18.30	100.43
% of Calories				12.7%	69.6%
Nutrient Guideline			450-600		

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Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 12/17/2021					
CUSD High School Breakfast	Total	200			
Mini Chocolate Chip Pancakes	1 each	30	230	4.0	41.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			509	16.25	83.28
% of Calories				12.8%	65.4%
Nutrient Guideline			450-600		

Mon - 12/20/2021					
CUSD High School 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			450-600		

Tue - 12/21/2021					
CUSD High School 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			450-600		

Wed - 12/22/2021					
CUSD High School Breakfast	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0

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Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	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			450-600		

Thu - 12/23/2021					
CUSD High School 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			450-600		

Fri - 12/24/2021					
CUSD High School 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			450-600		

Mon - 12/27/2021					
CUSD High School 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			450-600		

Tue - 12/28/2021					
CUSD High School 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			450-600		

Wed - 12/29/2021					
CUSD High School 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			450-600		

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Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 12/30/2021					
CUSD High School 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			450-600		

Fri - 12/31/2021					
CUSD High School 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			450-600		

Weighted Average			542	17.30	91.44
				12.8%	67.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	542		450 - 600	100%				
Protein (g)	17.30	12.77%						
Carbohydrate (g)	91.44	67.52%						

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