

# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

CUSD Breakfast K-6

### 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 <sup>1</sup> (g)
Mon - 01/08/2018																
CUSD Breakfast K-6	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	150	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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	50	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
Juice, Apple	1 each	50	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	150	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	25	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			464	26	650	4.50	3.54	596.7	1904	31.47	*15	21.37	74.39	9.70	3.28	0.00
% of Calories											*12.5%	18.4%	64.1%	18.8%	6.4%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Tue - 01/09/2018																
CUSD Breakfast K-6	Total	200														
Honey Bun, WG	1 each	150	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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, Colby	1 each	50	90	20	200	0.00	0.00	200.0	300	0.0	*N/A*	7.0	0.0	6.0	4.00	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
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	150	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	25	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	18	446	4.18	3.64	506.8	1635	54.18	*24	18.06	87.25	12.11	5.66	0.00
% of Calories											*18.6%	13.7%	66.4%	20.7%	9.7%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Wed - 01/10/2018																
CUSD Breakfast K-6	Total	200														
Pancake on a Stick	1 each	150	176	22	463	2.00	1.00	17.0	6	0.0	*N/A*	9.0	22.0	6.0	2.00	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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	50	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
Juice, Apple	1 each	50	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
Orange, Fresh	1 each	150	54	0	0	2.69	0.11	45.0	255	60.34	*N/A*	1.07	13.32	0.14	0.02	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	25	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			421	32	632	4.54	2.68	527.9	1542	74.46	*2	20.99	66.94	8.27	3.30	0.00
% of Calories											*2.0%	20.0%	63.6%	17.7%	7.0%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Thu - 01/11/2018																
CUSD Breakfast K-6	Total	200														
Mini French Toast, Original	1 each	137	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
Mini French Toast, Choc. Chip	bag	75	210	0	260	4.00	2.70	100.0	500	0.0	10	5.0	35.0	6.0	1.50	0.00
Cereal, Cinnamon Toast Crunch	1 each	13	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	13	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	13	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	13	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	11	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, Colby	1 each	50	90	20	200	0.00	0.00	200.0	300	0.0	*N/A*	7.0	0.0	6.0	4.00	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
Juice, Apple	1 each	50	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	25	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			501	18	554	4.93	5.09	589.1	1939	31.88	*19	18.00	84.23	10.36	3.88	0.00
% of Calories											*15.0%	14.4%	67.2%	18.6%	7.0%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Fri - 01/12/2018																
CUSD Breakfast K-6	Total	200														
Hawaiian Roll, Turk. Ham & Chs	1 each	144	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	12	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	12	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	12	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	12	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	8	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	50	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
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	150	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	25	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			471	42	753	5.00	3.60	579.2	1510	45.03	*16	22.21	79.11	7.64	2.91	0.00
% of Calories											*13.5%	18.9%	67.2%	14.6%	5.6%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 01/15/2018																
CUSD Breakfast K-6	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Tue - 01/16/2018																
CUSD Breakfast K-6	Total	200														
Honey Bun, WG	1 each	150	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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, Colby	1 each	50	90	20	200	0.00	0.00	200.0	300	0.0	*N/A*	7.0	0.0	6.0	4.00	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
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	150	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	25	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			524	18	445	4.50	3.72	504.2	1779	54.72	*24	18.12	87.39	12.07	5.66	0.00
% of Calories											*18.6%	13.8%	66.7%	20.7%	9.7%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Wed - 01/17/2018																
CUSD Breakfast K-6	Total	200														
Pancake on a Stick	1 each	150	176	22	463	2.00	1.00	17.0	6	0.0	*N/A*	9.0	22.0	6.0	2.00	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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	50	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
Juice, Apple	1 each	50	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	150	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	25	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			432	32	638	3.43	2.86	499.6	1540	30.93	*15	20.56	70.50	8.23	3.29	0.00
% of Calories											*13.6%	19.0%	65.2%	17.1%	6.8%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

Portion Values - Detailed

Page 8

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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 <sup>1</sup> (g)
Thu - 01/18/2018																
CUSD Breakfast K-6	Total	200														
Mini French Toast, Original	1 each	137	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
Mini French Toast, Choc. Chip	bag	75	210	0	260	4.00	2.70	100.0	500	0.0	10	5.0	35.0	6.0	1.50	0.00
Cereal, Cinnamon Toast Crunch	1 each	13	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	13	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	13	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	13	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	11	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, Colby	1 each	50	90	20	200	0.00	0.00	200.0	300	0.0	*N/A*	7.0	0.0	6.0	4.00	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
Juice, Apple	1 each	50	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
Orange, Fresh	1 each	100	54	0	0	2.69	0.11	45.0	255	60.34	*N/A*	1.07	13.32	0.14	0.02	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	25	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			512	18	554	6.02	5.02	607.2	2055	59.69	*15	18.42	86.66	10.39	3.89	0.00
% of Calories											*11.6%	14.4%	67.7%	18.3%	6.8%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

CUSD Breakfast K-6

### 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 <sup>1</sup> (g)
Fri - 01/19/2018																
CUSD Breakfast K-6	Total	200														
Hawaiian Roll, Turk. Ham & Chs	1 each	144	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	12	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	12	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	12	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	12	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	8	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	50	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
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	150	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	25	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			471	42	753	5.00	3.60	579.2	1510	45.03	*16	22.21	79.11	7.64	2.91	0.00
% of Calories											*13.5%	18.9%	67.2%	14.6%	5.6%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
<b>Mon - 01/22/2018</b>																
CUSD Breakfast K-6	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	150	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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	50	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
Juice, Apple	1 each	50	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	150	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	25	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			464	26	650	4.50	3.54	596.7	1904	31.47	*15	21.37	74.39	9.70	3.28	0.00
% of Calories											*12.5%	18.4%	64.1%	18.8%	6.4%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Tue - 01/23/2018																
CUSD Breakfast K-6	Total	200														
Honey Bun, WG	1 each	150	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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, Colby	1 each	50	90	20	200	0.00	0.00	200.0	300	0.0	*N/A*	7.0	0.0	6.0	4.00	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
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	150	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	25	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	18	446	4.18	3.64	506.8	1635	54.18	*24	18.06	87.25	12.11	5.66	0.00
% of Calories											*18.6%	13.7%	66.4%	20.7%	9.7%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Wed - 01/24/2018																
CUSD Breakfast K-6	Total	200														
Pancake on a Stick	1 each	150	176	22	463	2.00	1.00	17.0	6	0.0	*N/A*	9.0	22.0	6.0	2.00	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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	50	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
Juice, Apple	1 each	50	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
Orange, Fresh	1 each	150	54	0	0	2.69	0.11	45.0	255	60.34	*N/A*	1.07	13.32	0.14	0.02	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	25	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			421	32	632	4.54	2.68	527.9	1542	74.46	*2	20.99	66.94	8.27	3.30	0.00
% of Calories											*2.0%	20.0%	63.6%	17.7%	7.0%	0.0%
Nutrient Guideline			400-500		540										<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

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Thu - 01/25/2018																
CUSD Breakfast K-6	Total	200														
Mini French Toast, Original	1 each	137	210	0	240	3.00	2.70	100.0	500	0.0	13	4.0	37.0	5.0	1.50	0.00
Mini French Toast, Choc. Chip	bag	75	210	0	260	4.00	2.70	100.0	500	0.0	10	5.0	35.0	6.0	1.50	0.00
Cereal, Cinnamon Toast Crunch	1 each	13	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	13	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	13	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	13	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	11	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, Colby	1 each	50	90	20	200	0.00	0.00	200.0	300	0.0	*N/A*	7.0	0.0	6.0	4.00	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
Juice, Apple	1 each	50	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	25	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			501	18	554	4.93	5.09	589.1	1939	31.88	*19	18.00	84.23	10.36	3.88	0.00
% of Calories											*15.0%	14.4%	67.2%	18.6%	7.0%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Fri - 01/26/2018																
CUSD Breakfast K-6	Total	200														
Hawaiian Roll, Turk. Ham & Chs	1 each	144	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	12	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	12	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	12	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	12	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	8	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	50	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
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	150	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	25	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			471	42	753	5.00	3.60	579.2	1510	45.03	*16	22.21	79.11	7.64	2.91	0.00
% of Calories											*13.5%	18.9%	67.2%	14.6%	5.6%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
<b>Mon - 01/29/2018</b>																
CUSD Breakfast K-6	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	150	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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	50	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
Juice, Apple	1 each	50	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	150	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	25	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			464	26	650	4.50	3.54	596.7	1904	31.47	*15	21.37	74.39	9.70	3.28	0.00
% of Calories											*12.5%	18.4%	64.1%	18.8%	6.4%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Tue - 01/30/2018																
CUSD Breakfast K-6	Total	200														
Honey Bun, WG	1 each	150	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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, Colby	1 each	50	90	20	200	0.00	0.00	200.0	300	0.0	*N/A*	7.0	0.0	6.0	4.00	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
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	150	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	25	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	18	446	4.18	3.64	506.8	1635	54.18	*24	18.06	87.25	12.11	5.66	0.00
% of Calories											*18.6%	13.7%	66.4%	20.7%	9.7%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)
Wed - 01/31/2018																
CUSD Breakfast K-6	Total	200														
Pancake on a Stick	1 each	150	176	22	463	2.00	1.00	17.0	6	0.0	*N/A*	9.0	22.0	6.0	2.00	0.00
Cereal, Cinnamon Toast Crunch	1 each	10	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	10	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	10	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	10	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	10	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	50	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
Juice, Apple	1 each	50	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
Orange, Fresh	1 each	150	54	0	0	2.69	0.11	45.0	255	60.34	*N/A*	1.07	13.32	0.14	0.02	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	25	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			421	32	632	4.54	2.68	527.9	1542	74.46	*2	20.99	66.94	8.27	3.30	0.00
% of Calories											*2.0%	20.0%	63.6%	17.7%	7.0%	0.0%
Nutrient Guideline			400-500		540										<10.00	
Weighted Average			477	27	599	4.62	3.66	554.2	1707	48.50	*15	20.06	78.59	9.68	3.88	0.00
											*29.1%	16.8%	65.8%	18.3%	7.3%	0.0%

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - 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

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast K-6

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 <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	477		400 - 500	100%														
Cholesterol (mg)	27																	
Sodium (mg)	599		540						59	Correction Required - Sodium too High								
Fiber (g)	4.62																	
Iron (mg)	3.66																	
Calcium (mg)	554.2																	
Vitamin A (IU)	1707																	
Sugars (g)	15	12.95%				Missing												
Vitamin C (mg)	48.50																	
Protein (g)	20.06	16.81%																
Carbohydrate (g)	78.59	65.85%																
Total Fat (g)	9.68	18.25%																
Saturated Fat (g)	3.88	7.32%																
Trans Fat <sup>1</sup> (g)	0.00	0.00%																
			<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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