

Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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)
Mon - 01/08/2018																
CUSD Breakfast 7-12	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	25	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	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			551	20	568	4.56	3.64	542.0	1806	37.55	*22	18.61	88.35	14.05	5.39	0.00
% of Calories											*16.2%	13.5%	64.2%	23.0%	8.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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)
Tue - 01/09/2018																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	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, Colby	1 each	25	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
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			561	19	533	4.35	3.59	525.0	1697	39.82	*24	17.95	89.76	14.76	5.96	0.00
% of Calories											*17.1%	12.8%	64.0%	23.7%	9.6%	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 - 01/10/2018																
CUSD Breakfast 7-12	Total	200														
Pancake on a Stick	1 each	25	176	22	463	2.00	1.00	17.0	6	0.0	*N/A*	9.0	22.0	6.0	2.00	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
Orange, Fresh	1 each	125	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	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			545	21	562	5.30	3.39	551.6	1707	73.75	*14	18.87	86.93	13.86	5.41	0.00
% of Calories											*10.2%	13.9%	63.8%	22.9%	8.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Jan 8, 2018 thru Jan 31, 2018

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 - 01/11/2018																
CUSD Breakfast 7-12	Total	200														
Mini French Toast, Original	1 each	13	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	12	210	0	260	4.00	2.70	100.0	500	0.0	10	5.0	35.0	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
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			532	18	536	4.06	3.65	538.3	1621	38.41	*19	17.76	84.59	13.75	5.33	0.00
% of Calories											*14.6%	13.4%	63.6%	23.3%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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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 - 01/12/2018																
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
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			560	23	586	5.69	3.53	541.8	1609	40.60	*23	18.78	91.28	13.83	5.36	0.00
% of Calories											*16.7%	13.4%	65.2%	22.2%	8.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 01/15/2018																
CUSD Breakfast 7-12	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			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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 - 01/16/2018																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	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, Colby	1 each	25	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
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			561	19	533	4.56	3.64	523.2	1793	40.17	*24	17.99	89.85	14.73	5.96	0.00
% of Calories											*17.0%	12.8%	64.1%	23.7%	9.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast 7-12

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)
Wed - 01/17/2018																
CUSD Breakfast 7-12	Total	200														
Pancake on a Stick	1 each	25	176	22	463	2.00	1.00	17.0	6	0.0	*N/A*	9.0	22.0	6.0	2.00	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	125	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			554	21	567	4.38	3.53	528.0	1704	37.48	*24	18.51	89.89	13.83	5.40	0.00
% of Calories											*17.6%	13.4%	64.9%	22.5%	8.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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)
Thu - 01/18/2018																
CUSD Breakfast 7-12	Total	200														
Mini French Toast, Original	1 each	13	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	12	210	0	260	4.00	2.70	100.0	500	0.0	10	5.0	35.0	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
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	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			542	18	536	5.15	3.58	556.4	1736	66.21	*15	18.18	87.02	13.78	5.34	0.00
% of Calories											*11.3%	13.4%	64.2%	22.9%	8.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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 - 01/19/2018																
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
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			560	23	586	5.69	3.53	541.8	1609	40.60	*23	18.78	91.28	13.83	5.36	0.00
% of Calories											*16.7%	13.4%	65.2%	22.2%	8.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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 - 01/22/2018																
CUSD Breakfast 7-12	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	25	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	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			551	20	568	4.56	3.64	542.0	1806	37.55	*22	18.61	88.35	14.05	5.39	0.00
% of Calories											*16.2%	13.5%	64.2%	23.0%	8.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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)
Tue - 01/23/2018																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	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, Colby	1 each	25	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
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			561	19	533	4.35	3.59	525.0	1697	39.82	*24	17.95	89.76	14.76	5.96	0.00
% of Calories											*17.1%	12.8%	64.0%	23.7%	9.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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 - 01/24/2018																
CUSD Breakfast 7-12	Total	200														
Pancake on a Stick	1 each	25	176	22	463	2.00	1.00	17.0	6	0.0	*N/A*	9.0	22.0	6.0	2.00	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
Orange, Fresh	1 each	125	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	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			545	21	562	5.30	3.39	551.6	1707	73.75	*14	18.87	86.93	13.86	5.41	0.00
% of Calories											*10.2%	13.9%	63.8%	22.9%	8.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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 - 01/25/2018																
CUSD Breakfast 7-12	Total	200														
Mini French Toast, Original	1 each	13	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	12	210	0	260	4.00	2.70	100.0	500	0.0	10	5.0	35.0	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
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			532	18	536	4.06	3.65	538.3	1621	38.41	*19	17.76	84.59	13.75	5.33	0.00
% of Calories											*14.6%	13.4%	63.6%	23.3%	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

Jan 8, 2018 thru Jan 31, 2018

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 - 01/26/2018																
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
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			560	23	586	5.69	3.53	541.8	1609	40.60	*23	18.78	91.28	13.83	5.36	0.00
% of Calories											*16.7%	13.4%	65.2%	22.2%	8.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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 - 01/29/2018																
CUSD Breakfast 7-12	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	25	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	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			551	20	568	4.56	3.64	542.0	1806	37.55	*22	18.61	88.35	14.05	5.39	0.00
% of Calories											*16.2%	13.5%	64.2%	23.0%	8.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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)
Tue - 01/30/2018																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	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, Colby	1 each	25	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
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			561	19	533	4.35	3.59	525.0	1697	39.82	*24	17.95	89.76	14.76	5.96	0.00
% of Calories											*17.1%	12.8%	64.0%	23.7%	9.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

CUSD Breakfast 7-12

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)
Wed - 01/31/2018																
CUSD Breakfast 7-12	Total	200														
Pancake on a Stick	1 each	25	176	22	463	2.00	1.00	17.0	6	0.0	*N/A*	9.0	22.0	6.0	2.00	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
Orange, Fresh	1 each	125	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	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			545	21	562	5.30	3.39	551.6	1707	73.75	*14	18.87	86.93	13.86	5.41	0.00
% of Calories											*10.2%	13.9%	63.8%	22.9%	8.9%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			551	20	556	4.82	3.56	539.1	1702	46.81	*21	18.40	88.52	14.08	5.51	0.00
											*33.9%	13.4%	64.2%	23.0%	9.0%	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.

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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)	20																
Sodium (mg)	556		640														
Fiber (g)	4.82																
Iron (mg)	3.56																
Calcium (mg)	539.1																
Vitamin A (IU)	1702																
Sugars (g)	21	15.07%				Missing											
Vitamin C (mg)	46.81																
Protein (g)	18.40	13.35%															
Carbohydrate (g)	88.52	64.23%															
Total Fat (g)	14.08	22.98%															
Saturated Fat (g)	5.51	9.00%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%														

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