

Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 1

Generated on: 6/14/2017 11:23:44 AM

	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 - 07/05/2017																
Summer School Brk	Total	200														
Breakfast Burrito, Posada	1 each	150	140	70	420	3.00	1.44	40.0	200	1.2	0	7.0	17.0	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	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
STRAWBERRIES,FRESH	1/2 CUP	125	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	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			368	68	600	4.17	3.11	518.6	1502	56.57	*4	19.00	56.65	8.31	2.91	0.00
% of Calories											*4.7%	20.6%	61.6%	20.3%	7.1%	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

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 2

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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)
Thu - 07/06/2017																
Summer School Brk	Total	200														
French Toast Sticks	4 each	137	300	0	380	2.00	1.80	60.0	0	0.0	*N/A*	6.0	42.0	12.0	3.00	0.00
Syrup, Pancake	1 each	75	80	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	21.0	0.0	0.00	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	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
Fruit Cup, Peaches	1 each	100	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	0.0	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			538	18	552	2.99	3.33	519.8	1397	29.52	*10	17.88	87.67	12.87	4.34	0.00
% of Calories											*7.5%	13.3%	65.2%	21.5%	7.3%	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

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 3

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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 - 07/07/2017																
Summer School Brk	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			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 4

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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 - 07/10/2017																
Summer School Brk	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
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	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
PEARS: canned,light syrup	1/2 Cup	150	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	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			467	26	650	4.78	3.46	598.6	1571	29.87	*13	21.12	74.98	9.70	3.28	0.00
% of Calories											*11.5%	18.1%	64.2%	18.7%	6.3%	0.0%
Nutrient Guideline			450-600		640									<10.00		

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

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 - 07/11/2017																
Summer School Brk	Total	200														
Honey Bun, WG	1 each	137	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	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
FRUIT COCKTAIL:canned,lt syrup	1 each	75	138	0	15	2.42	0.70	14.5	503	4.6	34	0.97	36.13	0.17	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			499	18	441	4.08	3.60	511.5	1655	45.63	*24	17.75	82.48	11.56	5.38	0.00
% of Calories											*19.0%	14.2%	66.1%	20.8%	9.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

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Base Menu Spreadsheet

Summer School Brk

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)
Wed - 07/12/2017																
Summer School Brk	Total	200														
Breakfast Burrito, Posada	1 each	150	140	70	420	3.00	1.44	40.0	200	1.2	0	7.0	17.0	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	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
STRAWBERRIES,FRESH	1/2 CUP	125	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	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			368	68	600	4.17	3.11	518.6	1502	56.57	*4	19.00	56.65	8.31	2.91	0.00
% of Calories											*4.7%	20.6%	61.6%	20.3%	7.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 7

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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)
Thu - 07/13/2017																
Summer School Brk	Total	200														
French Toast Sticks	4 each	137	300	0	380	2.00	1.80	60.0	0	0.0	*N/A*	6.0	42.0	12.0	3.00	0.00
Syrup, Pancake	1 each	75	80	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	21.0	0.0	0.00	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	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			514	18	552	2.74	3.46	524.2	1409	31.88	*6	17.50	82.41	12.90	4.34	0.00
% of Calories											*4.8%	13.6%	64.1%	22.6%	7.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

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 ¹ (g)
Fri - 07/14/2017																
Summer School Brk	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			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 9

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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 - 07/17/2017																
Summer School Brk	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
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	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
PEARS: canned,light syrup	1/2 Cup	150	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	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			467	26	650	4.78	3.46	598.6	1571	29.87	*13	21.12	74.98	9.70	3.28	0.00
% of Calories											*11.5%	18.1%	64.2%	18.7%	6.3%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

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 - 07/18/2017																
Summer School Brk	Total	200														
Honey Bun, WG	1 each	137	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	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
FRUIT COCKTAIL:canned,lt syrup	1 each	75	138	0	15	2.42	0.70	14.5	503	4.6	34	0.97	36.13	0.17	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			499	18	441	4.08	3.60	511.5	1655	45.63	*24	17.75	82.48	11.56	5.38	0.00
% of Calories											*19.0%	14.2%	66.1%	20.8%	9.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

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)
Wed - 07/19/2017																
Summer School Brk	Total	200														
Breakfast Burrito, Posada	1 each	144	140	70	420	3.00	1.44	40.0	200	1.2	0	7.0	17.0	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	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	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
STRAWBERRIES,FRESH	1/2 CUP	125	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	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			367	65	592	4.13	3.14	521.2	1508	56.68	*4	18.83	56.72	8.17	2.87	0.00
% of Calories											*4.6%	20.5%	61.9%	20.1%	7.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

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)
Thu - 07/20/2017																
Summer School Brk	Total	200														
French Toast Sticks	4 each	137	300	0	380	2.00	1.80	60.0	0	0.0	*N/A*	6.0	42.0	12.0	3.00	0.00
Syrup, Pancake	1 each	50	80	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	21.0	0.0	0.00	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	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
BANANA	1 EA	150	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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			555	18	553	4.46	3.53	523.6	1446	36.11	*11	18.21	92.85	13.12	4.43	0.00
% of Calories											*8.2%	13.1%	66.9%	21.3%	7.2%	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

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

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 - 07/21/2017																
Summer School Brk	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			450-600		640									<10.00		

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

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 - 07/24/2017																
Summer School Brk	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
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	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
PEARS: canned,light syrup	1/2 Cup	150	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	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			467	26	650	4.78	3.46	598.6	1571	29.87	*13	21.12	74.98	9.70	3.28	0.00
% of Calories											*11.5%	18.1%	64.2%	18.7%	6.3%	0.0%
Nutrient Guideline			450-600		640									<10.00		

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 15

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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 - 07/25/2017																
Summer School Brk	Total	200														
Honey Bun, WG	1 each	137	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	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
FRUIT COCKTAIL:canned,lt syrup	1 each	75	138	0	15	2.42	0.70	14.5	503	4.6	34	0.97	36.13	0.17	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			499	18	441	4.08	3.60	511.5	1655	45.63	*24	17.75	82.48	11.56	5.38	0.00
% of Calories											*19.0%	14.2%	66.1%	20.8%	9.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 16

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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)
Wed - 07/26/2017																
Summer School Brk	Total	200														
Breakfast Burrito, Posada	1 each	150	140	70	420	3.00	1.44	40.0	200	1.2	0	7.0	17.0	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	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
STRAWBERRIES,FRESH	1/2 CUP	125	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	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			368	68	600	4.17	3.11	518.6	1502	56.57	*4	19.00	56.65	8.31	2.91	0.00
% of Calories											*4.7%	20.6%	61.6%	20.3%	7.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

Page 17

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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)
Thu - 07/27/2017																
Summer School Brk	Total	200														
French Toast Sticks	4 each	137	300	0	380	2.00	1.80	60.0	0	0.0	*N/A*	6.0	42.0	12.0	3.00	0.00
Syrup, Pancake	1 each	75	80	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	21.0	0.0	0.00	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	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			514	18	552	2.74	3.46	524.2	1409	31.88	*6	17.50	82.41	12.90	4.34	0.00
% of Calories											*4.8%	13.6%	64.1%	22.6%	7.6%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

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 - 07/28/2017																
Summer School Brk	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			450-600		640										<10.00	
Weighted Average			465	35	605	4.23	3.44	545.3	1522	42.35	*13	19.58	75.60	9.96	3.70	0.00
											*24.3%	16.8%	65.0%	19.3%	7.2%	0.0%

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School Brk

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	465		450 - 600	100%													
Cholesterol (mg)	35																
Sodium (mg)	605		640														
Fiber (g)	4.23																
Iron (mg)	3.44																
Calcium (mg)	545.3																
Vitamin A (IU)	1522																
Sugars (g)	13	10.80%				Missing											
Vitamin C (mg)	42.35																
Protein (g)	19.58	16.83%															
Carbohydrate (g)	75.60	65.00%															
Total Fat (g)	9.96	19.26%															
Saturated Fat (g)	3.70	7.16%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%															

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