

Central Unified Food Services

Jun 1, 2018 thru Jun 7, 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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 06/01/2018 | | | | | | | | | | | | | | | | |
| 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 | |

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

Jun 1, 2018 thru Jun 7, 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 06/04/2018 | | | | | | | | | | | | | | | | |
| CUSD Breakfast 7-12 | Total | 200 | | | | | | | | | | | | | | |
| UBR Chocolate | 1 each | 13 | 270 | 5 | 180 | 6.24 | 0.93 | 24.2 | 11 | 0.0 | 19 | 5.0 | 44.0 | 8.0 | 3.00 | 0.00 |
| UBR Cinnamon | 1 each | 12 | 270 | 5 | 190 | 6.09 | 1.35 | 30.2 | 8 | 0.01 | 18 | 5.0 | 44.0 | 8.0 | 3.00 | 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 | | | 557 | 19 | 531 | 4.96 | 3.56 | 526.6 | 1770 | 37.55 | *25 | 17.99 | 90.48 | 14.05 | 5.52 | 0.00 |
| % of Calories | | | | | | | | | | | *17.6% | 12.9% | 65.0% | 22.7% | 8.9% | 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

Jun 1, 2018 thru Jun 7, 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 - 06/05/2018 | | | | | | | | | | | | | | | | |
| CUSD Breakfast 7-12 | Total | 200 | | | | | | | | | | | | | | |
| Bear Paw, Apple Cinnamon WG | 1 each | 25 | 250 | 10 | 320 | 0.00 | 1.80 | 20.0 | 0 | 0.0 | 14 | 5.0 | 41.0 | 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 |
| 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 | | | 555 | 19 | 548 | 3.98 | 3.59 | 527.5 | 1672 | 37.19 | *24 | 17.95 | 90.01 | 13.82 | 5.33 | 0.00 |
| % of Calories | | | | | | | | | | | *17.4% | 12.9% | 64.9% | 22.4% | 8.7% | 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 06/06/2018 | | | | | | | | | | | | | | | | |
| CUSD Breakfast 7-12 | Total | 200 | | | | | | | | | | | | | | |
| Bean & Cheese Brk Burrito, WG | 1 each | 25 | 230 | 5 | 420 | 4.00 | 1.80 | 200.0 | 100 | 2.4 | 2 | 9.0 | 28.0 | 9.0 | 3.50 | 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 |
| 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 | 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 | 19 | 558 | 4.77 | 3.60 | 553.6 | 1564 | 62.80 | *16 | 18.51 | 82.81 | 14.29 | 5.59 | 0.00 |
| % of Calories | | | | | | | | | | | *12.3% | 13.9% | 62.2% | 24.2% | 9.4% | 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | <10.00 | |

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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 - 06/07/2018 | | | | | | | | | | | | | | | | |
| CUSD Breakfast 7-12 | Total | 200 | | | | | | | | | | | | | | |
| Donut WG Powdered | 1 each | 25 | 340 | 30 | 320 | 2.00 | 1.80 | 150.0 | 500 | 0.0 | 23 | 5.0 | 50.0 | 13.0 | 6.00 | 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 |
| CANTALOUPE | 1/2 CUP | 100 | 27 | 0 | 13 | 0.72 | 0.17 | 7.2 | 2706 | 29.36 | 6 | 0.67 | 6.53 | 0.15 | 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 | | | 545 | 22 | 551 | 3.98 | 3.50 | 543.7 | 2962 | 50.72 | *20 | 18.04 | 85.36 | 14.73 | 5.91 | 0.00 |
| % of Calories | | | | | | | | | | | *14.6% | 13.2% | 62.6% | 24.3% | 9.8% | 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | <10.00 | |
| Weighted Average | | | 550 | 20 | 555 | 4.67 | 3.56 | 538.6 | 1915 | 45.77 | *22 | 18.25 | 87.99 | 14.14 | 5.54 | 0.00 |
| | | | | | | | | | | | *35.5% | 13.3% | 64.0% | 23.1% | 9.1% | 0.0% |

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Central Unified Food Services

Jun 1, 2018 thru Jun 7, 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 | 550 | | 450 - 600 | 100% | | | | | | | | | | | | | |
| Cholesterol (mg) | 20 | | | | | | | | | | | | | | | | |
| Sodium (mg) | 555 | | 640 | | | | | | | | | | | | | | |
| Fiber (g) | 4.67 | | | | | | | | | | | | | | | | |
| Iron (mg) | 3.56 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 538.6 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 1915 | | | | | | | | | | | | | | | | |
| Sugars (g) | 22 | 15.77% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 45.77 | | | | | | | | | | | | | | | | |
| Protein (g) | 18.25 | 13.28% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 87.99 | 63.99% | | | | | | | | | | | | | | | |
| Total Fat (g) | 14.14 | 23.14% | | | | | | | | | | | | | | | |
| Saturated Fat (g) | 5.54 | 9.07% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | | | | | | | | | | | | |
| | | | <10.00% | | | | | | | | | | | | | | |

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