

Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Mon - 11/01/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Bosco Cheese Stick WG | 1 each | 75 | 220 | 12.0 | 30.0 |
| Bosco Pepperoni Stick | 1 each | 75 | 260 | 12.0 | 30.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| PEARS: canned,light syrup | 1/2 Cup | 200 | 72 | 0.24 | 19.04 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 466 | 20.54 | 76.99 |
| % of Calories | | | | 17.6% | 66.1% |
| Nutrient Guideline | | | 400-500 | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|
| Tue - 11/02/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Benefit Bar, Chocolate Chip | 1 each | 150 | 270 | 5.0 | 48.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 Cup | 200 | 69 | 0.48 | 18.07 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 486 | 15.53 | 89.52 |
| % of Calories | | | | 12.8% | 73.7% |
| Nutrient Guideline | | | 400-500 | | |

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

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Wed - 11/03/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Breakfast Burrito, A.G. | 1 each | 150 | 200 | 9.0 | 21.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 50 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| GRAPES, Fresh | 1/2 Cup | 200 | 62 | 0.58 | 15.78 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 411 | 18.63 | 63.48 |
| % of Calories | | | | 18.1% | 61.8% |
| Nutrient Guideline | | | 400-500 | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Thu - 11/04/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Dunkin Stix, Twins | 1 each | 150 | 300 | 5.0 | 48.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| Fruit Cup, Apricots | 1 each | 200 | 110 | 1.0 | 25.0 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 549 | 16.05 | 96.45 |
| % of Calories | | | | 11.7% | 70.2% |
| Nutrient Guideline | | | 400-500 | | |

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Fri - 11/05/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Breakfast Taco, Egg & Cheese | 1 each | 150 | 167 | 9.45 | 16.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| Apples, Bagged | 1 each | 200 | 34 | 0.0 | 8.0 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------|--------------|-----------|-------------|-----------|----------|
| Weighted Daily Average | | | 374 | 18.39 | 55.45 |
| % of Calories | | | | 19.7% | 59.3% |
| Nutrient Guideline | | | 400-500 | | |

| Mon - 11/08/2021 | | | | | |
|--------------------------------|---------|-----|---------|-------|-------|
| CUSD Elementary Breakfast | Total | 200 | | | |
| Breakfast Pizza, WG Turk. Saus | 1 EACH | 150 | 220 | 10.0 | 27.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| PEARS: canned,light syrup | 1/2 Cup | 200 | 72 | 0.24 | 19.04 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 451 | 19.04 | 74.74 |
| % of Calories | | | | 16.9% | 66.3% |
| Nutrient Guideline | | | 400-500 | | |

| Tue - 11/09/2021 | | | | | |
|--------------------------------|---------|-----|---------|-------|-------|
| CUSD Elementary Breakfast | Total | 200 | | | |
| Mini French Toast, Choc. Chip | bag | 75 | 210 | 5.0 | 35.0 |
| Mini French Toast, Original | 1 each | 75 | 210 | 4.0 | 37.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 Cup | 200 | 69 | 0.48 | 18.07 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 441 | 15.16 | 80.52 |
| % of Calories | | | | 13.8% | 73.0% |
| Nutrient Guideline | | | 400-500 | | |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|
| Wed - 11/10/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Hawaiian Roll, Turk. Ham & Chs | 1 each | 150 | 209 | 11.75 | 28.18 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| GRAPES, Fresh | 1/2 Cup | 200 | 62 | 0.58 | 15.78 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 433 | 20.69 | 72.36 |
| % of Calories | | | | 19.1% | 66.8% |
| Nutrient Guideline | | | 400-500 | | |

| | | | | | |
|---------------------------|---------|---|---------|------|------|
| Thu - 11/11/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 1 | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 0 | 0.00 | 0.00 |
| % of Calories | | | | 0.0% | 0.0% |
| Nutrient Guideline | | | 400-500 | | |

| | | | | | |
|---------------------------|---------|---|---------|------|------|
| Fri - 11/12/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 1 | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 0 | 0.00 | 0.00 |
| % of Calories | | | | 0.0% | 0.0% |
| Nutrient Guideline | | | 400-500 | | |

| | | | | | |
|-------------------------------|---------|-----|-----|------|-------|
| Mon - 11/15/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Bosco Cheese Stick WG | 1 each | 75 | 220 | 12.0 | 30.0 |
| Bosco Pepperoni Stick | 1 each | 75 | 260 | 12.0 | 30.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| PEARS: canned, light syrup | 1/2 Cup | 200 | 72 | 0.24 | 19.04 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------|--------------|-----------|-------------|-----------|----------|
| Weighted Daily Average | | | 466 | 20.54 | 76.99 |
| % of Calories | | | | 17.6% | 66.1% |
| Nutrient Guideline | | | 400-500 | | |

| Tue - 11/16/2021 | | | | | |
|--------------------------------|---------|-----|---------|-------|-------|
| CUSD Elementary Breakfast | Total | 200 | | | |
| Benefit Bar, Chocolate Chip | 1 each | 150 | 270 | 5.0 | 48.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 Cup | 200 | 69 | 0.48 | 18.07 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 486 | 15.53 | 89.52 |
| % of Calories | | | | 12.8% | 73.7% |
| Nutrient Guideline | | | 400-500 | | |

| Wed - 11/17/2021 | | | | | |
|-------------------------------|---------|-----|---------|-------|-------|
| CUSD Elementary Breakfast | Total | 200 | | | |
| Breakfast Burrito, A.G. | 1 each | 150 | 200 | 9.0 | 21.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 50 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| GRAPES,Fresh | 1/2 Cup | 200 | 62 | 0.58 | 15.78 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 411 | 18.63 | 63.48 |
| % of Calories | | | | 18.1% | 61.8% |
| Nutrient Guideline | | | 400-500 | | |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Thu - 11/18/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Dunkin Stix, Twins | 1 each | 150 | 300 | 5.0 | 48.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| Applesauce Cup | 1 each | 200 | 51 | 0.2 | 14.0 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 491 | 15.25 | 85.45 |
| % of Calories | | | | 12.4% | 69.7% |
| Nutrient Guideline | | | 400-500 | | |

| | | | | | |
|-------------------------------|---------|-----|---------|-------|-------|
| Fri - 11/19/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Breakfast Taco, Egg & Cheese | 1 each | 150 | 167 | 9.45 | 16.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| PEACHES: canned,light syrup | 1/2 Cup | 200 | 68 | 0.56 | 18.26 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 408 | 18.95 | 65.71 |
| % of Calories | | | | 18.6% | 64.5% |
| Nutrient Guideline | | | 400-500 | | |

| | | | | | |
|---------------------------|---------|---|---------|------|------|
| Mon - 11/22/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 1 | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 0 | 0.00 | 0.00 |
| % of Calories | | | | 0.0% | 0.0% |
| Nutrient Guideline | | | 400-500 | | |

| | | | | | |
|---------------------------|---------|---|---|-----|-----|
| Tue - 11/23/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 1 | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0.0 | 0.0 |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------|--------------|-----------|-------------|-----------|----------|
| Weighted Daily Average | | | 0 | 0.00 | 0.00 |
| % of Calories | | | | 0.0% | 0.0% |
| Nutrient Guideline | | | 400-500 | | |

| Wed - 11/24/2021 | | | | | |
|---------------------------|---------|---|---------|------|------|
| CUSD Elementary Breakfast | Total | 1 | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 0 | 0.00 | 0.00 |
| % of Calories | | | | 0.0% | 0.0% |
| Nutrient Guideline | | | 400-500 | | |

| Thu - 11/25/2021 | | | | | |
|---------------------------|---------|---|---------|------|------|
| CUSD Elementary Breakfast | Total | 1 | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 0 | 0.00 | 0.00 |
| % of Calories | | | | 0.0% | 0.0% |
| Nutrient Guideline | | | 400-500 | | |

| Fri - 11/26/2021 | | | | | |
|---------------------------|---------|---|---------|------|------|
| CUSD Elementary Breakfast | Total | 1 | | | |
| NO SCHOOL TODAY | SERVING | 1 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 0 | 0.00 | 0.00 |
| % of Calories | | | | 0.0% | 0.0% |
| Nutrient Guideline | | | 400-500 | | |

| Mon - 11/29/2021 | | | | | |
|-------------------------------|---------|-----|---------|-------|-------|
| CUSD Elementary Breakfast | Total | 200 | | | |
| Bosco Cheese Stick WG | 1 each | 75 | 220 | 12.0 | 30.0 |
| Bosco Pepperoni Stick | 1 each | 75 | 260 | 12.0 | 30.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| PEARS: canned, light syrup | 1/2 Cup | 200 | 72 | 0.24 | 19.04 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 466 | 20.54 | 76.99 |
| % of Calories | | | | 17.6% | 66.1% |
| Nutrient Guideline | | | 400-500 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|
| Tue - 11/30/2021 | | | | | |
| CUSD Elementary Breakfast | Total | 200 | | | |
| Benefit Bar, Chocolate Chip | 1 each | 150 | 270 | 5.0 | 48.0 |
| Cereal, Cinnamon Toast Crunch | 1 each | 10 | 110 | 1.0 | 22.0 |
| Cereal, Cocoa Puffs | 1 each | 10 | 90 | 1.0 | 20.0 |
| Cereal, Lucky Charms | 1 each | 10 | 100 | 2.0 | 21.0 |
| Cereal, Trix | 1 each | 10 | 80 | 1.0 | 18.0 |
| Cereal, Cinnamon Chex | 1 each | 10 | 110 | 1.0 | 23.0 |
| Juice, Apple | 1 each | 100 | 60 | 0.0 | 14.0 |
| Juice, Mixed Berry | 1 each | 50 | 60 | 0.0 | 15.0 |
| Juice, Orange | 1 each | 50 | 60 | 0.0 | 14.0 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 Cup | 200 | 69 | 0.48 | 18.07 |
| Low Fat Milk, 1% | 1 Each | 200 | 130 | 11.0 | 16.0 |
| Weighted Daily Average | | | 486 | 15.53 | 89.52 |
| % of Calories | | | | 12.8% | 73.7% |
| Nutrient Guideline | | | 400-500 | | |

| | | | | | |
|------------------|--|--|-----|-------|-------|
| Weighted Average | | | 455 | 17.93 | 77.14 |
| | | | | 15.8% | 67.8% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 455 | | 400 - 500 | 100% | | | | |
| Protein (g) | 17.93 | 15.77% | | | | | | |
| Carbohydrate (g) | 77.14 | 67.82% | | | | | | |

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.