

# Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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Generated on: 9/8/2021 8:52:41 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 11/01/2021					
CUSD High School Breakfast	Total	200			
Mini Bagel, Cinn. CC	1 each	10	240	6.0	41.0
Mini Bagel, Straw. CC	1 each	10	230	6.0	41.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			554	16.74	96.02
% of Calories				12.1%	69.3%
Nutrient Guideline			450-600		

Tue - 11/02/2021					
CUSD High School Breakfast	Total	200			
Benefit Bar, Chocolate Chip	1 each	25	270	5.0	48.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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

\*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)
Weighted Daily Average			556	16.88	95.95
% of Calories				12.1%	69.0%
Nutrient Guideline			450-600		

Wed - 11/03/2021					
CUSD High School Breakfast	Total	200			
Brk Bean & Cheese Burrito	1	25	200	10.0	15.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			540	17.60	89.53
% of Calories				13.0%	66.3%
Nutrient Guideline			450-600		

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 11/04/2021					
CUSD High School Breakfast	Total	200			
Dunkin Stix, Twins	1 each	30	300	5.0	48.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	20	390	5.0	41.0
Mini Powdered Donut, WG	1 each	10	370	4.0	42.0
Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
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			578	18.15	99.23
% of Calories				12.6%	68.6%
Nutrient Guideline			450-600		

Fri - 11/05/2021					
CUSD High School Breakfast	Total	200			
Breakfast Taco, Egg & Cheese	1 each	30	167	9.45	16.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			500	17.07	79.53
% of Calories				13.7%	63.6%
Nutrient Guideline			450-600		

Mon - 11/08/2021					
CUSD High School Breakfast	Total	200			
Breakfast Pizza, WG Turk. Saus	1 EACH	20	220	10.0	27.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			553	17.14	94.62
% of Calories				12.4%	68.5%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 11/09/2021					
CUSD High School Breakfast	Total	200			
Mini French Toast, Choc. Chip	bag	15	210	5.0	35.0
Mini French Toast, Original	1 each	15	210	4.0	37.0
Mini Cinnis, Pillsbury	1 each	10	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			548	16.81	94.35
% of Calories				12.3%	68.9%
Nutrient Guideline			450-600		

Wed - 11/10/2021					
CUSD High School Breakfast	Total	200			
Hawaiian Roll, Turk. Ham & Chs	1 each	30	209	11.75	28.18
Mini Cinnis, Pillsbury	1 each	10	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			540	17.99	90.88
% of Calories				13.3%	67.3%
Nutrient Guideline			450-600		

Thu - 11/11/2021					
CUSD High School 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			450-600		

Fri - 11/12/2021					
CUSD High School 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			450-600		

Mon - 11/15/2021					
CUSD High School Breakfast	Total	200			
Mini Bagel, Cinn. CC	1 each	10	240	6.0	41.0
Mini Bagel, Straw. CC	1 each	10	230	6.0	41.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			554	16.74	96.02
% of Calories				12.1%	69.3%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 11/16/2021					
CUSD High School Breakfast	Total	200			
Benefit Bar, Chocolate Chip	1 each	25	270	5.0	48.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			556	16.88	95.95
% of Calories				12.1%	69.0%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 11/17/2021					
CUSD High School Breakfast	Total	200			
Brk Bean & Cheese Burrito	1	25	200	10.0	15.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			540	17.60	89.53
% of Calories				13.0%	66.3%
Nutrient Guideline			450-600		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 11/18/2021					
CUSD High School Breakfast	Total	200			
Dunkin Stix, Twins	1 each	30	300	5.0	48.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	20	390	5.0	41.0
Mini Powdered Donut, WG	1 each	10	370	4.0	42.0
Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
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

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# Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			519	17.35	88.23
% of Calories				13.4%	68.0%
Nutrient Guideline			450-600		

Fri - 11/19/2021					
CUSD High School Breakfast	Total	200			
Breakfast Taco, Egg & Cheese	1 each	30	167	9.45	16.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			534	17.63	89.79
% of Calories				13.2%	67.3%
Nutrient Guideline			450-600		

Mon - 11/22/2021					
CUSD High School 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			450-600		

Tue - 11/23/2021					
CUSD High School 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			450-600		

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# Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 11/24/2021					
CUSD High School 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			450-600		

Thu - 11/25/2021					
CUSD High School 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			450-600		

Fri - 11/26/2021					
CUSD High School 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			450-600		

Mon - 11/29/2021					
CUSD High School Breakfast	Total	200			
Mini Bagel, Cinn. CC	1 each	10	240	6.0	41.0
Mini Bagel, Straw. CC	1 each	10	230	6.0	41.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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

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# Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			554	16.74	96.02
% of Calories				12.1%	69.3%
Nutrient Guideline			450-600		

Tue - 11/30/2021					
CUSD High School Breakfast	Total	200			
Benefit Bar, Chocolate Chip	1 each	25	270	5.0	48.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
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			556	16.88	95.95
% of Calories				12.1%	69.0%
Nutrient Guideline			450-600		

Weighted Average			546	17.21	92.77
				12.6%	68.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	546		450 - 600	100%				
Protein (g)	17.21	12.62%						
Carbohydrate (g)	92.77	68.02%						

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