

Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

Portion Values - Detailed

Page 1

Generated on: 9/29/2017 12:10:00 PM

	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 - 10/02/2017																
CUSD Breakfast K-6	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
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			400-500		540										<10.00	

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Central Unified Food Services

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Base Menu Spreadsheet

CUSD Breakfast K-6

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)
Tue - 10/03/2017																
CUSD Breakfast K-6	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	100	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			516	18	443	4.38	3.68	513.3	1717	46.20	*28	17.87	86.99	11.58	5.38	0.00
% of Calories											*21.6%	13.8%	67.4%	20.2%	9.4%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

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Base Menu Spreadsheet

CUSD Breakfast K-6

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/04/2017																
CUSD Breakfast K-6	Total	200														
Bean & Cheese Brk Burrito, WG	1 each	144	230	5	420	4.00	1.80	200.0	100	2.4	2	9.0	28.0	9.0	3.50	0.00
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
GRAPES, Fresh	1/2 Cup	125	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	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			455	19	593	4.47	3.38	637.2	1488	33.38	*13	20.33	71.05	10.39	4.37	0.00
% of Calories											*11.3%	17.9%	62.4%	20.5%	8.6%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Base Menu Spreadsheet

CUSD Breakfast K-6

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)
Thu - 10/05/2017																
CUSD Breakfast K-6	Total	200														
Donut WG Powdered	1 each	137	340	30	320	2.00	1.80	150.0	500	0.0	23	5.0	50.0	13.0	6.00	0.00
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	150	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			520	38	511	2.87	3.52	588.0	1758	33.06	*24	16.87	82.13	13.61	6.40	0.00
% of Calories											*18.4%	13.0%	63.2%	23.6%	11.1%	0.0%
Nutrient Guideline			400-500		540											<10.00

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Fri - 10/06/2017																
CUSD Breakfast K-6	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			400-500		540										<10.00	

Mon - 10/09/2017																
CUSD Breakfast K-6	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Tue - 10/10/2017																
CUSD Breakfast K-6	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
PEARS: canned,light syrup	1/2 Cup	75	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			474	18	438	3.93	3.47	508.4	1466	44.23	*17	17.47	76.07	11.51	5.37	0.00
% of Calories											*14.1%	14.7%	64.2%	21.8%	10.2%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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)
Wed - 10/11/2017																
CUSD Breakfast K-6	Total	200														
Bean & Cheese Brk Burrito, WG	1 each	144	230	5	420	4.00	1.80	200.0	100	2.4	2	9.0	28.0	9.0	3.50	0.00
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
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	125	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	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			460	19	596	4.71	3.44	633.7	1588	32.52	*14	20.27	72.48	10.24	4.31	0.00
% of Calories											*12.2%	17.6%	63.0%	20.0%	8.4%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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)
Thu - 10/12/2017																
CUSD Breakfast K-6	Total	200														
Donut WG Powdered	1 each	137	340	30	320	2.00	1.80	150.0	500	0.0	23	5.0	50.0	13.0	6.00	0.00
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
MELONS,HONEYDEW,RAW	1/2 CUP	100	30	0	9	0.51	0.06	5.1	34	21.08	*N/A*	0.39	7.8	0.09	0.02	*N/A*
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			510	38	515	2.75	3.36	584.0	1757	40.06	*18	16.90	79.68	13.59	6.41	*0.00
% of Calories											*14.0%	13.2%	62.5%	24.0%	11.3%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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 - 10/13/2017																
CUSD Breakfast K-6	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			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

Portion Values - Detailed

Page 10

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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 - 10/16/2017																
CUSD Breakfast K-6	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
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			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

Portion Values - Detailed

Page 11

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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 - 10/17/2017																
CUSD Breakfast K-6	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			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

Portion Values - Detailed

Page 12

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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 - 10/18/2017																
CUSD Breakfast K-6	Total	200														
Bean & Cheese Brk Burrito, WG	1 each	144	230	5	420	4.00	1.80	200.0	100	2.4	2	9.0	28.0	9.0	3.50	0.00
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
GRAPES, Fresh	1/2 Cup	125	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	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			455	19	593	4.47	3.38	637.2	1488	33.38	*13	20.33	71.05	10.39	4.37	0.00
% of Calories											*11.3%	17.9%	62.4%	20.5%	8.6%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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 - 10/19/2017																
CUSD Breakfast K-6	Total	200														
Donut WG Powdered	1 each	137	340	30	320	2.00	1.80	150.0	500	0.0	23	5.0	50.0	13.0	6.00	0.00
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
MELONS,HONEYDEW,RAW	1/2 CUP	100	30	0	9	0.51	0.06	5.1	34	21.08	*N/A*	0.39	7.8	0.09	0.02	*N/A*
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			510	38	515	2.75	3.36	584.0	1757	40.06	*18	16.90	79.68	13.59	6.41	*0.00
% of Calories											*14.0%	13.2%	62.5%	24.0%	11.3%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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 - 10/20/2017																
CUSD Breakfast K-6	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
Fruit Cup, Strawberry	1 each	150	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	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			485	42	752	4.02	3.48	573.0	1454	40.26	*19	22.69	81.32	7.47	2.88	0.00
% of Calories											*15.4%	18.7%	67.1%	13.9%	5.3%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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 - 10/23/2017																
CUSD Breakfast K-6	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
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			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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)
Tue - 10/24/2017																
CUSD Breakfast K-6	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	100	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			516	18	443	4.38	3.68	513.3	1717	46.20	*28	17.87	86.99	11.58	5.38	0.00
% of Calories											*21.6%	13.8%	67.4%	20.2%	9.4%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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 - 10/25/2017																
CUSD Breakfast K-6	Total	200														
Bean & Cheese Brk Burrito, WG	1 each	144	230	5	420	4.00	1.80	200.0	100	2.4	2	9.0	28.0	9.0	3.50	0.00
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
GRAPES, Fresh	1/2 Cup	125	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	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			455	19	593	4.47	3.38	637.2	1488	33.38	*13	20.33	71.05	10.39	4.37	0.00
% of Calories											*11.3%	17.9%	62.4%	20.5%	8.6%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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 - 10/26/2017																
CUSD Breakfast K-6	Total	200														
Donut WG Powdered	1 each	137	340	30	320	2.00	1.80	150.0	500	0.0	23	5.0	50.0	13.0	6.00	0.00
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	150	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			520	38	511	2.87	3.52	588.0	1758	33.06	*24	16.87	82.13	13.61	6.40	0.00
% of Calories											*18.4%	13.0%	63.2%	23.6%	11.1%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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 - 10/27/2017																
CUSD Breakfast K-6	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			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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 - 10/30/2017																
CUSD Breakfast K-6	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
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			400-500		540										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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)
Tue - 10/31/2017																
CUSD Breakfast K-6	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	1/2 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	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			482	18	439	3.78	3.51	509.7	1592	45.05	*19	17.63	77.96	11.54	5.38	0.00
% of Calories											*16.2%	14.6%	64.7%	21.6%	10.0%	0.0%
Nutrient Guideline			400-500		540										<10.00	
Weighted Average			483	28	583	4.19	3.50	578.6	1595	38.14	*18	19.58	78.01	10.61	4.51	*0.00
											*33.0%	16.2%	64.6%	19.8%	8.4%	*0.0%

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

CUSD Breakfast K-6

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	483		400 - 500	100%													
Cholesterol (mg)	28																
Sodium (mg)	583		540						43	Correction Required - Sodium too High							
Fiber (g)	4.19																
Iron (mg)	3.50																
Calcium (mg)	578.6																
Vitamin A (IU)	1595																
Sugars (g)	18	14.68%				Missing											
Vitamin C (mg)	38.14																
Protein (g)	19.58	16.22%															
Carbohydrate (g)	78.01	64.62%															
Total Fat (g)	10.61	19.77%															
Saturated Fat (g)	4.51	8.40%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%			Missing											

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