

# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Mon - 10/02/2017																
CUSD Breakfast 7-12	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	25	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	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
PEARS: canned,light syrup	1/2 Cup	100	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	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			553	20	568	4.75	3.59	543.2	1584	36.48	*22	18.45	88.74	14.05	5.39	0.00
% of Calories											*15.6%	13.4%	64.2%	22.9%	8.8%	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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Tue - 10/03/2017																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	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	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, Colby	1 each	25	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
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 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	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			596	19	537	4.95	3.77	528.6	1823	40.97	*32	18.19	98.79	14.80	5.97	0.00
% of Calories											*21.8%	12.2%	66.3%	22.4%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Oct 1, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Wed - 10/04/2017																
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
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	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	558	4.39	3.58	554.4	1616	38.64	*24	18.57	89.21	14.35	5.64	0.00
% of Calories											*16.9%	13.3%	64.1%	23.2%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Thu - 10/05/2017																
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
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	100	33	0	1	0.50	0.25	8.8	24	4.72	8	0.23	8.47	0.08	0.01	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	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			548	22	545	3.87	3.54	544.5	1621	38.41	*21	17.82	86.34	14.69	5.89	0.00
% of Calories											*15.2%	13.0%	63.0%	24.1%	9.7%	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 <sup>1</sup> (g)
Fri - 10/06/2017																
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	

Mon - 10/09/2017																
CUSD Breakfast 7-12	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			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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Tue - 10/10/2017																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	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	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, Colby	1 each	25	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
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
PEARS: canned,light syrup	1/2 Cup	100	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	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			563	19	533	4.75	3.59	524.5	1571	39.11	*23	17.83	90.24	14.73	5.96	0.00
% of Calories											*16.5%	12.7%	64.2%	23.6%	9.5%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Wed - 10/11/2017																
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
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	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			561	19	562	4.63	3.63	550.9	1716	37.78	*25	18.51	90.64	14.21	5.59	0.00
% of Calories											*17.6%	13.2%	64.6%	22.8%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Thu - 10/12/2017																
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
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	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			547	22	549	3.88	3.45	542.7	1626	46.58	*17	17.90	86.00	14.70	5.90	*0.00
% of Calories											*12.3%	13.1%	62.9%	24.2%	9.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Fri - 10/13/2017																
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Mon - 10/16/2017																
CUSD Breakfast 7-12	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	25	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	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
PEARS: canned,light syrup	1/2 Cup	100	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	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			553	20	568	4.75	3.59	543.2	1584	36.48	*22	18.45	88.74	14.05	5.39	0.00
% of Calories											*15.6%	13.4%	64.2%	22.9%	8.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Tue - 10/17/2017																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	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	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, Colby	1 each	25	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
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 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	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			596	19	537	4.95	3.77	528.6	1823	40.97	*32	18.19	98.79	14.80	5.97	0.00
% of Calories											*21.8%	12.2%	66.3%	22.4%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Wed - 10/18/2017																
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
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	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	558	4.39	3.58	554.4	1616	38.64	*24	18.57	89.21	14.35	5.64	0.00
% of Calories											*16.9%	13.3%	64.1%	23.2%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Thu - 10/19/2017																
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
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	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			547	22	549	3.88	3.45	542.7	1626	46.58	*17	17.90	86.00	14.70	5.90	*0.00
% of Calories											*12.3%	13.1%	62.9%	24.2%	9.7%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Fri - 10/20/2017																
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	

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Mon - 10/23/2017																
CUSD Breakfast 7-12	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	25	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	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
PEARS: canned,light syrup	1/2 Cup	100	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	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			553	20	568	4.75	3.59	543.2	1584	36.48	*22	18.45	88.74	14.05	5.39	0.00
% of Calories											*15.6%	13.4%	64.2%	22.9%	8.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Tue - 10/24/2017																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	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	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, Colby	1 each	25	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
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 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	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			596	19	537	4.95	3.77	528.6	1823	40.97	*32	18.19	98.79	14.80	5.97	0.00
% of Calories											*21.8%	12.2%	66.3%	22.4%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Wed - 10/25/2017																
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
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	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	558	4.39	3.58	554.4	1616	38.64	*24	18.57	89.21	14.35	5.64	0.00
% of Calories											*16.9%	13.3%	64.1%	23.2%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Thu - 10/26/2017																
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
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	100	33	0	1	0.50	0.25	8.8	24	4.72	8	0.23	8.47	0.08	0.01	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Raisins, Box	1 Box	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			548	22	545	3.87	3.54	544.5	1621	38.41	*21	17.82	86.34	14.69	5.89	0.00
% of Calories											*15.2%	13.0%	63.0%	24.1%	9.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## 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 <sup>1</sup> (g)
Fri - 10/27/2017																
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	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Mon - 10/30/2017																
CUSD Breakfast 7-12	Total	200														
Breakfast Pizza, WG Turk. Saus	1 EACH	25	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Assorted Cereal	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cinnamon Toast Crunch	1 each	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
PEARS: canned,light syrup	1/2 Cup	100	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	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			553	20	568	4.75	3.59	543.2	1584	36.48	*22	18.45	88.74	14.05	5.39	0.00
% of Calories											*15.6%	13.4%	64.2%	22.9%	8.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
Tue - 10/31/2017																
CUSD Breakfast 7-12	Total	200														
Honey Bun, WG	1 each	25	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	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, Colby	1 each	25	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
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 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	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			596	19	537	4.95	3.77	528.6	1823	40.97	*32	18.19	98.79	14.80	5.97	0.00
% of Calories											*21.8%	12.2%	66.3%	22.4%	9.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			563	21	558	4.74	3.60	541.3	1652	39.76	*24	18.34	90.88	14.36	5.66	*0.00
											*38.3%	13.0%	64.6%	23.0%	9.1%	*0.0%

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

<sup>1</sup> - 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

Oct 1, 2017 thru Oct 31, 2017

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	563		450 - 600	100%													
Cholesterol (mg)	21																
Sodium (mg)	558		640														
Fiber (g)	4.74																
Iron (mg)	3.60																
Calcium (mg)	541.3																
Vitamin A (IU)	1652																
Sugars (g)	24	17.03%				Missing											
Vitamin C (mg)	39.76																
Protein (g)	18.34	13.04%															
Carbohydrate (g)	90.88	64.60%															
Total Fat (g)	14.36	22.96%															
Saturated Fat (g)	5.66	9.06%															
Trans Fat <sup>1</sup> (g)	0.00	0.00%															
			<10.00%			Missing											

\*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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