

Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 10/01/2021					
CUSD Elementary Breakfast	Total	200			
French Toast Stix 4 each	1 each	150	210	6.0	36.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			406	15.80	70.45
% of Calories				15.6%	69.4%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 10/04/2021					
CUSD Elementary Breakfast	Total	200			
Mini Bagel, Cinn. CC	1 each	75	240	6.0	41.0
Mini Bagel, Straw. CC	1 each	75	230	6.0	41.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
PEACHES: canned,light syrup	1/2 Cup	200	68	0.56	18.26
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			459	16.36	84.46
% of Calories				14.3%	73.7%
Nutrient Guideline			400-500		

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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 10/05/2021					
CUSD Elementary Breakfast	Total	200			
WG Crumb Square	1 each	150	283	3.4	47.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			496	14.33	88.77
% of Calories				11.6%	71.6%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 10/06/2021					
CUSD Elementary Breakfast	Total	200			
Brk Bean & Cheese Burrito	1	150	200	10.0	15.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	50	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES,Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			411	19.38	58.98
% of Calories				18.9%	57.4%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/07/2021					
CUSD Elementary Breakfast	Total	200			
Dunkin Stix, Twins	1 each	150	300	5.0	48.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Apricots	1 each	200	110	1.0	25.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			549	16.05	96.45
% of Calories				11.7%	70.2%
Nutrient Guideline			400-500		

Fri - 10/08/2021					
CUSD Elementary Breakfast	Total	200			
Pancake on a Stick	1 each	150	176	9.0	22.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			380	18.05	59.95
% of Calories				19.0%	63.0%
Nutrient Guideline			400-500		

Mon - 10/11/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Pizza, WG Turk. Saus	1 EACH	150	220	10.0	27.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
PEACHES: canned, light syrup	1/2 Cup	200	68	0.56	18.26
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			447	19.36	73.96
% of Calories				17.3%	66.1%
Nutrient Guideline			400-500		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 10/12/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Bites, Apple	1 each	150	280	4.0	41.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			493	14.78	84.27
% of Calories				12.0%	68.3%
Nutrient Guideline			400-500		

Wed - 10/13/2021					
CUSD Elementary Breakfast	Total	200			
Bosco Pepperoni Stick	1 each	100	260	12.0	30.0
Bosco Cheese Stick WG	1 each	50	220	12.0	30.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	50	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES,Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			446	20.88	70.23
% of Calories				18.7%	63.0%
Nutrient Guideline			400-500		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/14/2021					
CUSD Elementary Breakfast	Total	200			
French Toast Sticks	4 each	150	229	6.55	39.27
Syrup, Maple	1 each	150	80	0.0	20.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Strawberry	1 each	200	90	1.0	22.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			536	17.21	101.91
% of Calories				12.8%	76.0%
Nutrient Guideline			400-500		

Fri - 10/15/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Burrito, A.G.	1 each	150	200	9.0	21.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			399	18.05	59.20
% of Calories				18.1%	59.4%
Nutrient Guideline			400-500		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 10/18/2021					
CUSD Elementary Breakfast	Total	200			
Mini Bagel, Cinn. CC	1 each	75	240	6.0	41.0
Mini Bagel, Straw. CC	1 each	75	230	6.0	41.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
PEACHES: canned,light syrup	1/2 Cup	200	68	0.56	18.26
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			459	16.36	84.46
% of Calories				14.3%	73.7%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 10/19/2021					
CUSD Elementary Breakfast	Total	200			
WG Crumb Square	1 each	150	283	3.4	47.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			496	14.33	88.77
% of Calories				11.6%	71.6%
Nutrient Guideline			400-500		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 10/20/2021					
CUSD Elementary Breakfast	Total	200			
Brk Bean & Cheese Burrito	1	150	200	10.0	15.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	50	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES, Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			411	19.38	58.98
% of Calories				18.9%	57.4%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/21/2021					
CUSD Elementary Breakfast	Total	200			
Dunkin Stix, Twins	1 each	150	300	5.0	48.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Applesauce Cup	1 each	200	51	0.2	14.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			491	15.25	85.45
% of Calories				12.4%	69.7%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 10/22/2021					
CUSD Elementary Breakfast	Total	200			
Pancake on a Stick	1 each	150	176	9.0	22.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			380	18.05	59.95
% of Calories				19.0%	63.0%
Nutrient Guideline			400-500		

Mon - 10/25/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Pizza, WG Turk. Saus	1 EACH	150	220	10.0	27.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
PEACHES: canned,light syrup	1/2 Cup	200	68	0.56	18.26
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			447	19.36	73.96
% of Calories				17.3%	66.1%
Nutrient Guideline			400-500		

Tue - 10/26/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Bites, Apple	1 each	150	280	4.0	41.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			493	14.78	84.27
% of Calories				12.0%	68.3%
Nutrient Guideline			400-500		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 10/27/2021					
CUSD Elementary Breakfast	Total	200			
Bosco Pepperoni Stick	1 each	100	260	12.0	30.0
Bosco Cheese Stick WG	1 each	50	220	12.0	30.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	50	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES,Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			446	20.88	70.23
% of Calories				18.7%	63.0%
Nutrient Guideline			400-500		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/28/2021					
CUSD Elementary Breakfast	Total	200			
French Toast Sticks	4 each	150	229	6.55	39.27
Syrup, Maple	1 each	150	80	0.0	20.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Mixed Berry	1 each	200	90	0.0	20.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			536	16.21	99.91
% of Calories				12.1%	74.5%
Nutrient Guideline			400-500		

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

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

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

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

CUSD Elementary Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 10/29/2021					
CUSD Elementary Breakfast	Total	200			
Breakfast Burrito, A.G.	1 each	150	200	9.0	21.0
Cereal, Cinnamon Toast Crunch	1 each	10	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	10	90	1.0	20.0
Cereal, Lucky Charms	1 each	10	100	2.0	21.0
Cereal, Trix	1 each	10	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	10	110	1.0	23.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			399	18.05	59.20
% of Calories				18.1%	59.4%
Nutrient Guideline			400-500		

Weighted Average			456	17.28	76.85
				15.2%	67.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	456		400 - 500	100%				
Protein (g)	17.28	15.15%						
Carbohydrate (g)	76.85	67.37%						

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