

Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 10/01/2021					
CUSD High School Breakfast	Total	200			
Toast WG, Egg, Cheese, T Bacon	1 each	30	180	8.0	18.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			502	16.85	79.83
% of Calories				13.4%	63.6%
Nutrient Guideline			450-600		

Mon - 10/04/2021					
CUSD High School Breakfast	Total	200			
Mini Bagel, Cinn. CC	1 each	10	240	6.0	41.0
Mini Bagel, Straw. CC	1 each	10	230	6.0	41.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
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

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

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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			551	17.06	95.24
% of Calories				12.4%	69.2%
Nutrient Guideline			450-600		

Tue - 10/05/2021					
CUSD High School Breakfast	Total	200			
WG Crumb Square	1 each	25	283	3.4	47.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			558	16.68	95.82
% of Calories				12.0%	68.7%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 10/06/2021					
CUSD High School Breakfast	Total	200			
French Toast Sticks	4 each	25	229	6.55	39.27
Syrup, Maple	1 each	25	80	0.0	20.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES,Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			554	17.17	95.07
% of Calories				12.4%	68.7%
Nutrient Guideline			450-600		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/07/2021					
CUSD High School Breakfast	Total	200			
Dunkin Stix, Twins	1 each	30	300	5.0	48.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	20	390	5.0	41.0
Mini Powdered Donut, WG	1 each	10	370	4.0	42.0
Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Apricots	1 each	200	110	1.0	25.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			578	18.15	99.23
% of Calories				12.6%	68.6%
Nutrient Guideline			450-600		

Fri - 10/08/2021					
CUSD High School Breakfast	Total	200			
Pancake on a Stick	1 each	30	176	9.0	22.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			501	17.00	80.43
% of Calories				13.6%	64.2%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 10/11/2021					
CUSD High School Breakfast	Total	200			
Breakfast Pizza, WG Turk. Saus	1 EACH	20	220	10.0	27.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
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			549	17.46	93.84
% of Calories				12.7%	68.4%
Nutrient Guideline			450-600		

Tue - 10/12/2021					
CUSD High School Breakfast	Total	200			
Breakfast Bites, Apple	1 each	30	280	4.0	41.0
Mini Cinnis, Pillsbury	1 each	10	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			558	16.73	95.10
% of Calories				12.0%	68.1%
Nutrient Guideline			450-600		

Wed - 10/13/2021					
CUSD High School Breakfast	Total	200			
French Toast Sticks	4 each	30	229	6.55	39.27
Syrup, Maple	1 each	30	80	0.0	20.0
Mini Cinnis, Pillsbury	1 each	10	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
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Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES, Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			555	17.21	95.55
% of Calories				12.4%	68.8%
Nutrient Guideline			450-600		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/14/2021					
CUSD High School Breakfast	Total	200			
Dunkin Stix, Twins	1 each	30	300	5.0	48.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
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Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Strawberry	1 each	200	90	1.0	22.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			558	18.15	96.23
% of Calories				13.0%	68.9%
Nutrient Guideline			450-600		

Fri - 10/15/2021					
CUSD High School Breakfast	Total	200			
Toast WG, Egg, Cheese, T Bacon	1 each	30	180	8.0	18.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
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Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0

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Weighted Daily Average			502	16.85	79.83
% of Calories				13.4%	63.6%
Nutrient Guideline			450-600		

Mon - 10/18/2021					
CUSD High School Breakfast	Total	200			
Mini Bagel, Cinn. CC	1 each	10	240	6.0	41.0
Mini Bagel, Straw. CC	1 each	10	230	6.0	41.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
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Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
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			551	17.06	95.24
% of Calories				12.4%	69.2%
Nutrient Guideline			450-600		

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 10/19/2021					
CUSD High School Breakfast	Total	200			
WG Crumb Square	1 each	25	283	3.4	47.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			558	16.68	95.82
% of Calories				12.0%	68.7%
Nutrient Guideline			450-600		

Wed - 10/20/2021					
CUSD High School Breakfast	Total	200			
French Toast Sticks	4 each	25	229	6.55	39.27
Syrup, Maple	1 each	25	80	0.0	20.0
Mini Cinnis, Pillsbury	1 each	15	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
GRAPES,Fresh	1/2 Cup	200	62	0.58	15.78
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			554	17.17	95.07
% of Calories				12.4%	68.7%
Nutrient Guideline			450-600		

Thu - 10/21/2021					
CUSD High School Breakfast	Total	200			
Dunkin Stix, Twins	1 each	30	300	5.0	48.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	20	390	5.0	41.0
Mini Powdered Donut, WG	1 each	10	370	4.0	42.0
Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Applesauce Cup	1 each	200	51	0.2	14.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			519	17.35	88.23
% of Calories				13.4%	68.0%
Nutrient Guideline			450-600		

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Central Unified Food Services

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Base Menu Spreadsheet

CUSD High School Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 10/22/2021					
CUSD High School Breakfast	Total	200			
Pancake on a Stick	1 each	30	176	9.0	22.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			501	17.00	80.43
% of Calories				13.6%	64.2%
Nutrient Guideline			450-600		

Mon - 10/25/2021					
CUSD High School Breakfast	Total	200			
Breakfast Pizza, WG Turk. Saus	1 EACH	20	220	10.0	27.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
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

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Central Unified Food Services

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Base Menu Spreadsheet

CUSD High School Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			549	17.46	93.84
% of Calories				12.7%	68.4%
Nutrient Guideline			450-600		

Tue - 10/26/2021					
CUSD High School Breakfast	Total	200			
Breakfast Bites, Apple	1 each	30	280	4.0	41.0
Mini Cinnis, Pillsbury	1 each	10	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	200	69	0.48	18.07
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			558	16.73	95.10
% of Calories				12.0%	68.1%
Nutrient Guideline			450-600		

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

CUSD High School Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 10/27/2021					
CUSD High School Breakfast	Total	200			
French Toast Sticks	4 each	30	229	6.55	39.27
Syrup, Maple	1 each	30	80	0.0	20.0
Mini Cinnis, Pillsbury	1 each	10	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	25	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
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			555	17.21	95.55
% of Calories				12.4%	68.8%
Nutrient Guideline			450-600		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/28/2021					
CUSD High School Breakfast	Total	200			
Dunkin Stix, Twins	1 each	30	300	5.0	48.0
Mini Cinnis, Pillsbury	1 each	30	240	5.0	40.0
Parfait	1 each	15	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	20	390	5.0	41.0
Mini Powdered Donut, WG	1 each	10	370	4.0	42.0
Pop-Tart Cinnamon	1 each	10	370	5.0	75.0
Pop-Tart Strawberry	1 each	20	360	4.0	75.0
Bosco Cheese Stick WG	1 each	20	220	12.0	30.0
Bosco Pepperoni Stick	1 each	20	260	12.0	30.0
Marinara Sauce Cup	1 each	30	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Fruit Cup, Mixed Berry	1 each	200	90	0.0	20.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0

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Central Unified Food Services

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Base Menu Spreadsheet

CUSD High School Breakfast

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Weighted Daily Average			558	17.15	94.23
% of Calories				12.3%	67.5%
Nutrient Guideline			450-600		

Fri - 10/29/2021					
CUSD High School Breakfast	Total	200			
Toast WG, Egg, Cheese, T Bacon	1 each	30	180	8.0	18.0
Mini Cinnis, Pillsbury	1 each	20	240	5.0	40.0
Parfait	1 each	10	304	7.99	57.08
Cereal, Cinnamon Toast Crunch	1 each	5	110	1.0	22.0
Cereal, Cocoa Puffs	1 each	5	90	1.0	20.0
Cereal, Lucky Charms	1 each	5	100	2.0	21.0
Cereal, Trix	1 each	5	80	1.0	18.0
Cereal, Cinnamon Chex	1 each	5	110	1.0	23.0
Mini Chocolate Donuts, WG	1 each	25	390	5.0	41.0
Mini Powdered Donut, WG	1 each	25	370	4.0	42.0
Pop-Tart Cinnamon	1 each	15	370	5.0	75.0
Pop-Tart Strawberry	1 each	25	360	4.0	75.0
Bosco Cheese Stick WG	1 each	12	220	12.0	30.0
Bosco Pepperoni Stick	1 each	13	260	12.0	30.0
Marinara Sauce Cup	1 each	20	15	1.0	3.0
Juice, Apple	1 each	100	60	0.0	14.0
Juice, Mixed Berry	1 each	50	60	0.0	15.0
Juice, Orange	1 each	50	60	0.0	14.0
Apples, Bagged	1 each	200	34	0.0	8.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Weighted Daily Average			502	16.85	79.83
% of Calories				13.4%	63.6%
Nutrient Guideline			450-600		

Weighted Average			541	17.14	91.40
				12.7%	67.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	541		450 - 600	100%				
Protein (g)	17.14	12.66%						
Carbohydrate (g)	91.40	67.52%						

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