

Santa Rosa City Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/01/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Rice Krispies	Bowl	25	108	159	1.84	25.03	0.17
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Mini Cinnis	package	400	240	300	5.0	40.0	8.0
Weighted Daily Average			493	590	22.27	72.03	13.70
% of Calories					18.1%	58.4%	25.0%
Nutrient Guideline			400-550	600			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/02/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Hot Ham & Cheese Sandwich	4.9 ounces	200	245	791	15.69	33.78	7.28
Waffle Mini Maple	Package	550	160	190	4.0	28.0	5.0
Syrup 1.5 oz cup	1.5 oz	550	120	0	0.0	31.0	0.0
Weighted Daily Average			476	514	19.67	82.05	9.63
% of Calories					16.5%	68.9%	18.2%
Nutrient Guideline			400-550	600			

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

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Santa Rosa City Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/03/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Cinnamon Flakes Cereal	Bowlpack	25	100	160	2.0	24.0	0.0
Honey Nut Chex	Bowlpack	25	120	190	2.0	27.0	0.5
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Pancake on a stick tur saus	2.7 oz	400	172	303	8.09	18.2	8.09
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Weighted Daily Average			466	592	23.54	63.39	13.69
% of Calories					20.2%	54.4%	26.4%
Nutrient Guideline			400-550	600			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/04/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Dutch Waffle Whole Grain	Waffle	400	300	350	4.0	43.0	13.0
Pizza,Ch BRK Bagel Tony R 7897	1 each	350	192	383	11.65	23.16	5.71
Weighted Daily Average			460	525	20.01	68.15	12.62
% of Calories					17.4%	59.2%	24.7%
Nutrient Guideline			400-550	600			

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Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/07/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Egg & Sausage Muffin	5 oz	350	279	668	18.99	27.1	11.1
Scone, Blueberry Lemon	Scone	400	274	199	4.0	49.1	7.7
Weighted Daily Average			481	564	22.58	71.97	12.39
% of Calories					18.8%	59.9%	23.2%
Nutrient Guideline			400-550	600			

Tue - 10/08/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Rice Krispies	Bowl	25	108	159	1.84	25.03	0.17
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Dutch Waffle Whole Grain	Waffle	400	300	350	4.0	43.0	13.0
Weighted Daily Average			517	610	21.87	73.23	15.70
% of Calories					16.9%	56.6%	27.3%
Nutrient Guideline			400-550	600			

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Santa Rosa City Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/09/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Hot Ham & Cheese Sandwich	4.9 ounces	350	245	791	15.69	33.78	7.28
Pancake Cinnamon Glaze	3 ounces	400	220	260	4.0	35.0	7.0
Weighted Daily Average			447	632	21.43	68.67	10.77
% of Calories					19.2%	61.5%	21.7%
Nutrient Guideline			400-550	600			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/10/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Rice Krispies	Bowl	25	108	159	1.84	25.03	0.17
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Muffin Assorted Whole Grain	3 oz	400	260	290	4.0	46.0	7.0
Weighted Daily Average			501	586	21.87	74.43	13.30
% of Calories					17.4%	59.4%	23.9%
Nutrient Guideline			400-550	600			

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Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/11/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
French Toast Sticks	4 Sticks	400	300	400	6.0	43.0	13.0
Syrup 1.5 oz cup	1.5 oz	400	120	0	0.0	31.0	0.0
Get Vertical Cocoa Chip Bar	One Bar	350	240	75	4.0	39.0	9.0
Weighted Daily Average			525	437	18.13	86.09	13.77
% of Calories					13.8%	65.6%	23.6%
Nutrient Guideline			400-550	600			

Mon - 10/14/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Egg & Cheese Bagel Sandwich	5 oz	350	351	465	16.25	49.33	9.63
Coffee Cake Sec	cake	400	340	350	6.0	53.0	13.0
Weighted Daily Average			532	554	22.42	81.31	13.99
% of Calories					16.8%	61.1%	23.7%
Nutrient Guideline			400-550	600			

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Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/15/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Rice Krispies	Bowl	25	108	159	1.84	25.03	0.17
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Mini Cinnis	package	400	240	300	5.0	40.0	8.0
Weighted Daily Average			493	590	22.27	72.03	13.70
% of Calories					18.1%	58.4%	25.0%
Nutrient Guideline			400-550	600			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/16/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Hot Ham & Cheese Sandwich	4.9 ounces	200	245	791	15.69	33.78	7.28
Waffle Mini Maple	Package	550	160	190	4.0	28.0	5.0
Syrup 1.5 oz cup	1.5 oz	550	120	0	0.0	31.0	0.0
Weighted Daily Average			476	514	19.67	82.05	9.63
% of Calories					16.5%	68.9%	18.2%
Nutrient Guideline			400-550	600			

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Base Menu Spreadsheet

Breakfast 6-8

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/17/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Rice Krispies	Bowl	25	108	159	1.84	25.03	0.17
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Pancake on a stick tur saus	2.7 oz	400	172	303	8.09	18.2	8.09
Weighted Daily Average			466	591	23.51	63.31	13.73
% of Calories					20.2%	54.3%	26.5%
Nutrient Guideline			400-550	600			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/18/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Dutch Waffle Whole Grain	Waffle	400	300	350	4.0	43.0	13.0
Pizza,Ch BRK Bagel Tony R 7897	1 each	350	192	383	11.65	23.16	5.71
Weighted Daily Average			460	525	20.01	68.15	12.62
% of Calories					17.4%	59.2%	24.7%
Nutrient Guideline			400-550	600			

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Santa Rosa City Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/21/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Egg & Sausage Muffin	5 oz	325	279	668	18.99	27.1	11.1
Scone, Blueberry Lemon	Scone	400	274	199	4.0	49.1	7.7
Weighted Daily Average			474	548	22.11	71.29	12.11
% of Calories					18.7%	60.2%	23.0%
Nutrient Guideline			400-550	600			

Tue - 10/22/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Rice Krispies	Bowl	25	108	159	1.84	25.03	0.17
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Dutch Waffle Whole Grain	Waffle	400	300	350	4.0	43.0	13.0
Weighted Daily Average			517	610	21.87	73.23	15.70
% of Calories					16.9%	56.6%	27.3%
Nutrient Guideline			400-550	600			

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Santa Rosa City Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/23/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Hot Ham & Cheese Sandwich	4.9 ounces	350	245	791	15.69	33.78	7.28
Pancake Cinnamon Glaze	3 ounces	400	220	260	4.0	35.0	7.0
Weighted Daily Average			447	632	21.43	68.67	10.77
% of Calories					19.2%	61.5%	21.7%
Nutrient Guideline			400-550	600			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/24/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Rice Krispies	Bowl	25	108	159	1.84	25.03	0.17
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Muffin Assorted Whole Grain	3 oz	400	260	290	4.0	46.0	7.0
Weighted Daily Average			501	586	21.87	74.43	13.30
% of Calories					17.4%	59.4%	23.9%
Nutrient Guideline			400-550	600			

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Santa Rosa City Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/25/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
French Toast Sticks	4 Sticks	400	300	400	6.0	43.0	13.0
Syrup 1.5 oz cup	1.5 oz	400	120	0	0.0	31.0	0.0
Get Vertical Cocoa Chip Bar	One Bar	350	240	75	4.0	39.0	9.0
Weighted Daily Average			525	437	18.13	86.09	13.77
% of Calories					13.8%	65.6%	23.6%
Nutrient Guideline			400-550	600			

Mon - 10/28/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Egg & Cheese Bagel Sandwich	5 oz	350	351	465	16.25	49.33	9.63
Coffee Cake Sec	cake	400	340	350	6.0	53.0	13.0
Weighted Daily Average			532	554	22.42	81.31	13.99
% of Calories					16.8%	61.1%	23.7%
Nutrient Guideline			400-550	600			

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Santa Rosa City Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/29/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Rice Krispies	Bowl	25	108	159	1.84	25.03	0.17
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Mini Cinnis	package	400	240	300	5.0	40.0	8.0
Weighted Daily Average			493	590	22.27	72.03	13.70
% of Calories					18.1%	58.4%	25.0%
Nutrient Guideline			400-550	600			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/30/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Honey Nut Cheerios	Bowl	25	110	160	2.0	22.0	1.5
Cinnamon Chex	Bowl	25	110	170	1.0	23.0	2.0
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Hot Ham & Cheese Sandwich	4.9 ounces	200	245	791	15.69	33.78	7.28
Waffle Mini Maple	Package	550	160	190	4.0	28.0	5.0
Syrup 1.5 oz cup	1.5 oz	550	120	0	0.0	31.0	0.0
Weighted Daily Average			476	514	19.67	82.05	9.63
% of Calories					16.5%	68.9%	18.2%
Nutrient Guideline			400-550	600			

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Santa Rosa City Schools

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/31/2019							
Breakfast 6-8	Total	1000					
Frosted Mini Wheats	Bowlpack	25	101	0	3.04	23.29	0.0
Cinnamon Flakes Cereal	Bowlpack	25	100	160	2.0	24.0	0.0
Honey Nut Chex	Bowlpack	25	120	190	2.0	27.0	0.5
Apple	1/2 cup	200	95	2	0.47	25.13	0.31
Orange	1/2 cup	200	45	0	0.9	11.28	0.12
Banana	1/2 cup	200	90	1	1.1	23.07	0.33
Fruit Juice 4oz	4 fl.oz.	400	60	0	0.0	14.0	0.0
String Cheese	1 oz	100	79	150	7.79	0.89	4.85
Sunflower Seeds	1 ounce	100	190	65	6.0	11.0	15.0
Yogurt Upstate NF	4 oz	100	90	50	3.0	19.0	0.0
Milk Non Fat Clover	1 cup	150	90	140	10.0	13.0	0.0
Milk Low Fat Clover	1 cup	850	120	160	11.0	14.0	2.5
Breakfast Bun	2.8 ounces	100	249	273	5.6	39.0	5.74
Breakfast Burrito	One Burrito	350	355	625	16.98	37.47	14.59
Pancake on a stick tur saus	2.7 oz	400	172	303	8.09	18.2	8.09
Bagel/Cream Cheese	Serving	100	190	315	6.0	28.0	5.0
Weighted Daily Average			466	592	23.54	63.39	13.69
% of Calories					20.2%	54.4%	26.4%
Nutrient Guideline			400-550	600			

Weighted Average			488	560	21.42 17.5%	73.88 60.5%	12.86 23.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	488		400 - 550	100%				
Sodium (mg)	560		600					
Protein (g)	21.42	17.55%						
Carbohydrate (g)	73.88	60.53%						
Total Fat (g)	12.86	23.71%						

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