

# Central Unified Food Services

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

COVID19B

Portion Values - Detailed

Page 1

Generated on: 4/14/2021 2:14:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Sat - 05/01/2021																
COVID19B	Total	500														
Cereal, Frosted Flakes	1 each	500	110	0	170	24.00	5.40	60.0	300	3.6	8	1.0	24.0	0.5	0.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			300	15	334	24.00	5.83	462.0	1300	37.80	*8 *10.7%	12.00 16.0%	54.20 72.3%	3.00 9.0%	1.50 4.5%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

Sun - 05/02/2021																
COVID19B	Total	500														
Cereal, Cinnamon Toast Crunch	1 each	500	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			300	15	324	3.00	4.03	602.0	1400	39.00	*N/A* *N/A%*	12.00 16.0%	52.20 69.6%	5.50 16.5%	2.00 6.0%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

Mon - 05/03/2021																
COVID19B	Total	500														
Hawaiian Roll, Turk. Ham & Chs	1 each	500	209	37	642	2.00	1.91	122.0	133	4.74	4	11.75	28.18	5.22	1.52	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			399	52	806	2.00	2.34	524.0	1133	38.94	*4 *4.4%	22.75 22.8%	58.38 58.5%	7.72 17.4%	3.02 6.8%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19B

### 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)
<b>Tue - 05/04/2021</b>																
COVID19B	Total	500														
Pop-Tart Strawberry	1 each	500	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			550	15	524	6.00	4.03	602.0	2000	34.20	*30	15.00	105.20	7.00	3.50	0.00
% of Calories											*21.8%	10.9%	76.5%	11.5%	5.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	
<b>Wed - 05/05/2021</b>																
COVID19B	Total	500														
Breakfast Pizza, WG Turk. Saus	1 EACH	500	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			410	30	644	3.00	2.23	552.0	1300	34.20	*N/A*	21.00	57.20	10.50	3.50	0.00
% of Calories											*N/A%*	20.5%	55.8%	23.0%	7.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	
<b>Thu - 05/06/2021</b>																
COVID19B	Total	500														
Honey Bun, WG	1 each	500	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00

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COVID19B

### 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)
Weighted Daily Average % of Calories			460	15	374	3.00	2.23	442.0	1100	55.20	*13 *11.3%	17.00 14.8%	70.20 61.0%	12.50 24.5%	6.00 11.7%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 05/07/2021																
COVID19B	Total	500														
Breakfast Bites, Apple	1 each	500	280	0	160	3.00	1.08	80.0	0	1.2	20	4.0	41.0	11.0	4.50	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			470	15	324	3.00	1.51	482.0	1000	35.40	*20 *17.0%	15.00 12.8%	71.20 60.6%	13.50 25.9%	6.00 11.5%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

Sat - 05/08/2021																
COVID19B	Total	500														
Cereal, Lucky Charms	1 each	500	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			290	15	334	1.00	4.03	502.0	1500	40.20	*N/A* *N/A%*	13.00 17.9%	51.20 70.6%	3.50 10.9%	1.50 4.7%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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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)
Sun - 05/09/2021																
COVID19B	Total	500														
Cereal, Trix	1 each	500	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			270	15	274	1.00	4.03	482.0	1300	37.80	*N/A*	12.00	48.20	3.50	1.50	0.00
% of Calories											*N/A%*	17.8%	71.4%	11.7%	5.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 05/10/2021																
COVID19B	Total	500														
Benefit Bar, Chocolate Chip	1 each	500	270	0	230	5.00	2.70	20.0	0	0.0	21	5.0	48.0	8.0	2.50	0.00
Juice, Apple	1 each	300	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	200	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	200	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			484	15	397	5.00	3.13	424.0	1500	48.00	*21	16.00	84.00	10.50	4.00	0.00
% of Calories											*17.4%	13.2%	69.4%	19.5%	7.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 05/11/2021																
COVID19B	Total	500														
Mini Cinnis, Pillsbury	1 each	500	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			430	15	464	2.00	1.87	442.0	1000	34.20	*15	16.00	70.20	10.50	3.50	0.00
% of Calories											*14.0%	14.9%	65.3%	22.0%	7.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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COVID19B

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<b>Wed - 05/12/2021</b>																
COVID19B	Total	500														
Bosco Pepperoni Stick	1 each	300	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Breaded Mozz Stick 5 each	6 each	200	360	42	528	3.60	17.28	480.0	0	0.0	2	19.2	39.6	14.4	7.20	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			490	44	675	2.64	8.64	690.0	1120	34.20	*1 *0.8%	25.88 21.1%	64.04 52.3%	13.66 25.1%	6.78 12.5%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

<b>Thu - 05/13/2021</b>																
COVID19B	Total	500														
Mini Chocolate Donuts, WG	1 each	250	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 Donuts, WG	1 each	250	370	10	390	1.00	1.80	40.0	0	0.0	*N/A*	4.0	42.0	21.0	7.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			570	25	539	1.50	2.05	442.0	1000	34.20	*N/A* *N/A%*	15.50 10.9%	71.70 50.3%	25.00 39.5%	10.50 16.6%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

<b>Fri - 05/14/2021</b>																
COVID19B	Total	500														
Brk Bean & Cheese Burrito	1	500	200	20	370	4.00	1.80	200.0	200	3.6	1	10.0	15.0	11.0	5.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00

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Base Menu Spreadsheet

COVID19B

Portion Values - Detailed

Page 6

Generated on: 4/14/2021 2:14:43 PM

	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)
Weighted Daily Average % of Calories			390	35	534	4.00	2.23	602.0	1200	37.80	*1 *1.0%	21.00 21.5%	45.20 46.4%	13.50 31.2%	6.50 15.0%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

Sat - 05/15/2021																
COVID19B	Total	500														
Cereal, Frosted Flakes	1 each	500	110	0	170	24.00	5.40	60.0	300	3.6	8	1.0	24.0	0.5	0.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			300	15	334	24.00	5.83	462.0	1300	37.80	*8 *10.7%	12.00 16.0%	54.20 72.3%	3.00 9.0%	1.50 4.5%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

Sun - 05/16/2021																
COVID19B	Total	500														
Cereal, Cinnamon Toast Crunch	1 each	500	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			300	15	324	3.00	4.03	602.0	1400	39.00	*N/A* *N/A%*	12.00 16.0%	52.20 69.6%	5.50 16.5%	2.00 6.0%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19B

### 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 - 05/17/2021																
COVID19B	Total	500														
Hawaiian Roll, Turk. Ham & Chs	1 each	500	209	37	642	2.00	1.91	122.0	133	4.74	4	11.75	28.18	5.22	1.52	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			399	52	806	2.00	2.34	524.0	1133	38.94	*4	22.75	58.38	7.72	3.02	0.00
% of Calories											*4.4%	22.8%	58.5%	17.4%	6.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 05/18/2021																
COVID19B	Total	500														
Pop-Tart Strawberry	1 each	500	360	0	360	6.00	3.60	200.0	1000	0.0	30	4.0	75.0	4.5	2.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			550	15	524	6.00	4.03	602.0	2000	34.20	*30	15.00	105.20	7.00	3.50	0.00
% of Calories											*21.8%	10.9%	76.5%	11.5%	5.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 05/19/2021																
COVID19B	Total	500														
Breakfast Pizza, WG Turk. Saus	1 EACH	500	220	15	480	3.00	1.80	150.0	300	0.0	*N/A*	10.0	27.0	8.0	2.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			410	30	644	3.00	2.23	552.0	1300	34.20	*N/A*	21.00	57.20	10.50	3.50	0.00
% of Calories											*N/A%*	20.5%	55.8%	23.0%	7.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19B

### 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)
<b>Thu - 05/20/2021</b>																
COVID19B	Total	500														
Honey Bun, WG	1 each	500	270	0	210	3.00	1.80	40.0	100	21.0	13	6.0	40.0	10.0	4.50	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			460	15	374	3.00	2.23	442.0	1100	55.20	*13 *11.3%	17.00 14.8%	70.20 61.0%	12.50 24.5%	6.00 11.7%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	
<b>Fri - 05/21/2021</b>																
COVID19B	Total	500														
Breakfast Bites, Apple	1 each	500	280	0	160	3.00	1.08	80.0	0	1.2	20	4.0	41.0	11.0	4.50	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			470	15	324	3.00	1.51	482.0	1000	35.40	*20 *17.0%	15.00 12.8%	71.20 60.6%	13.50 25.9%	6.00 11.5%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	
<b>Sat - 05/22/2021</b>																
COVID19B	Total	500														
Cereal, Lucky Charms	1 each	500	100	0	170	1.00	3.60	100.0	500	6.0	*N/A*	2.0	21.0	1.0	0.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19B

### 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)
Weighted Daily Average			290	15	334	1.00	4.03	502.0	1500	40.20	*N/A*	13.00	51.20	3.50	1.50	0.00
% of Calories											*N/A%*	17.9%	70.6%	10.9%	4.7%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Sun - 05/23/2021																
COVID19B	Total	500														
Cereal, Trix	1 each	500	80	0	110	1.00	3.60	80.0	300	3.6	*N/A*	1.0	18.0	1.0	0.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			270	15	274	1.00	4.03	482.0	1300	37.80	*N/A*	12.00	48.20	3.50	1.50	0.00
% of Calories											*N/A%*	17.8%	71.4%	11.7%	5.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Mon - 05/24/2021																
COVID19B	Total	500														
Benefit Bar, Chocolate Chip	1 each	500	270	0	230	5.00	2.70	20.0	0	0.0	21	5.0	48.0	8.0	2.50	0.00
Juice, Apple	1 each	300	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	200	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	200	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			484	15	397	5.00	3.13	424.0	1500	48.00	*21	16.00	84.00	10.50	4.00	0.00
% of Calories											*17.4%	13.2%	69.4%	19.5%	7.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

COVID19B

Portion Values - Detailed

Page 10

Generated on: 4/14/2021 2:14:43 PM

	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 - 05/25/2021																
COVID19B	Total	500														
Mini Cinnis, Pillsbury	1 each	500	240	0	300	2.00	1.44	40.0	0	0.0	15	5.0	40.0	8.0	2.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			430	15	464	2.00	1.87	442.0	1000	34.20	*15	16.00	70.20	10.50	3.50	0.00
% of Calories											*14.0%	14.9%	65.3%	22.0%	7.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 05/26/2021																
COVID19B	Total	500														
Bosco Pepperoni Stick	1 each	300	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Breaded Mozz Stick 5 each	6 each	200	360	42	528	3.60	17.28	480.0	0	0.0	2	19.2	39.6	14.4	7.20	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			490	44	675	2.64	8.64	690.0	1120	34.20	*1	25.88	64.04	13.66	6.78	0.00
% of Calories											*0.8%	21.1%	52.3%	25.1%	12.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 05/27/2021																
COVID19B	Total	500														
Mini Chocolate Donuts, WG	1 each	250	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 Donuts, WG	1 each	250	370	10	390	1.00	1.80	40.0	0	0.0	*N/A*	4.0	42.0	21.0	7.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

COVID19B

Portion Values - Detailed

Page 11

Generated on: 4/14/2021 2:14:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			570	25	539	1.50	2.05	442.0	1000	34.20	*N/A*	15.50	71.70	25.00	10.50	0.00
% of Calories											*N/A%*	10.9%	50.3%	39.5%	16.6%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 05/28/2021																
COVID19B	Total	500														
Brk Bean & Cheese Burrito	1	500	200	20	370	4.00	1.80	200.0	200	3.6	1	10.0	15.0	11.0	5.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			390	35	534	4.00	2.23	602.0	1200	37.80	*1	21.00	45.20	13.50	6.50	0.00
% of Calories											*1.0%	21.5%	46.4%	31.2%	15.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Sat - 05/29/2021																
COVID19B	Total	500														
Cereal, Frosted Flakes	1 each	500	110	0	170	24.00	5.40	60.0	300	3.6	8	1.0	24.0	0.5	0.00	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			300	15	334	24.00	5.83	462.0	1300	37.80	*8	12.00	54.20	3.00	1.50	0.00
% of Calories											*10.7%	16.0%	72.3%	9.0%	4.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19B

### 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)
Sun - 05/30/2021																
COVID19B	Total	500														
Cereal, Cinnamon Toast Crunch	1 each	500	110	0	160	3.00	3.60	200.0	400	4.8	*N/A*	1.0	22.0	3.0	0.50	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			300	15	324	3.00	4.03	602.0	1400	39.00	*N/A*	12.00	52.20	5.50	2.00	0.00
% of Calories											*N/A%*	16.0%	69.6%	16.5%	6.0%	0.0%
Nutrient Guideline			450-500		540										<10.00	
Mon - 05/31/2021																
COVID19B	Total	500														
Hawaiian Roll, Turk. Ham & Chs	1 each	500	209	37	642	2.00	1.91	122.0	133	4.74	4	11.75	28.18	5.22	1.52	0.00
Juice, Apple	1 each	300	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	100	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	100	60	0	0	0.00	0.00	10.0	0	39.0	*N/A*	0.0	14.0	0.0	0.00	0.00
Low Fat Milk, 1%	1 Each	500	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			399	52	806	2.00	2.34	524.0	1133	38.94	*4	22.75	58.38	7.72	3.02	0.00
% of Calories											*4.4%	22.8%	58.5%	17.4%	6.8%	0.0%
Nutrient Guideline			450-500		540										<10.00	
Weighted Average			407	23	469	4.88	3.50	519.0	1275	38.64	*7	16.61	63.58	9.55	4.07	0.00
											*16.3%	16.3%	62.4%	21.1%	9.0%	0.0%

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

COVID19B

Portion Values - Detailed

Page 13

Generated on: 4/14/2021 2:14:43 PM

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	407		450 - 500	91%				43		Correction Required - Calories are Low							
Cholesterol (mg)	23																
Sodium 1 (mg)	469			540													
Sodium 2 (mg)	469			485													
Fiber (g)	4.88																
Iron (mg)	3.50																
Calcium (mg)	519.0																
Vitamin A (IU)	1275																
Sugars (g)	7	7.23%				Missing											
Vitamin C (mg)	38.64																
Protein (g)	16.61	16.32%															
Carbohydrate (g)	63.58	62.44%															
Total Fat (g)	9.55	21.10%															
Saturated Fat (g)	4.07	8.99%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	0.00%															

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