

# Rocklin Unified School District

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

Page 1

Generated on: 4/29/2021 2:58:31 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 05/03/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Apple Cinnamon	1 Muffin	75	37.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 BOWL	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Milk, Chocolate, Fat Free	1 Carton	50	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			77.57
% of Calories			73.9%
Nutrient Guideline			

Tue - 05/04/2021			
ELEMENTARY BREAKFAS	Total	100	
Pancakes, Cinnamon Glazed	1 Pancake Bag	75	35.0
Bacon, Turkey	2 Slices	75	0.0
Maple Syrup 1W	1 Each	75	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 Bowl	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Orange Juice, Suncup, 4oz	1 4oz Suncup	50	14.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			99.57
% of Calories			73.4%
Nutrient Guideline			

Wed - 05/05/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	75	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 Bowl	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			96.53
% of Calories			66.4%
Nutrient Guideline			

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May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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Generated on: 4/29/2021 2:58:31 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 05/06/2021			
ELEMENTARY BREAKFAS	Total	100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	75	2.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 BOWL	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Orange Juice, Suncup, 4oz	1 4oz Suncup	50	14.0
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			63.99
% of Calories			52.9%
Nutrient Guideline			

Fri - 05/07/2021			
ELEMENTARY BREAKFAS	Total	100	
Cinnamon Roll, Shannon's	1 Cinnamon Roll	50	45.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			104.64
% of Calories			79.4%
Nutrient Guideline			

Mon - 05/10/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Chocolate Chip, WG, IW	1 Muffin	75	39.5
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 BOWL	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Milk, Chocolate, Fat Free	1 Carton	50	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			98.49
% of Calories			77.9%
Nutrient Guideline			

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# Rocklin Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 3, 2021 thru May 28, 2021

ELEMENTARY BREAKFAST K-6

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	Portion Size	Reimb Qty	Carb (g)
Tue - 05/11/2021			
ELEMENTARY BREAKFAS	Total	100	
Waffle, Mini Cinnamon	1 pouch	75	34.93
Sausage Patty	1 Sausage Patty	75	1.0
Maple Syrup IW	1 Each	75	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 Bowl	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Orange Juice, Suncup, 4oz	1 4oz Suncup	50	14.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			100.26
% of Calories			73.0%
Nutrient Guideline			

Wed - 05/12/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	75	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 Bowl	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			96.53
% of Calories			66.4%
Nutrient Guideline			

Thu - 05/13/2021			
ELEMENTARY BREAKFAS	Total	100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	75	2.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 BOWL	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Orange Juice, Suncup, 4oz	1 4oz Suncup	50	14.0
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			63.99
% of Calories			52.9%
Nutrient Guideline			

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ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/14/2021			
ELEMENTARY BREAKFAS	Total	100	
Cinnamon Roll, Shannon's	1 Cinnamon Roll	50	45.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average % of Calories			104.64 79.4%
Nutrient Guideline			

Mon - 05/17/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Apple Cinnamon	1 Muffin	75	37.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 BOWL	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	50	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average % of Calories			100.78 78.8%
Nutrient Guideline			

Tue - 05/18/2021			
ELEMENTARY BREAKFAS	Total	100	
French Toast Sticks, WG	Serve 3 Sticks	75	57.0
Bacon, Turkey	2 Slices	75	0.0
Syrup Packet	1 Packet	75	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 Bowl	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Orange Juice, Suncup, 4oz	1 4oz Suncup	50	14.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average % of Calories			116.07 71.7%
Nutrient Guideline			

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ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 05/19/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	75	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 Bowl	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			96.53
% of Calories			66.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 05/20/2021			
ELEMENTARY BREAKFAS	Total	100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	75	2.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 BOWL	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Orange Juice, Suncup, 4oz	1 4oz Suncup	50	14.0
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			63.99
% of Calories			52.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 05/21/2021			
ELEMENTARY BREAKFAS	Total	100	
Cinnamon Roll, Shannon's	1 Cinnamon Roll	50	45.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			104.64
% of Calories			79.4%
Nutrient Guideline			

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ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 05/24/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Chocolate Chip, WG, IW	1 Muffin	75	39.5
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 BOWL	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	50	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			102.66
% of Calories			78.6%
Nutrient Guideline			

Tue - 05/25/2021			
ELEMENTARY BREAKFAS	Total	100	
Pancakes, Confetti	Package	75	36.0
Sausage Patty	1 Sausage Patty	75	1.0
Maple Syrup IW	1 Each	75	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 Bowl	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Orange Juice, Suncup, 4oz	1 4oz Suncup	50	14.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			101.07
% of Calories			71.6%
Nutrient Guideline			

Wed - 05/26/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	75	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 Bowl	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			96.53
% of Calories			66.4%
Nutrient Guideline			

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ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/27/2021			
ELEMENTARY BREAKFAS	Total	100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	75	2.0
Cereal, Cinnamon Toast Crunch	1 Bowl	10	21.73
Cereal, Froot Loops, RS	1 BOWL	10	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	5	24.0
Graham Cracker (3 pk)	1 package	25	24.0
Fruit/Garden Bars (Elem)	1 Each	50	38.09
Orange Juice, Suncup, 4oz	1 4oz Suncup	50	14.0
Condiments for Elem Breakfast	1 Each	50	8.34
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			63.99
% of Calories			52.9%
Nutrient Guideline			

Fri - 05/28/2021			
ELEMENTARY BREAKFAS	Total	100	
Cinnamon Roll, Shannon's	1 Cinnamon Roll	50	45.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruit/Garden Bars (Elem)	1 Each	100	38.09
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			104.64
% of Calories			79.4%
Nutrient Guideline			

Weighted Average			92.85
			69.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	92.85	69.86%						

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