

# Rocklin Unified School District

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH K-8

Portion Values - Detailed

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Generated on: 4/29/2021 3:00:47 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/03/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Pizza, Cheese (10 cut)	1/10 slice	250	28.0
Cold Lunch, Banana Bread	1 Cold Pack	50	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 EACH	300	95.69
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			191.44
% of Calories			99.4%
Nutrient Guideline			

<b>Tue - 05/04/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Burrito, Bean & Cheese	1 Burrito	250	44.08
Cold Lunch Blueberry Muffin	(1) Cold Pack	50	39.49
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables/Garden Bars(Elem)	1 Each	300	15.62
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			119.59
% of Calories			72.6%
Nutrient Guideline			

<b>Wed - 05/05/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Chicken, Drumstick Breaded	1 Drumstick	275	6.0
Potato Smiles	4 Pieces	275	20.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Condiments for Elem Lunch	1 Each	250	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			90.88
% of Calories			56.0%
Nutrient Guideline			

<b>Thu - 05/06/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
French Toast Sticks -S. Fresh	4 Each	275	38.7
Sausage Patty	1 Sausage Patty	275	1.0
Maple Syrup 1W	1 Each	275	20.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 EACH	300	95.69
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			214.37 99.3%
Nutrient Guideline			

Fri - 05/07/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pizza, Pepperoni (10 cut)	1/10 slice	275	28.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 EACH	300	95.69
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			187.89 98.6%
Nutrient Guideline			

Mon - 05/10/2021			
ELEMENTARY LUNCH K-8	Total	300	
Bread Sticks, Cheesy	Serving (2 ea)	275	30.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Marinara Sauce - Red Gold	1 Cup	250	7.0
Vegetables/Garden Bars (Elem)	1 Each	50	15.62
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			102.47 65.6%
Nutrient Guideline			

Tue - 05/11/2021			
ELEMENTARY LUNCH K-8	Total	300	
Corn Dog, Turkey	1 Corn dog	275	28.9
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables/Garden Bars (Elem)	1 Each	300	15.62
Condiments for Elem Lunch	1 Each	250	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			106.57 71.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 05/12/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Chicken Filet Sandwich (GK)	1 Chicken Sand	275	47.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 Each	300	95.69
Condiments for Elem Lunch	1 Each	250	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			205.83
% of Calories			99.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 05/13/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Cinnamon Glazed	BAG	275	35.0
Bacon, Turkey	2 Slices	275	0.0
Maple Syrup 1W	1 Each	275	20.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 EACH	300	95.69
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			210.06
% of Calories			107.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 05/14/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Burrito, Bean & Cheese	1 Burrito	275	44.08
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables/Garden Bars(Elem)	1 Each	300	15.62
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			122.56
% of Calories			72.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/17/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Pizza Cheese French Bread	French Bread	275	33.01
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables/Garden Bars(Elem)	1 Each	300	15.62
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			112.41 69.5%
Nutrient Guideline			

Tue - 05/18/2021			
ELEMENTARY LUNCH K-8	Total	300	
Hot Dog, Beef w/bun (El/Upper)	1 Hot Dog	275	28.0
Chips, Nacho Cheese Baked 0.5	1 bag	275	9.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables/Garden Bars(Elem)	1 Each	300	15.62
Condiments for Elem Lunch	1 Each	225	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			113.74 63.0%
Nutrient Guideline			

Wed - 05/19/2021			
ELEMENTARY LUNCH K-8	Total	300	
Cheeseburger - Elementary	1 Cheeseburger	275	31.5
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables/Garden Bars(Elem)	1 Each	300	15.62
Condiments for Elem Lunch	1 Each	225	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			111.29 63.3%
Nutrient Guideline			

Thu - 05/20/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Mini Confetti	Pouch	275	36.0
Sausage Patty	1 Sausage Patty	275	1.0
Maple Syrup IW	1 Each	275	20.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables/Garden Bars(Elem)	1 Each	300	15.62
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			131.82 75.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/21/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pizza, Pepperoni (10 cut)	1/10 slice	275	28.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 EACH	300	95.69
Condiments for Elem Lunch	1 Each	225	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			188.15
% of Calories			98.6%
Nutrient Guideline			

Mon - 05/24/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pizza, Cheese (10 cut)	1/10 slice	275	28.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 EACH	300	95.69
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			187.89
% of Calories			99.8%
Nutrient Guideline			

Tue - 05/25/2021			
ELEMENTARY LUNCH K-8	Total	300	
Corn Dog, Turkey	1 Corn dog	275	28.9
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 Each	300	95.69
Condiments for Elem Lunch	1 Each	250	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			186.65
% of Calories			105.7%
Nutrient Guideline			

Wed - 05/26/2021			
ELEMENTARY LUNCH K-8	Total	300	
Chicken Nuggets	5 Nuggets	275	16.0
Seasoned Fries	4 oz Serving	275	26.56
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Condiments for Elem Lunch	1 Each	250	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			106.06 57.8%
Nutrient Guideline			

Thu - 05/27/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Cinnamon Glazed	BAG	275	35.0
Bacon, Turkey	2 Slices	275	0.0
Maple Syrup 1W	1 Each	275	20.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 EACH	300	95.69
Condiments for Elem Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			210.06 107.6%
Nutrient Guideline			

Fri - 05/28/2021			
ELEMENTARY LUNCH K-8	Total	300	
Chicken Filet Sandwich (GK)	1 Chicken Sand	275	47.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
Fruit/Garden Bars (Elem)	1 Each	300	38.09
Vegetables Variety (Elem)	1 Each	300	95.69
Condiments for Elem Lunch	1 Each	225	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			205.57 99.3%
Nutrient Guideline			

Weighted Average			155.26 85.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	155.26	85.30%						

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