

# Rocklin Unified School District

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST 9-12

Portion Values - Detailed

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Generated on: 4/29/2021 3:03:07 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/03/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Donuts, Mini Chocolate, WG	1 Package=6ct	25	41.0
Donuts, Mini Powdered	1 Package =6ct	25	52.0
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*75.71
% of Calories			*55.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 05/04/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Cereal, Cinnamon Toast Crunch	1 Bowl	15	21.73
Cereal, Froot Loops, RS	1 Bowl	15	24.0
Cereal, Frosted Flakes, RS	1 Bowl	20	24.0
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*77.94
% of Calories			*54.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 05/05/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Banana Bread, IW	1 Banana Bread	50	50.51
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*76.71
% of Calories			*55.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 05/06/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	25	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	25	74.95
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0

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

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			*90.98 *57.3%
Nutrient Guideline			

Fri - 05/07/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Muffin, Blueberry, WG, IW	1 Muffin	25	38.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	25	39.5
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*73.83 *56.3%
Nutrient Guideline			

Mon - 05/10/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Donuts, Mini Chocolate, WG	1 Package=6ct	25	41.0
Donuts, Mini Powdered	1 Package =6ct	25	52.0
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*75.71 *55.2%
Nutrient Guideline			

Tue - 05/11/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Cereal, Cinnamon Toast Crunch	1 Bowl	15	21.73
Cereal, Froot Loops, RS	1 Bowl	15	24.0
Cereal, Frosted Flakes, RS	1 Bowl	20	24.0
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*77.94 *54.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 05/12/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Banana Bread, IW	1 Banana Bread	50	50.51
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*76.71
% of Calories			*55.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 05/13/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	25	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	25	74.95
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*90.98
% of Calories			*57.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 05/14/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Muffin, Blueberry, WG, IW	1 Muffin	25	38.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	25	39.5
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*73.83
% of Calories			*56.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/17/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Donuts, Mini Chocolate, WG	1 Package=6ct	25	41.0
Donuts, Mini Powdered	1 Package =6ct	25	52.0
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*75.71
% of Calories			*55.2%
Nutrient Guideline			

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HIGH SCHOOL BREAKFAST 9-12

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	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 05/18/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Cereal, Cinnamon Toast Crunch	1 Bowl	15	21.73
Cereal, Froot Loops, RS	1 Bowl	15	24.0
Cereal, Frosted Flakes, RS	1 Bowl	20	24.0
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*77.94
% of Calories			*54.6%
Nutrient Guideline			

<b>Wed - 05/19/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Banana Bread, IW	1 Banana Bread	50	50.51
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*76.71
% of Calories			*55.3%
Nutrient Guideline			

<b>Thu - 05/20/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	25	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	25	74.95
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*90.98
% of Calories			*57.3%
Nutrient Guideline			

<b>Fri - 05/21/2021</b>			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Muffin, Blueberry, WG, IW	1 Muffin	25	38.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	25	39.5
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	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			*73.83
% of Calories			*56.3%
Nutrient Guideline			

Mon - 05/24/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Donuts, Mini Chocolate, WG	1 Package=6ct	25	41.0
Donuts, Mini Powdered	1 Package =6ct	25	52.0
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*75.71
% of Calories			*55.2%
Nutrient Guideline			

Tue - 05/25/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Cereal, Cinnamon Toast Crunch	1 Bowl	15	21.73
Cereal, Froot Loops, RS	1 Bowl	15	24.0
Cereal, Frosted Flakes, RS	1 Bowl	20	24.0
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*77.94
% of Calories			*54.6%
Nutrient Guideline			

Wed - 05/26/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Banana Bread, IW	1 Banana Bread	50	50.51
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*76.71
% of Calories			*55.3%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/27/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	25	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	25	74.95
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*90.98
% of Calories			*57.3%
Nutrient Guideline			

Fri - 05/28/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Muffin, Blueberry, WG, IW	1 Muffin	25	38.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	25	39.5
Fruits-Garden Bar (Secondary)	1/2 cup	200	*15.93
Condiments for H.S. Breakfast	2 Each	125	8.84
Milk, Chocolate, Fat Free	1 Carton	125	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*73.83
% of Calories			*56.3%
Nutrient Guideline			

Weighted Average			*79.03
			*55.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	79.03	55.78%			Missing			

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