

Rocklin Unified School District

May 3, 2021 thru May 28, 2021

Base Menu Spreadsheet

HIGH SCHOOL LUNCH 9-12

Portion Values - Detailed

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Generated on: 4/29/2021 3:03:42 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 05/03/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
Buffalo Chicken Stuffed Wrap	1 Wrap	200	31.0
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Marinara Sauce - Red Gold	1 Cup	200	7.0
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*77.07
% of Calories			*54.3%
Nutrient Guideline			

Tue - 05/04/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Chicken Teriyaki Rice Bowl	1 Teriyaki Bowl	200	37.93
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	400	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*78.51
% of Calories			*56.2%
Nutrient Guideline			

Wed - 05/05/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Chicken Tend w/Seasoned Fries	3 Tenderloins	200	50.55
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	400	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*74.40
% of Calories			*45.2%
Nutrient Guideline			

Thu - 05/06/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza Cheese French Bread	French Bread	200	33.01
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	300	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0

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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			*75.50 *57.8%
Nutrient Guideline			

Fri - 05/07/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
BBQ Rib Sandwich	1 Sandwich	200	39.94
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Marinara Sauce - Red Gold	serving	100	7.0
Vegetable Baskets-Secondary(L)	1 Each	50	*17.52
Condiments for Lunch (Upper)	1 Each	250	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*77.65 *53.1%
Nutrient Guideline			

Mon - 05/10/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
Buffalo Chicken Stuffed Wrap	1 Wrap	200	31.0
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Marinara Sauce - Red Gold	1 Cup	200	7.0
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*77.07 *54.3%
Nutrient Guideline			

Tue - 05/11/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Chicken Teriyaki Rice Bowl	1 Teriyaki Bowl	200	37.93
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	400	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*78.51 *56.2%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 05/12/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Chicken Tend w/Seasoned Fries	3 Tenderloins	200	50.55
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	400	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*74.40
% of Calories			*45.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 05/13/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza Cheese French Bread	French Bread	200	33.01
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	300	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*75.50
% of Calories			*57.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 05/14/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
BBQ Rib Sandwich	1 Sandwich	200	39.94
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Marinara Sauce - Red Gold	serving	100	7.0
Vegetable Baskets-Secondary(L)	1 Each	50	*17.52
Condiments for Lunch (Upper)	1 Each	250	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*77.65
% of Calories			*53.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 05/17/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
Buffalo Chicken Stuffed Wrap	1 Wrap	200	31.0
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Marinara Sauce - Red Gold	1 Cup	200	7.0
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			*77.07 *54.3%
Nutrient Guideline			

Tue - 05/18/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Chicken Teriyaki Rice Bowl	1 Teriyaki Bowl	200	37.93
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	400	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*78.51 *56.2%
Nutrient Guideline			

Wed - 05/19/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Chicken Tend w/Seasoned Fries	3 Tenderloins	200	50.55
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	400	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*74.40 *45.2%
Nutrient Guideline			

Thu - 05/20/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza Cheese French Bread	French Bread	200	33.01
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	300	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*75.50 *57.8%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/21/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
BBQ Rib Sandwich	1 Sandwich	200	39.94
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Marinara Sauce - Red Gold	serving	100	7.0
Vegetable Baskets-Secondary(L)	1 Each	50	*17.52
Condiments for Lunch (Upper)	1 Each	250	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*77.65
% of Calories			*53.1%
Nutrient Guideline			

Mon - 05/24/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
Buffalo Chicken Stuffed Wrap	1 Wrap	200	31.0
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Marinara Sauce - Red Gold	1 Cup	200	7.0
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*77.07
% of Calories			*54.3%
Nutrient Guideline			

Tue - 05/25/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Chicken Teriyaki Rice Bowl	1 Teriyaki Bowl	200	37.93
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	400	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*78.51
% of Calories			*56.2%
Nutrient Guideline			

Wed - 05/26/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Chicken Tend w/Seasoned Fries	3 Tenderloins	200	50.55
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	400	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*74.40
% of Calories			*45.2%
Nutrient Guideline			

Thu - 05/27/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza Cheese French Bread	French Bread	200	33.01
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Vegetable Baskets-Secondary(L)	1 Each	150	*17.52
Condiments for Lunch (Upper)	1 Each	300	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*75.50
% of Calories			*57.8%
Nutrient Guideline			

Fri - 05/28/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
BBQ Rib Sandwich	1 Sandwich	200	39.94
Fruits-Garden Bar (Secondary)	1/2 cup	300	*15.93
Marinara Sauce - Red Gold	serving	100	7.0
Vegetable Baskets-Secondary(L)	1 Each	50	*17.52
Condiments for Lunch (Upper)	1 Each	250	3.72
Milk, Chocolate, Fat Free	1 Carton	250	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*77.65
% of Calories			*53.1%
Nutrient Guideline			

Weighted Average			*76.63
			*53.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	76.63	52.98%			Missing			

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