

Rocklin Unified School District

Dec 1, 2021 thru Dec 17, 2021

Base Menu Spreadsheet

ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/01/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	60	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*71.73
% of Calories			*60.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 12/02/2021			
ELEMENTARY BREAKFAS	Total	100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	60	2.0
Hash Brown Patty	1 Patty	60	15.0
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*64.33
% of Calories			*51.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 12/03/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Chocolate Chip, WG, IW	1 Muffin	60	39.5
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*77.83
% of Calories			*73.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 12/06/2021			
ELEMENTARY BREAKFAS	Total	100	
Bagel Cinnamon CC Filled IW	Bagel	60	42.0
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*78.58
% of Calories			*74.4%
Nutrient Guideline			

Tue - 12/07/2021			
ELEMENTARY BREAKFAS			
Total		100	
Pancakes, Blueberry Glazed	Pancake Bag	80	35.0
Sausage Patty	1 Sausage Patty	80	1.0
Syrup Packet	1 Packet	60	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Graham Cracker (3 pk)	1 package	20	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*85.03
% of Calories			*69.0%
Nutrient Guideline			

Wed - 12/08/2021			
ELEMENTARY BREAKFAS			
Total		100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	60	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*71.73
% of Calories			*60.7%
Nutrient Guideline			

Thu - 12/09/2021			
ELEMENTARY BREAKFAS			
Total		100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	60	2.0
Hash Brown Patty	1 Patty	60	15.0
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*64.33
% of Calories			*51.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/10/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Chocolate Chip, WG, IW	1 Muffin	60	39.5
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*77.83
% of Calories			*73.5%
Nutrient Guideline			

Mon - 12/13/2021			
ELEMENTARY BREAKFAS	Total	100	
Bagel Cinnamon CC Filled IW	Bagel	60	42.0
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*78.58
% of Calories			*74.4%
Nutrient Guideline			

Tue - 12/14/2021			
ELEMENTARY BREAKFAS	Total	100	
French Toast Sticks, WG	3 Sticks	80	57.0
Sausage Patty	1 Sausage Patty	80	1.0
Syrup Packet	1 Packet	60	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Graham Cracker (3 pk)	1 package	20	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*102.63
% of Calories			*65.3%
Nutrient Guideline			

Wed - 12/15/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	60	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*71.73
% of Calories			*60.7%
Nutrient Guideline			

Thu - 12/16/2021			
ELEMENTARY BREAKFAS			
Total		100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	60	2.0
Hash Brown Patty	1 Patty	60	15.0
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*64.33
% of Calories			*51.1%
Nutrient Guideline			

Fri - 12/17/2021			
ELEMENTARY BREAKFAS			
Total		100	
Muffin, Chocolate Chip, WG, IW	1 Muffin	60	39.5
Cereal, Cinnamon Toast Crunch	1 Bowl	40	21.73
Graham Cracker (3 pk)	1 package	40	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*77.83
% of Calories			*73.5%
Nutrient Guideline			

Weighted Average			*75.88
			*64.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	75.88	64.02%			Missing			

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