

# Rocklin Unified School District

Dec 1, 2021 thru Dec 17, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/01/2021			
ELEMENTARY LUNCH K-8	Total	300	
Chicken Patty Sandwich, Elem.	Sandwich	275	44.0
Muffin, Apple Cinnamon	1 Muffin	25	37.0
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*94.56
% of Calories			*61.7%
Nutrient Guideline			

Thu - 12/02/2021			
ELEMENTARY LUNCH K-8	Total	300	
French Toast Sticks, WG	3 Sticks	275	57.0
Sausage Patty	1 Sausage Patty	275	1.0
Maple Syrup IW	1 Each	200	20.0
Banana Bread, IW	1 Banana Bread	25	50.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*119.86
% of Calories			*68.4%
Nutrient Guideline			

Fri - 12/03/2021			
ELEMENTARY LUNCH K-8	Total	300	
BBQ Rib Sandwich	1 Sandwich	275	39.94
Muffin, Apple Cinnamon	1 Muffin	25	37.0
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*90.84
% of Calories			*62.2%
Nutrient Guideline			

Mon - 12/06/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pizza, Cheese (10 cut)	1/10 slice	275	28.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	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			*80.10 *60.7%
Nutrient Guideline			

Tue - 12/07/2021			
ELEMENTARY LUNCH K-8	Total	300	
Corn Dog, Turkey	1 Corn Dog	225	28.9
Cold Lunch, Banana Bread	1 Cold Pack	75	51.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 EACH	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average % of Calories			*85.69 *64.4%
Nutrient Guideline			

Wed - 12/08/2021			
ELEMENTARY LUNCH K-8	Total	300	
Chicken Nuggets	5 Nuggets	275	16.0
Muffin, Blueberry, WG, IW	1 Muffin	25	38.5
Fruit Garden Bars (Elem)	1 Each	300	23.47
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	225	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average % of Calories			78.15 59.8%
Nutrient Guideline			

Thu - 12/09/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Blueberry Glazed	Pancake Bag	275	35.0
Sausage Patty	1 Sausage Patty	275	1.0
Syrup Packet	1 Packet	250	20.0
Cold Lunch, Banana Bread	1 Cold Pack	25	51.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average % of Calories			*103.11 *73.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/10/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pizza, Pepperoni (10 cut)	1/10 slice	275	28.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	150	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*79.60
% of Calories			*59.7%
Nutrient Guideline			

Mon - 12/13/2021			
ELEMENTARY LUNCH K-8	Total	300	
Breadsticks, Cheesy	2 Breadsticks	275	30.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*81.93
% of Calories			*63.2%
Nutrient Guideline			

Tue - 12/14/2021			
ELEMENTARY LUNCH K-8	Total	300	
Deli Sandwich, Turkey & Cheese	Sandwich	275	27.0
Banana Bread, IW	1 Banana Bread	25	50.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*80.10
% of Calories			*64.6%
Nutrient Guideline			

Wed - 12/15/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pretzel, Snowman, WG	Pretzel	275	30.0
Queso Jalapeno Cheese Cups	3 oz cup	275	15.0
Cold Lunch Blueberry Muffin	(1) Cold Pack	25	39.49
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*95.68
% of Calories			*67.8%
Nutrient Guideline			

Thu - 12/16/2021			
ELEMENTARY LUNCH K-8	Total	300	
Banana Bread, IW	1 Banana Bread	50	50.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*59.56
% of Calories			*80.5%
Nutrient Guideline			

Fri - 12/17/2021			
ELEMENTARY LUNCH K-8	Total	300	
Cold Lunch Blueberry Muffin	(1) Cold Pack	50	39.49
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	17.23
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*57.72
% of Calories			*81.0%
Nutrient Guideline			

Weighted Average			*85.15
			*65.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	85.15	65.72%			Missing			

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