

Rocklin Unified School District

Dec 1, 2021 thru Dec 17, 2021

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST 9-12

Portion Values - Detailed

Page 1

Generated on: 12/6/2021 1:31:10 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 12/01/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel Strawberry CC Filled IW	Bagel	100	42.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*66.59
% of Calories			*59.9%
Nutrient Guideline			

Thu - 12/02/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Tornado, Egg, Sausage & Cheese	1 Tornado	100	22.0
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	50	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	50	74.95
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*79.57
% of Calories			*73.0%
Nutrient Guideline			

Fri - 12/03/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Donut, Chocolate, WG, IW	1 Donut	50	41.0
Donut, Powdered, WG, IW	1 Donut	50	43.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*66.59
% of Calories			*54.7%
Nutrient Guideline			

Mon - 12/06/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel Cinnamon CC Filled IW	Bagel	100	42.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*66.59
% of Calories			*59.9%
Nutrient Guideline			

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/07/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	39.81
Muffin, Blueberry, WG, IW	1 Muffin	50	38.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	50	39.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*70.24
% of Calories			*57.4%
Nutrient Guideline			

Wed - 12/08/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel Strawberry CC Filled IW	Bagel	100	42.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*66.59
% of Calories			*59.9%
Nutrient Guideline			

Thu - 12/09/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Tornado, Egg, Sausage & Cheese	1 Tornado	100	22.0
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	50	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	50	74.95
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*79.57
% of Calories			*73.0%
Nutrient Guideline			

Fri - 12/10/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Donut, Chocolate, WG, IW	1 Donut	50	41.0
Donut, Powdered, WG, IW	1 Donut	50	43.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	100	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 % of Calories			*66.59 *54.7%
Nutrient Guideline			

Mon - 12/13/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel Cinnamon CC Filled IW	Bagel	100	42.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average % of Calories			*66.59 *59.9%
Nutrient Guideline			

Tue - 12/14/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	39.81
Muffin, Blueberry, WG, IW	1 Muffin	50	38.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	50	39.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average % of Calories			*70.24 *57.4%
Nutrient Guideline			

Wed - 12/15/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel Strawberry CC Filled IW	Bagel	100	42.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average % of Calories			*66.59 *59.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/16/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Tornado, Egg, Sausage & Cheese	1 Tornado	100	22.0
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	50	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	50	74.95
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*79.57
% of Calories			*73.0%
Nutrient Guideline			

Fri - 12/17/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Donut, Chocolate, WG, IW	1 Donut	50	41.0
Donut, Powdered, WG, IW	1 Donut	50	43.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	100	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*66.59
% of Calories			*54.7%
Nutrient Guideline			

Weighted Average			*70.14
			*61.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	70.14	61.09%			Missing			

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