

# Rocklin Unified School District

Dec 1, 2021 thru Dec 17, 2021

Base Menu Spreadsheet

HIGH SCHOOL LUNCH 9-12

Portion Values - Detailed

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Generated on: 12/6/2021 1:31:41 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 12/01/2021</b>			
HIGH SCHOOL LUNCH 9-1	Total	450	
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Grilled Cheese, RS, WG, IW	Sandwich	200	30.11
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	300	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*64.36
% of Calories			*49.8%
Nutrient Guideline			

<b>Thu - 12/02/2021</b>			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza, Cheese (8 cut)	1/8 Slice	200	35.96
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	300	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*76.69
% of Calories			*57.4%
Nutrient Guideline			

<b>Fri - 12/03/2021</b>			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	250	39.94
Burrito, Bean & Cheese	1 Burrito IW	200	44.08
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	200	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*75.62
% of Calories			*59.6%
Nutrient Guideline			

<b>Mon - 12/06/2021</b>			
HIGH SCHOOL LUNCH 9-1	Total	450	
Pancakes, Cinnamon Glazed	Pancake Bag	200	35.0
Hash Brown Patty	1 Patty	200	15.0
Sausage Patty	1 Sausage Patty	200	1.0
Bosco Sticks	2 Bosco Sticks	250	50.29
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	27.81
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	100	3.4
Milk, Chocolate, Fat Free	1 Carton	200	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

\* - 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)
Weighted Daily Average			*79.06
% of Calories			*54.3%
Nutrient Guideline			

Tue - 12/07/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Pizza, Pepperoni (8 cut)	1/8 Slice	200	35.0
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	200	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*75.50
% of Calories			*56.6%
Nutrient Guideline			

Wed - 12/08/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Grilled Cheese, RS, WG, IW	Sandwich	200	30.11
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	300	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*64.36
% of Calories			*49.8%
Nutrient Guideline			

Thu - 12/09/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza, Cheese (8 cut)	1/8 Slice	200	35.96
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	300	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*76.69
% of Calories			*57.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/10/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	250	39.94
Burrito, Bean & Cheese	1 Burrito IW	200	44.08
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	200	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*75.62
% of Calories			*59.6%
Nutrient Guideline			

Mon - 12/13/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Pancakes, Cinnamon Glazed	Pancake Bag	200	35.0
Hash Brown Patty	1 Patty	200	15.0
Sausage Patty	1 Sausage Patty	200	1.0
Bosco Sticks	2 Bosco Sticks	250	50.29
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	27.81
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	100	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*79.06
% of Calories			*54.3%
Nutrient Guideline			

Tue - 12/14/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Pizza, Pepperoni (8 cut)	1/8 Slice	200	35.0
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	200	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*75.50
% of Calories			*56.6%
Nutrient Guideline			

Wed - 12/15/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Grilled Cheese, RS, WG, IW	Sandwich	200	30.11
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	300	3.4
Milk, Chocolate, Fat Free	1 Carton	200	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			*64.36
% of Calories			*49.8%
Nutrient Guideline			

Thu - 12/16/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza, Cheese (8 cut)	1/8 Slice	200	35.96
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	300	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*76.69
% of Calories			*57.4%
Nutrient Guideline			

Fri - 12/17/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	250	39.94
Burrito, Bean & Cheese	1 Burrito IW	200	44.08
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	27.81
Condiments for Lunch (Upper)	1 Each	200	3.4
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*75.62
% of Calories			*59.6%
Nutrient Guideline			

Weighted Average			*73.78
			*55.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	73.78	55.51%			Missing			

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