

# Rocklin Unified School District

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

Page 1

Generated on: 10/27/2021 12:38:15 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 11/01/2021</b>			
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			

<b>Tue - 11/02/2021</b>			
ELEMENTARY BREAKFAS	Total	100	
French Toast Sticks, WG	Serve 3 Sticks	60	57.0
Bacon, Turkey	2 Slices	60	0.0
Syrup Packet	1 Packet	50	20.0
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			*97.58
% of Calories			*69.1%
Nutrient Guideline			

<b>Wed - 11/03/2021</b>			
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			

<b>Thu - 11/04/2021</b>			
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

\*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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Generated on: 10/27/2021 12:38:15 PM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*64.33
% of Calories			*51.1%
Nutrient Guideline			

Fri - 11/05/2021			
ELEMENTARY BREAKFAS	Total	100	
Bagel Strawberry 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			

Mon - 11/08/2021			
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 - 11/09/2021			
ELEMENTARY BREAKFAS	Total	100	
Waffle, Maple WG, IW	Waffle	60	37.0
Sausage Patty	1 Sausage Patty	60	1.0
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			*76.18
% of Calories			*63.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 11/10/2021			
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			

Fri - 11/12/2021			
ELEMENTARY BREAKFAS	Total	100	
Bagel Strawberry 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			

Mon - 11/15/2021			
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 - 11/16/2021			
ELEMENTARY BREAKFAS	Total	100	
French Toast Sticks, WG	Serve 3 Sticks	60	57.0
Bacon, Turkey	2 Slices	60	0.0
Syrup Packet	1 Packet	50	20.0
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			*97.58
% of Calories			*69.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 11/17/2021</b>			
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			

<b>Thu - 11/18/2021</b>			
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			

<b>Fri - 11/19/2021</b>			
ELEMENTARY BREAKFAS	Total	100	
Bagel Strawberry 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			

<b>Mon - 11/29/2021</b>			
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

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

Tue - 11/30/2021			
ELEMENTARY BREAKFAS			
Waffle, Maple WG, IW	Total	100	
Sausage Patty	Waffle	60	37.0
Cereal, Cinnamon Toast Crunch	1 Sausage Patty	60	1.0
Graham Cracker (3 pk)	1 Bowl	40	21.73
Fruits Garden Bar - All levels	1 package	40	24.0
Milk, Chocolate, Fat Free	1/2 cup	100	*14.59
Milk, Low Fat White 1%	1 Carton	75	22.0
	1 Carton	25	16.0
Weighted Daily Average			*76.18
% of Calories			*63.1%
Nutrient Guideline			

Weighted Average			*77.59
			*66.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	77.59	66.41%			Missing			

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