

# Rocklin Unified School District

Nov 1, 2021 thru Nov 30, 2021

## Base Menu Spreadsheet

ELEMENTARY LUNCH K-8

### Portion Values - Detailed

Page 1

Generated on: 10/29/2021 9:56:29 AM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 11/01/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Quesadilla, Cheese IW	1 Package	275	25.0
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	21.75
Condiments Elementary Lunch	1 Each	225	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*85.29
% of Calories			*56.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 11/02/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Mini Chicken Corn Dogs WG	serving (6)	225	30.37
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	21.75
Condiments Elementary Lunch	1 EACH	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*94.49
% of Calories			*64.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 11/03/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Chicken, Drumstick Breaded	1 Drumstick	275	6.0
Dinner Roll, WG	Roll	200	14.0
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	21.75
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*76.96
% of Calories			*55.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 11/04/2021</b>			
ELEMENTARY LUNCH K-8	Total	300	
Waffle, Chocolate Chip, WG, IW	Waffle	275	37.0
Sausage Patty	1 Sausage Patty	275	1.0
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	21.75
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0

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

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Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			*95.97 *63.7%
Nutrient Guideline			

Fri - 11/05/2021			
ELEMENTARY LUNCH K-8	Total	300	
Cheeseburger - Elementary	1 Cheeseburger	275	31.5
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	75	21.75
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*74.68 *52.8%
Nutrient Guideline			

Mon - 11/08/2021			
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	21.75
Condiments Elementary Lunch	1 Each	150	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*87.29 *61.7%
Nutrient Guideline			

Tue - 11/09/2021			
ELEMENTARY LUNCH K-8	Total	300	
Hot Dog, Beef (Miller)	Hot Dog	250	29.0
Cold Lunch, Banana Bread	1 Cold Pack	50	51.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	21.75
Condiments Elementary Lunch	1 Each	225	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*91.83 *61.3%
Nutrient Guideline			

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Page 3

Generated on: 10/29/2021 9:56:30 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 11/10/2021			
ELEMENTARY LUNCH K-8	Total	300	
Chicken Patty Sandwich, Elem.	Sandwich	275	44.0
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	21.75
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*102.46
% of Calories			*62.0%
Nutrient Guideline			

Fri - 11/12/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Cinnamon Glazed	1 Pancake Bag	275	35.0
Sausage Patty	1 Sausage Patty	275	1.0
Maple Syrup IW	1 Each	200	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	21.75
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*107.47
% of Calories			*69.4%
Nutrient Guideline			

Mon - 11/15/2021			
ELEMENTARY LUNCH K-8	Total	300	
Burrito, Bean & Cheese	1 Burrito IW	275	44.08
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	21.75
Condiments Elementary Lunch	1 Each	225	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*102.78
% of Calories			*68.1%
Nutrient Guideline			

Tue - 11/16/2021			
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	21.75
Condiments Elementary Lunch	1 EACH	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0

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Page 4

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*93.39
% of Calories			*65.1%
Nutrient Guideline			

Wed - 11/17/2021			
ELEMENTARY LUNCH K-8	Total	300	
Chicken, Drumstick Breaded	1 Drumstick	275	6.0
Dinner Roll, WG	Roll	200	14.0
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	21.75
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*76.96
% of Calories			*55.1%
Nutrient Guideline			

Thu - 11/18/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pretzel, Turkey Shaped, WG	Pretzel	275	45.0
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	21.75
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*117.13
% of Calories			*60.1%
Nutrient Guideline			

Fri - 11/19/2021			
ELEMENTARY LUNCH K-8	Total	300	
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	21.75
Condiments Elementary Lunch	1 Each	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*62.12
% of Calories			*81.9%
Nutrient Guideline			

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Page 5

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/29/2021			
ELEMENTARY LUNCH K-8	Total	300	
Quesadilla, Twice Grilled, IW	1 Quesadilla	275	30.68
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	21.75
Condiments Elementary Lunch	1 Each	225	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*90.50
% of Calories			*63.5%
Nutrient Guideline			

Tue - 11/30/2021			
ELEMENTARY LUNCH K-8	Total	300	
Mini Chicken Corn Dogs WG	serving (6)	225	30.37
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	21.75
Condiments Elementary Lunch	1 EACH	200	2.99
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*94.49
% of Calories			*64.4%
Nutrient Guideline			

Weighted Average			*90.86
			*62.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	90.86	62.24%			Missing			

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