

# Rocklin Unified School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/01/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	40	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Bowl	10	24.0
Graham Cracker (3 pk)	1 package	60	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			*73.51
% of Calories			*65.8%
Nutrient Guideline			

Thu - 09/02/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Blueberry, WG, IW	1 Muffin	50	38.5
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 BOWL	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*70.59
% of Calories			*73.1%
Nutrient Guideline			

Fri - 09/03/2021			
ELEMENTARY BREAKFAS	Total	100	
Cinnamon Roll, Shannon's	1 Cinnamon Roll	50	45.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	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			*81.13
% of Calories			*73.3%
Nutrient Guideline			

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

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ELEMENTARY BREAKFAST K-6

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/07/2021			
ELEMENTARY BREAKFAS	Total	100	
French Toast Sticks, WG	Serve 3 Sticks	50	57.0
Bacon, Turkey	2 Slices	50	0.0
Syrup Packet	1 Packet	50	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*89.84
% of Calories			*69.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/08/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	40	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Bowl	10	24.0
Graham Cracker (3 pk)	1 package	60	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			*73.51
% of Calories			*65.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/09/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Chocolate Chip, WG, IW	1 Muffin	50	39.5
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 BOWL	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*71.09
% of Calories			*73.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/10/2021			
ELEMENTARY BREAKFAS	Total	100	
Cinnamon Roll, Shannon's	1 Cinnamon Roll	50	45.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	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			*81.13
% of Calories			*73.3%
Nutrient Guideline			

Mon - 09/13/2021			
ELEMENTARY BREAKFAS	Total	100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	50	2.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 BOWL	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	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			*60.38
% of Calories			*56.1%
Nutrient Guideline			

Tue - 09/14/2021			
ELEMENTARY BREAKFAS	Total	100	
French Toast Sticks, WG	Serve 3 Sticks	50	57.0
Sausage Patty	1 Sausage Patty	50	1.0
Syrup Packet	1 Packet	50	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*90.34
% of Calories			*68.2%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/15/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	40	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Bowl	10	24.0
Graham Cracker (3 pk)	1 package	60	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			*73.51
% of Calories			*65.8%
Nutrient Guideline			

Thu - 09/16/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Blueberry, WG, IW	1 Muffin	50	38.5
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 BOWL	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*70.59
% of Calories			*73.1%
Nutrient Guideline			

Fri - 09/17/2021			
ELEMENTARY BREAKFAS	Total	100	
Cinnamon Roll, Shannon's	1 Cinnamon Roll	50	45.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	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			*81.13
% of Calories			*73.3%
Nutrient Guideline			

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ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/20/2021			
ELEMENTARY BREAKFAS	Total	100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	50	2.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 BOWL	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	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			*60.38
% of Calories			*56.1%
Nutrient Guideline			

Tue - 09/21/2021			
ELEMENTARY BREAKFAS	Total	100	
French Toast Sticks, WG	Serve 3 Sticks	50	57.0
Bacon, Turkey	2 Slices	50	0.0
Syrup Packet	1 Packet	50	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*89.84
% of Calories			*69.8%
Nutrient Guideline			

Wed - 09/22/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	40	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Bowl	10	24.0
Graham Cracker (3 pk)	1 package	60	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			*73.51
% of Calories			*65.8%
Nutrient Guideline			

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ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 09/23/2021</b>			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Chocolate Chip, WG, IW	1 Muffin	50	39.5
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 BOWL	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	50	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*69.59
% of Calories			*71.3%
Nutrient Guideline			

<b>Fri - 09/24/2021</b>			
ELEMENTARY BREAKFAS	Total	100	
Cinnamon Roll, Shannon's	1 Cinnamon Roll	50	45.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	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			*81.13
% of Calories			*73.3%
Nutrient Guideline			

<b>Mon - 09/27/2021</b>			
ELEMENTARY BREAKFAS	Total	100	
Eggstravaganza w/Bacon&Cheese	4oz Scoop	50	2.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 BOWL	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	100	*14.59
Condiments for Elem Breakfast	1 Each	25	3.0
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ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/28/2021			
ELEMENTARY BREAKFAS	Total	100	
French Toast Sticks, WG	Serve 3 Sticks	50	57.0
Sausage Patty	1 Sausage Patty	50	1.0
Syrup Packet	1 Packet	50	20.0
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*90.34
% of Calories			*68.2%
Nutrient Guideline			

Wed - 09/29/2021			
ELEMENTARY BREAKFAS	Total	100	
Croissant w/Bacon/Egg/Cheese	1 Sandwich	40	29.33
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 Bowl	20	24.0
Cereal, Frosted Flakes, RS	1 Bowl	10	24.0
Graham Cracker (3 pk)	1 package	60	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			*73.51
% of Calories			*65.8%
Nutrient Guideline			

Thu - 09/30/2021			
ELEMENTARY BREAKFAS	Total	100	
Muffin, Blueberry, WG, IW	1 Muffin	50	38.5
Cereal, Cinnamon Toast Crunch	1 Bowl	20	21.73
Cereal, Froot Loops, RS	1 BOWL	20	24.0
Cereal, Frosted Flakes, RS	1 Cereal Bowl	10	24.0
Graham Cracker (3 pk)	1 package	50	24.0
Fruits Garden Bar - All levels	1/2 cup	50	*14.59
Milk, Chocolate, Fat Free	1 Carton	50	22.0
Milk, Low Fat White 1%	1 Carton	50	16.0
Weighted Daily Average			*69.09
% of Calories			*71.1%
Nutrient Guideline			

Weighted Average			*75.45
			*68.0%

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ELEMENTARY BREAKFAST K-6

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	75.45	67.97%			Missing			

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