

Rocklin Unified School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH K-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/01/2021			
ELEMENTARY LUNCH K-8	Total	300	
Cheeseburger (Upper)	1 Burger	275	29.5
Seasoned Fries	4 oz Serving	200	26.56
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	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*90.63
% of Calories			*47.8%
Nutrient Guideline			

Thu - 09/02/2021			
ELEMENTARY LUNCH K-8	Total	300	
Waffle, Mini Cinnamon	1 pouch	275	34.93
Sausage Patty	1 Sausage Patty	275	1.0
Maple Syrup 1W	1 Each	200	20.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
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			*108.98
% of Calories			*71.7%
Nutrient Guideline			

Fri - 09/03/2021			
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
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*85.80
% of Calories			*61.7%
Nutrient Guideline			

Tue - 09/07/2021			
ELEMENTARY LUNCH K-8	Total	300	
Hot Dog, Beef w/bun (EI/Upper)	1 Hot Dog	250	28.0
Cold Lunch, Banana Bread	1 Cold Pack	50	70.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	21.75
Condiments Elementary Lunch	1 Each	225	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			*94.25 *60.8%
Nutrient Guideline			

Wed - 09/08/2021			
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	75	21.75
Condiments Elementary Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*86.29 *63.7%
Nutrient Guideline			

Thu - 09/09/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Cinnamon Glazed	1 Pancake Bag	275	35.0
Bacon, Turkey	2 Slices	275	0.0
Maple Syrup IW	1 Each	200	20.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
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 % of Calories			*108.13 *72.1%
Nutrient Guideline			

Fri - 09/10/2021			
ELEMENTARY LUNCH K-8	Total	300	
BBQ Rib Sandwich	1 Sandwich	275	39.94
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	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*99.07 *62.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/13/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pizza Cheese French Bread	French Bread	275	33.01
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	50	21.75
Condiments Elementary Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*74.33
% of Calories			*59.2%
Nutrient Guideline			

Tue - 09/14/2021			
ELEMENTARY LUNCH K-8	Total	300	
Corn Dog, Turkey	1 Corn Dog	225	28.9
Cold Lunch, Banana Bread	1 Cold Pack	75	70.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	21.75
Condiments Elementary Lunch	1 EACH	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*98.21
% of Calories			*66.1%
Nutrient Guideline			

Wed - 09/15/2021			
ELEMENTARY LUNCH K-8	Total	300	
Cheeseburger - Elementary	1 Cheeseburger	275	31.5
Seasoned Fries	4 oz Serving	200	26.56
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	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*92.46
% of Calories			*53.9%
Nutrient Guideline			

Thu - 09/16/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Mini Confetti	Pouch	275	36.0
Sausage Patty	1 Sausage Patty	275	1.0
Maple Syrup IW	1 Each	200	20.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			*109.97 *70.1%
Nutrient Guideline			

Fri - 09/17/2021			
ELEMENTARY LUNCH K-8	Total	300	
Chicken Filet Sandwich (GK)	1 Chicken Sand	275	47.0
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	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*105.28 *65.8%
Nutrient Guideline			

Mon - 09/20/2021			
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	50	21.75
Condiments Elementary Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*69.73 *55.5%
Nutrient Guideline			

Tue - 09/21/2021			
ELEMENTARY LUNCH K-8	Total	300	
Hot Dog, Beef w/bun (EI/Upper)	1 Hot Dog	225	28.0
Cold Lunch, Banana Bread	1 Cold Pack	75	70.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	21.75
Condiments Elementary Lunch	1 Each	225	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average % of Calories			*97.79 *61.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/22/2021			
ELEMENTARY LUNCH K-8	Total	300	
Cheeseburger - Elementary	1 Cheeseburger	275	31.5
Potato Smiles	4 Pieces	200	20.0
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	75	21.75
Condiments Elementary Lunch	1 Each	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*88.09
% of Calories			*54.2%
Nutrient Guideline			

Thu - 09/23/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Cinnamon Glazed	1 Pancake Bag	275	35.0
Bacon, Turkey	2 Slices	275	0.0
Maple Syrup 1W	1 Each	200	20.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
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			*108.13
% of Calories			*72.1%
Nutrient Guideline			

Fri - 09/24/2021			
ELEMENTARY LUNCH K-8	Total	300	
BBQ Rib Sandwich	1 Sandwich	275	39.94
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	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*99.07
% of Calories			*62.9%
Nutrient Guideline			

Mon - 09/27/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pizza Cheese French Bread	French Bread	275	33.01
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	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*92.46
% of Calories			*65.2%
Nutrient Guideline			

Tue - 09/28/2021			
ELEMENTARY LUNCH K-8	Total	300	
Corn Dog, Turkey	1 Corn Dog	225	28.9
Cold Lunch, Banana Bread	1 Cold Pack	75	70.51
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - Elementary	1 Each	300	21.75
Condiments Elementary Lunch	1 EACH	200	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*98.21
% of Calories			*66.1%
Nutrient Guideline			

Wed - 09/29/2021			
ELEMENTARY LUNCH K-8	Total	300	
Cheeseburger - Elementary	1 Cheeseburger	275	31.5
Seasoned Fries	4 oz Serving	200	26.56
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	3.1
Milk, Chocolate, Fat Free	1 Carton	225	22.0
Milk, Low Fat White 1%	1 Carton	75	16.0
Weighted Daily Average			*92.46
% of Calories			*53.9%
Nutrient Guideline			

Thu - 09/30/2021			
ELEMENTARY LUNCH K-8	Total	300	
Pancakes, Mini Confetti	Pouch	275	36.0
Sausage Patty	1 Sausage Patty	275	1.0
Maple Syrup IW	1 Each	200	20.0
Cold Lunch, Banana Bread	1 Cold Pack	25	70.51
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			*109.97
% of Calories			*70.1%
Nutrient Guideline			

Weighted Average			*95.68
			*62.5%

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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)	95.68	62.52%			Missing			

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