

Rocklin Unified School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

HIGH SCHOOL BREAKFAST 9-12

Portion Values - Detailed

Page 1

Generated on: 8/31/2021 1:41:52 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/01/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	150	30.5
Banana Bread, IW	1 Banana Bread	50	50.51
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*61.09
% of Calories			*52.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/02/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	150	41.2
Bagel, IW, WG	1 Bagel	50	45.0
Cream Cheese, Lite	1 Cream Cheese	50	1.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*67.98
% of Calories			*51.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/03/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Donuts, Mini Chocolate, WG	1 Package=6ct	50	41.0
Donuts, Mini Powdered	1 Package =6ct	50	52.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*64.09
% of Calories			*55.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/07/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	41.2
Muffin, Blueberry, WG, IW	1 Muffin	100	38.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*65.94
% of Calories			*57.0%
Nutrient Guideline			

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

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/08/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel, IW, WG	1 Bagel	100	45.0
Cream Cheese, Lite	1 Cream Cheese	100	1.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*63.84
% of Calories			*58.3%
Nutrient Guideline			

Thu - 09/09/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	41.2
Donuts, Mini Chocolate, WG	1 Package=6ct	50	41.0
Donuts, Mini Powdered	1 Package =6ct	50	52.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*69.44
% of Calories			*54.6%
Nutrient Guideline			

Fri - 09/10/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	100	39.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*60.59
% of Calories			*58.9%
Nutrient Guideline			

Mon - 09/13/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	50	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	50	74.95
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
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			*78.57
% of Calories			*65.4%
Nutrient Guideline			

Tue - 09/14/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	41.2
Muffin, Blueberry, WG, IW	1 Muffin	100	38.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*65.94
% of Calories			*57.0%
Nutrient Guideline			

Wed - 09/15/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel, IW, WG	1 Bagel	100	45.0
Cream Cheese, Lite	1 Cream Cheese	100	1.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*63.84
% of Calories			*58.3%
Nutrient Guideline			

Thu - 09/16/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	41.2
Donuts, Mini Chocolate, WG	1 Package=6ct	50	41.0
Donuts, Mini Powdered	1 Package =6ct	50	52.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*69.44
% of Calories			*54.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/17/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	100	39.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*60.59
% of Calories			*58.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 09/20/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	50	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	50	74.95
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*78.57
% of Calories			*65.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/21/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	41.2
Muffin, Blueberry, WG, IW	1 Muffin	100	38.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*65.94
% of Calories			*57.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/22/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel, IW, WG	1 Bagel	100	45.0
Cream Cheese, Lite	1 Cream Cheese	100	1.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*63.84
% of Calories			*58.3%
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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/23/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel, IW, WG	1 Bagel	100	45.0
Cream Cheese, Lite	1 Cream Cheese	100	1.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*63.84
% of Calories			*58.3%
Nutrient Guideline			

Fri - 09/24/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Muffin, Chocolate Chip, WG, IW	1 Muffin	100	39.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*60.59
% of Calories			*58.9%
Nutrient Guideline			

Mon - 09/27/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Pop-Tarts, Frost Cinn. (2 Pk)	2 Pk	50	76.0
Pop Tarts, Strawberry (2 Pk)	2 Pk	50	74.95
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*78.57
% of Calories			*65.4%
Nutrient Guideline			

Tue - 09/28/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	41.2
Muffin, Blueberry, WG, IW	1 Muffin	100	38.5
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	125	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*65.94
% of Calories			*57.0%
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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/29/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Croissant Sand w/Egg/Chs/Saus.	1 Sandwich	100	30.5
Bagel, IW, WG	1 Bagel	100	45.0
Cream Cheese, Lite	1 Cream Cheese	100	1.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*63.84
% of Calories			*58.3%
Nutrient Guideline			

Thu - 09/30/2021			
HIGH SCHOOL BREAKFAS	Total	200	
Breakfast Burrito(Upper)	4 oz Burrito	100	41.2
Donuts, Mini Chocolate, WG	1 Package=6ct	50	41.0
Donuts, Mini Powdered	1 Package =6ct	50	52.0
Fruits Garden Bar - All levels	1/2 cup	200	*14.59
Condiments for MS/HS Breakfast	2 Each	75	2.0
Milk, Chocolate, Fat Free	1 Carton	75	22.0
Milk, Low Fat White 1%	1 Carton	25	16.0
Weighted Daily Average			*69.44
% of Calories			*54.6%
Nutrient Guideline			

Weighted Average			*66.75
			*57.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	66.75	57.81%			Missing			

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