

Rocklin Unified School District

Sep 1, 2021 thru Sep 30, 2021

Base Menu Spreadsheet

HIGH SCHOOL LUNCH 9-12

Portion Values - Detailed

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Generated on: 8/31/2021 1:42:31 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/01/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	200	39.94
Chicken Tend w/Seasoned Fries	3 Tenderloins	250	50.55
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	400	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*82.74
% of Calories			*53.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/02/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza, Cheese (8 cut)	1/8 Slice	200	35.96
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	300	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*78.22
% of Calories			*58.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/03/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
Corn Dog, Turkey	1 Corn Dog	200	28.9
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	32.24
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	200	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*70.52
% of Calories			*54.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/07/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Pizza, Pepperoni (8 cut)	1/8 Slice	200	35.0
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	200	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			*77.02 *57.1%
Nutrient Guideline			

Wed - 09/08/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	200	39.94
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	400	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*71.04 *49.2%
Nutrient Guideline			

Thu - 09/09/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza, Cheese (8 cut)	1/8 Slice	200	35.96
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	300	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*78.22 *58.0%
Nutrient Guideline			

Fri - 09/10/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
Corn Dog, Turkey	1 Corn Dog	200	28.9
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	32.24
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	200	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average % of Calories			*70.52 *54.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/13/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	200	39.94
Bosco Sticks	2 Bosco Sticks	250	50.29
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	32.24
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	100	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*74.66
% of Calories			*53.2%
Nutrient Guideline			

Tue - 09/14/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Pizza, Pepperoni (8 cut)	1/8 Slice	200	35.0
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	200	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*77.02
% of Calories			*57.1%
Nutrient Guideline			

Wed - 09/15/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	200	39.94
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	400	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*71.04
% of Calories			*49.2%
Nutrient Guideline			

Thu - 09/16/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza, Cheese (8 cut)	1/8 Slice	200	35.96
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	300	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*78.22
% of Calories			*58.0%
Nutrient Guideline			

Fri - 09/17/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
Corn Dog, Turkey	1 Corn Dog	200	28.9
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	32.24
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	200	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*70.52
% of Calories			*54.2%
Nutrient Guideline			

Mon - 09/20/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	200	39.94
Bosco Sticks	2 Bosco Sticks	250	50.29
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	32.24
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	100	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*74.66
% of Calories			*53.2%
Nutrient Guideline			

Tue - 09/21/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Pizza, Pepperoni (8 cut)	1/8 Slice	200	35.0
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	200	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*77.02
% of Calories			*57.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/22/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	200	39.94
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	400	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*71.04
% of Calories			*49.2%
Nutrient Guideline			

Thu - 09/23/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza, Cheese (8 cut)	1/8 Slice	200	35.96
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	300	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*78.22
% of Calories			*58.0%
Nutrient Guideline			

Fri - 09/24/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Bosco Sticks	2 Bosco Sticks	250	50.29
Corn Dog, Turkey	1 Corn Dog	200	28.9
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	32.24
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	200	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*70.52
% of Calories			*54.2%
Nutrient Guideline			

Mon - 09/27/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	200	39.94
Bosco Sticks	2 Bosco Sticks	250	50.29
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	50	32.24
Marinara Sauce - Red Gold	1 Cup	100	7.0
Condiments for Lunch (Upper)	1 Each	100	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			*74.66
% of Calories			*53.2%
Nutrient Guideline			

Tue - 09/28/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet Sandwich (GK)	1 Chicken Sand	250	47.0
Pizza, Pepperoni (8 cut)	1/8 Slice	200	35.0
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	200	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*77.02
% of Calories			*57.1%
Nutrient Guideline			

Wed - 09/29/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
BBQ Rib Sandwich	1 Sandwich	200	39.94
Cheeseburger(Upper)	1 Cheeseburger	250	29.5
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	400	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*71.04
% of Calories			*49.2%
Nutrient Guideline			

Thu - 09/30/2021			
HIGH SCHOOL LUNCH 9-1	Total	450	
Chicken Filet H&S Sandwich	1 Chicken Sand	250	47.0
Pizza, Cheese (8 cut)	1/8 Slice	200	35.96
Fruits Garden Bar - All levels	1/2 cup	300	*14.59
Vegetables - MS/HS	1 Each	150	32.24
Condiments for Lunch (Upper)	1 Each	300	3.48
Milk, Chocolate, Fat Free	1 Carton	200	22.0
Milk, Low Fat White 1%	1 Carton	100	16.0
Weighted Daily Average			*78.22
% of Calories			*58.0%
Nutrient Guideline			

Weighted Average			*74.86
			*54.5%

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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)	74.86	54.45%			Missing			

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