

Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/02/2022																
ELEMENTARY BREAKFAST, FR TST WG 2G	Total SERVING	3000														
	2 EA	1500	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
SYRUP, PANCAKE	FL OZ	1500	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
CEREAL, CINNTOSTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, ORANGES FRESH	1 EACH	2000	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			511	8	417	5.76	5.02	501.3	740	55.72	*47	15.46	100.30	6.83	1.17	0.00
% of Calories											*36.7%	12.1%	78.5%	12.0%	2.1%	0.0%
Nutrient Guideline			450-500		540											<10.00

Tue - 05/03/2022																
ELEMENTARY BREAKFAST	Total SERVING	3000														
Mini Bagel w/ Peanut Butter	SERVING	1000	270	0	275	4.00	0.36	0.0	0	0.0	5	9.0	23.0	17.0	4.00	0.00
Mini Bagel w/ Sun Butter	SERVING	500	270	0	245	6.00	1.80	20.0	15	0.0	5	9.0	22.0	17.0	2.00	0.00
CEREAL, CINNTOSTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			490	8	406	5.50	6.18	445.0	517	2.00	*37 *30.1%	15.83 12.9%	83.08 67.8%	11.83 21.7%	2.33 4.3%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 05/04/2022																
ELEMENTARY BREAKFAS	Total	3000														
YOGURT PARFAIT,BLUEBERRIES BWG	SERVING	1500	324	3	177	4.00	1.80	120.0	800	3.6	*14	4.5	53.8	11.55	7.30	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTES 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	2000	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average % of Calories			527	9	353	6.55	5.66	505.6	965	9.04	*51 *38.7%	14.44 11.0%	101.28 76.9%	9.37 16.0%	4.40 7.5%	0.00 0.0%
Nutrient Guideline			450-500		540										<10.00	

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/05/2022																
ELEMENTARY BREAKFAS	Total	3000														
EGG, BACON, CHEESE BURRITO	SERVING	1500	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, MIXED	#8 SCOOP	2000	60	0	10	0.00	0.00	0.0	12	0.8	*N/A*	0.0	17.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			485	105	540	5.50	6.27	471.7	722	1.53	*34	17.83	82.75	10.33	3.17	0.00
% of Calories											*28.3%	14.7%	68.2%	19.2%	5.9%	0.0%
Nutrient Guideline			450-500		540											<10.00

Fri - 05/06/2022																
ELEMENTARY BREAKFAS	Total	3000														
BRKFST, CINN ROLL 2.3 OZ	ROLL	1500	229	5	201	1.00	8.01	5.2	3	0.03	*17	5.08	44.7	3.58	1.05	*0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	1500	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	500	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	500	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	750	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	750	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			429	8	323	3.67	9.67	344.3	349	1.91	*38 *35.6%	10.79 10.1%	87.02 81.2%	4.92 10.3%	1.07 2.2%	*0.00 *0.0%
Nutrient Guideline			450-500		540											<10.00

Mon - 05/09/2022																	
ELEMENTARY BREAKFAST PANCAKES WW	Total SERVING	3000															
SYRUP, PANCAKE	FL OZ	1500	156	26	325	2.03	0.81	40.6	67	0.0	*N/A*	4.73	25.73	4.06	0.67	0.00	
CEREAL, CINNTOASTERS 2GB	BOWL	500	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00	
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00	
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00	
FRUIT, ORANGES FRESH	1 EACH	2000	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00	
JUICE, APPLE 4.23 OZ SC	1 EACH	750	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00	
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00	
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00	
JUICE, GRAPE 4 OZ SUNCUP	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00	
MILK, 1% WHITE	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00	
MILK, NONFAT CHOCOLATE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00	
MILK, SOYMILK KIKKOMAN	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00	
Weighted Daily Average % of Calories			469	21	450	5.78	5.07	501.6	774	55.72	*41 *34.8%	14.83 12.6%	94.16 80.3%	5.36 10.3%	1.00 1.9%	0.00 0.0%	
Nutrient Guideline			450-500		540											<10.00	

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Tue - 05/10/2022																
ELEMENTARY BREAKFAS	Total	3000														
PIZZA, BKFS BEEF 2.79OZ WIL D M	SLICE	1500	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
CEREAL, CINNTOSTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average % of Calories			445	13	409	4.17	6.30	516.7	664	3.80	*36 *32.2%	15.83 14.2%	80.25 72.1%	6.33 12.8%	1.67 3.4%	0.00 0.0%
Nutrient Guideline			450-500		540											<10.00

Wed - 05/11/2022																
ELEMENTARY BREAKFAS	Total	3000														
SMOOTHIE, BERRY PATCH 8OZ	8 OZ	1500	265	3	167	2.50	2.11	122.9	858	41.92	*21	4.5	53.64	4.25	1.00	0.00
CEREAL, CINNTOSTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	2000	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

ELEMENTARY BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			497	9	348	5.80	5.82	507.0	994	28.20	*54	14.44	101.20	5.72	1.25	0.00
% of Calories											*43.6%	11.6%	81.4%	10.3%	2.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 05/12/2022																
ELEMENTARY BREAKFAS	Total	3000														
BRKFST, BAR BUTTERMILK 1.25 OZ	BAR	1500	124	7	157	0.65	0.76	12.1	6	0.04	*N/A*	1.45	26.25	1.43	0.46	*N/A*
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, MIXED	#8 SCOOP	2000	60	0	10	0.00	0.00	0.0	12	0.8	*N/A*	0.0	17.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			397	11	349	2.82	4.94	447.7	525	0.95	*34	12.06	80.88	4.05	0.90	*0.00
% of Calories											*34.6%	12.2%	81.5%	9.2%	2.0%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

ELEMENTARY BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/13/2022																
ELEMENTARY BREAKFAS	Total	3000														
BRKFST, CINN ROLL 2.3 OZ	ROLL	1500	229	5	201	1.00	8.01	5.2	3	0.03	*17	5.08	44.7	3.58	1.05	*0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	1500	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	500	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	500	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	750	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	750	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			429	8	323	3.67	9.67	344.3	349	1.91	*38	10.79	87.02	4.92	1.07	*0.00
% of Calories											*35.6%	10.1%	81.2%	10.3%	2.2%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Mon - 05/16/2022																
ELEMENTARY BREAKFAS	Total	3000														
BRKFST, FR TST WG 2G	SERVING	1500	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
	2 EA															
SYRUP, PANCAKE	FL OZ	1500	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, ORANGES FRESH	1 EACH	2000	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			511	8	417	5.76	5.02	501.3	740	55.72	*47	15.46	100.30	6.83	1.17	0.00
% of Calories											*36.7%	12.1%	78.5%	12.0%	2.1%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Tue - 05/17/2022																
ELEMENTARY BREAKFAS	Total	3000														
Mini Bagel w/ Peanut Butter	SERVING	1000	270	0	275	4.00	0.36	0.0	0	0.0	5	9.0	23.0	17.0	4.00	0.00
Mini Bagel w/ Sun Butter	SERVING	500	270	0	245	6.00	1.80	20.0	15	0.0	5	9.0	22.0	17.0	2.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			490	8	406	5.50	6.18	445.0	517	2.00	*37	15.83	83.08	11.83	2.33	0.00
% of Calories											*30.1%	12.9%	67.8%	21.7%	4.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/18/2022																
ELEMENTARY BREAKFAS	Total	3000														
YOGURT PARFAIT,BLUEBERRIES BWG	SERVING	1500	324	3	177	4.00	1.80	120.0	800	3.6	*14	4.5	53.8	11.55	7.30	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	2000	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK,1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			527	9	353	6.55	5.66	505.6	965	9.04	*51	14.44	101.28	9.37	4.40	0.00
% of Calories											*38.7%	11.0%	76.9%	16.0%	7.5%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Thu - 05/19/2022																
ELEMENTARY BREAKFAS	Total	3000														
EGG, BACON, CHEESE BURRITO	SERVING	1500	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, MIXED	#8 SCOOP	2000	60	0	10	0.00	0.00	0.0	12	0.8	*N/A*	0.0	17.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK,1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			485	105	540	5.50	6.27	471.7	722	1.53	*34	17.83	82.75	10.33	3.17	0.00
% of Calories											*28.3%	14.7%	68.2%	19.2%	5.9%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Fri - 05/20/2022																
ELEMENTARY BREAKFAS	Total	3000														
BRKFST, CINN ROLL 2.3 OZ	ROLL	1500	229	5	201	1.00	8.01	5.2	3	0.03	*17	5.08	44.7	3.58	1.05	*0.00
CEREAL, CINNTOSTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	1500	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	500	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	500	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	750	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	750	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			429	8	323	3.67	9.67	344.3	349	1.91	*38	10.79	87.02	4.92	1.07	*0.00
% of Calories											*35.6%	10.1%	81.2%	10.3%	2.2%	*0.0%
Nutrient Guideline			450-500		540										<10.00	

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/23/2022																
ELEMENTARY BREAKFAS	Total	3000														
PANCAKES WW	2 EA.	1500	156	26	325	2.03	0.81	40.6	67	0.0	*N/A*	4.73	25.73	4.06	0.67	0.00
SYRUP, PANCAKE	FL OZ	1500	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, ORANGES FRESH	1 EACH	2000	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			469	21	450	5.78	5.07	501.6	774	55.72	*41	14.83	94.16	5.36	1.00	0.00
% of Calories											*34.8%	12.6%	80.3%	10.3%	1.9%	0.0%
Nutrient Guideline			450-500		540											<10.00

Tue - 05/24/2022																
ELEMENTARY BREAKFAS	Total	3000														
PIZZA, BKFS BEEF 2.79OZ WIL D M	SLICE	1500	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

ELEMENTARY BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			445	13	409	4.17	6.30	516.7	664	3.80	*36	15.83	80.25	6.33	1.67	0.00
% of Calories											*32.2%	14.2%	72.1%	12.8%	3.4%	0.0%
Nutrient Guideline			450-500		540										<10.00	

Wed - 05/25/2022																
ELEMENTARY BREAKFAS	Total	3000														
SMOOTHIE, BERRY PATCH 8OZ	8 OZ	1500	265	3	167	2.50	2.11	122.9	858	41.92	*21	4.5	53.64	4.25	1.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	2000	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			497	9	348	5.80	5.82	507.0	994	28.20	*54	14.44	101.20	5.72	1.25	0.00
% of Calories											*43.6%	11.6%	81.4%	10.3%	2.3%	0.0%
Nutrient Guideline			450-500		540										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/26/2022																
ELEMENTARY BREAKFAS	Total	3000														
BRKFST, BAR BUTTERMILK 1.25 OZ	BAR	1500	124	7	157	0.65	0.76	12.1	6	0.04	*N/A*	1.45	26.25	1.43	0.46	*N/A*
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, MIXED	#8 SCOOP	2000	60	0	10	0.00	0.00	0.0	12	0.8	*N/A*	0.0	17.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			397	11	349	2.82	4.94	447.7	525	0.95	*34	12.06	80.88	4.05	0.90	*0.00
% of Calories											*34.6%	12.2%	81.5%	9.2%	2.0%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Fri - 05/27/2022																
ELEMENTARY BREAKFAS	Total	3000														
BRKFST, CINN ROLL 2.3 OZ	ROLL	1500	229	5	201	1.00	8.01	5.2	3	0.03	*17	5.08	44.7	3.58	1.05	*0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	1500	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	500	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	500	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	750	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	750	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

ELEMENTARY BREAKFAST

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			429	8	323	3.67	9.67	344.3	349	1.91	*38	10.79	87.02	4.92	1.07	*0.00
% of Calories											*35.6%	10.1%	81.2%	10.3%	2.2%	*0.0%
Nutrient Guideline			450-500		540											<10.00

Tue - 05/31/2022																
ELEMENTARY BREAKFAS	Total	3000														
Mini Bagel w/ Peanut Butter	SERVING	1000	270	0	275	4.00	0.36	0.0	0	0.0	5	9.0	23.0	17.0	4.00	0.00
Mini Bagel w/ Sun Butter	SERVING	500	270	0	245	6.00	1.80	20.0	15	0.0	5	9.0	22.0	17.0	2.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	500	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	500	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
FRUIT, APPLESAUCE	.5 CUP	2000	90	0	15	1.00	1.80	0.0	0	2.4	*N/A*	0.0	23.0	0.0	0.00	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	750	60	0	5	0.00	0.00	100.0	0	0.0	13	0.0	14.0	0.0	0.00	0.00
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
JUICE, ORAN/TANG 4.23 OZ SC	1 EACH	750	60	0	10	0.00	0.00	190.0	0	0.0	13	0.0	15.0	0.0	0.00	0.00
JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	16.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	1000	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
MILK, NONFAT CHOCOLATE	CARTON	1500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, SOYMILK KIKKOMAN	SERVING	500	140	0	110	2.00	1.08	300.0	500	0.0	15	8.0	17.0	4.5	0.50	0.00
Weighted Daily Average			490	8	406	5.50	6.18	445.0	517	2.00	*37	15.83	83.08	11.83	2.33	0.00
% of Calories											*30.1%	12.9%	67.8%	21.7%	4.3%	0.0%
Nutrient Guideline			450-500		540											<10.00

Weighted Average			469	19	393	4.95	6.45	457.9	653	15.41	*41	14.31	89.47	7.20	1.83	*0.00
											*78.4%	12.2%	76.3%	13.8%	3.5%	*0.0%

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	469		450 - 500	100%													
Cholesterol (mg)	19																
Sodium 1 (mg)	393		540														
Sodium 2 (mg)	393		485														
Fiber (g)	4.95																
Iron (mg)	6.45																
Calcium (mg)	457.9																
Vitamin A (IU)	653																
Sugars (g)	41	34.86%				Missing											
Vitamin C (mg)	15.41																
Protein (g)	14.31	12.21%															
Carbohydrate (g)	89.47	76.33%															
Total Fat (g)	7.20	13.82%															
Saturated Fat (g)	1.83	3.51%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

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