
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)
-----------------	--------------	----------------	----------------	--------------	--------------	--------------	--------------	---------------	---------------	---------------	--------------	-------------	--------------	--------------	----------------------------

**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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/02/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:56 AM

	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																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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)
Tue - 05/03/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISSANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:56 AM

	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)
Tue - 05/03/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/04/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:56 AM

	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 - 05/04/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640										<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/05/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:56 AM

	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 - 05/05/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/06/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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 - 05/06/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/09/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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 - 05/09/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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)
Tue - 05/10/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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)
Tue - 05/10/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640										<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/11/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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 - 05/11/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/12/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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 - 05/12/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/16/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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 - 05/16/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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)
Tue - 05/17/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 25

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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)
Tue - 05/17/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640										<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/19/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 29

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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 - 05/19/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/20/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 31

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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 - 05/20/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 33

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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)
Tue - 05/24/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 35

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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)
Tue - 05/24/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/25/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISSANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 37

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:57 AM

	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 - 05/25/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 39

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:58 AM

	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																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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 - 05/27/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 41

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:58 AM

	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)
Fri - 05/27/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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)
Tue - 05/31/2022																
HIGH SCHOOL BREAKFAS	Total	700														
HS PIZZA, PUFF	1 EACH	200	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POCKET, TURKEY PIZZA 4 OZ	1 EACH	60	240	20	340	4.00	2.70	40.0	100	2.4	2	12.0	32.0	7.0	1.50	0.00
BRKFST, BAR GLAZ BTRMLK 2 .5OZ	BAR	40	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
SANDWICH, PB & GRAPE WG 2.8OZ	1 EACH	20	310	0	300	4.00	1.08	60.0	0	0.0	*N/A*	10.0	35.0	16.0	2.50	0.00
SANDWICH, PB & STRAW WG 2.8OZ	1 EACH	20	300	0	310	4.00	1.08	40.0	0	0.0	*N/A*	10.0	34.0	16.0	2.00	0.00
BRKFST, MINI CINNIS	1 EACH	40	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, APPLE FRUDEL	1 EACH	40	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	40	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	20	360	0	360	6.00	3.60	200.0	1000	0.0	*N/A*	4.0	74.0	5.0	1.50	0.00
POP TART, BRN SUGAR CINN (2)WG	PASTRY	20	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	10	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	10	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	10	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
HS-HAM & EGG ON A BAGEL	1 EACH	20	340	143	625	7.00	*1.80	100.0	0	0.0	7	18.56	46.65	8.8	2.65	0.00
EGG & CHEESE BISCUIT	SERVING	20	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
EGG & CHEESE ON A CROISS ANT	1 EACH	20	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
EGG, BACON, CHEESE BURRITO	SERVING	50	300	195	540	6.00	3.42	60.0	400	1.2	0	13.0	30.0	14.0	5.00	0.00
BRKFST, WAFFLES WG 2EA	SERVING 2 EA	20	200	0	340	4.00	3.60	120.0	600	0.0	2	4.0	32.0	6.0	1.00	0.00
PANCAKES, BUTTERMILK WG	SERVING 2 EACH	20	140	0	200	2.00	1.44	0.0	0	0.0	6	4.0	28.0	3.0	0.00	0.00
BRKFST, FR TST WG 2G	SERVING 2 EA	20	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
WG DUTCH WAFFLE	WAFFLE	20	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
PANCAKE & SAUG ON A STIK WG	1 EACH	20	170	30	300	3.00	1.80	20.0	0	0.0	6	8.0	18.0	8.0	2.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
MILK, NONFAT CHOCOLATE	CARTON	500	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
MILK, 1% WHITE	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
JUICE, APPLE 4.23 OZ SC	1 EACH	200	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	200	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 4.23 OZ SC	1 EACH	200	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

HIGH SCHOOL BREAKFAST RVHS

Generated on: 4/22/2022 10:16:58 AM

	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)
Tue - 05/31/2022																
JUICE, STRAW/KIWI 4.23 OZ SC	1 EACH	100	60	0	10	0.00	0.00	10.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
TACO, SAUCE PACKET	PACKET	300	4	0	59	0.00	0.02	1.8	144	1.62	*N/A*	0.09	0.72	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	300	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
% of Calories											*34.2%	14.0%	72.1%	15.8%	5.3%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Weighted Average			583	46	706	6.52	*3.10	515.2	967	31.08	*50	20.46	105.04	10.24	3.45	*0.00
											*77.0%	14.0%	72.1%	15.8%	5.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	583		450 - 600	100%				
Cholesterol (mg)	46							
Sodium 1 (mg)	706		640				66	Correction Required - Sodium too High
Sodium 2 (mg)	706		570				136	
Fiber (g)	6.52							
Iron (mg)	3.10				Missing			
Calcium (mg)	515.2							
Vitamin A (IU)	967							
Sugars (g)	50	34.24%			Missing			
Vitamin C (mg)	31.08							
Protein (g)	20.46	14.04%						
Carbohydrate (g)	105.04	72.07%						
Total Fat (g)	10.24	15.81%						
Saturated Fat (g)	3.45	5.32%	<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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.