

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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 - 05/02/2022																
MIDDLE SCHOOL BREAKF BRKFST, FR TST WG 2G	Total SERVING	400														
	2 EA	100	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
HS PIZZA, PUFF	1 EACH	100	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
BRKFST, APPLE FRUDEL	1 EACH	20	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, MINI CINNIS	1 EACH	15	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	15	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	15	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	20	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	15	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average % of Calories			564	51	647	5.97	3.40	474.4	866	27.18	*49 *34.6%	21.38 15.2%	99.18 70.3%	10.25 16.4%	3.67 5.9%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

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

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

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Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/03/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
YOGURT PARFAIT, STRAWBE	SERVING	75	310	3	177	3.66	2.14	133.3	810	52.4	*11	5.06	51.17	10.8	7.31	0.00
RRY BWG																
YOGURT PARFAIT,BLUEBERRI	SERVING	50	324	3	177	4.00	1.80	120.0	800	3.6	*14	4.5	53.8	11.55	7.30	0.00
ES BWG																
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
BRKFST, BAR GLAZ BTRMLK 2	BAR	50	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
.5OZ																
CEREAL, FROSTEDSHREDWH	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	35	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			536	48	490	6.63	3.79	524.1	1052	37.42	*46	18.82	92.76	10.98	4.92	0.00
% of Calories											*34.0%	14.1%	69.3%	18.5%	8.3%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/04/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS PIZZA, PUFF	1 EACH	50	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POP TART, STRAWBERRY (2)WG	PASTRY	42	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	43	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
SANDWICH, PB & STRAWWG 2.6OZ	1 EACH	50	320	0	320	4.00	1.44	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
SANDWICH, PB & GRAPE WG 2.6OZ	1 EACH	50	300	0	280	4.00	1.44	20.0	0	0.0	14	8.0	32.0	17.0	3.00	0.00
EGG & CHEESE BISCUIT	SERVING	25	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
BRKFST, SAUSAGE & EGG BISCUIT	1 EACH	25	350	155	690	2.00	1.44	100.0	0	0.0	*0	14.0	29.0	20.0	7.50	0.00
EGG & CHEESE ON A CROISSANT	1 EACH	25	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	30	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	30	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	30	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average % of Calories			565	39	587	6.56	4.09	528.7	979	26.64	*46 *32.4%	18.82 13.3%	98.54 69.8%	11.87 18.9%	3.75 6.0%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

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MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/05/2022																
MIDDLE SCHOOL BREAKF	Total	400														
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
POCKET, TURKEY PIZZA 4 OZ	1 EACH	100	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	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
.5OZ																
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, 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, 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
CEREAL, FROSTEDSHREDWH	BOWL	30	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	30	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUSCOOTE	BOWL	30	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			477	16	424	5.68	3.72	495.1	765	27.45	*46	17.19	89.16	6.61	1.62	0.00
% of Calories											*38.9%	14.4%	74.7%	12.5%	3.1%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Fri - 05/06/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	50	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	50	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
BREAD, BAGEL PLAIN W/CRM CH	BAGEL	40	291	15	492	7.00	1.80	140.5	0	0.0	7	13.02	47.03	6.06	3.54	0.00
BRKFST, CINN ROLL 2.3 OZ	ROLL	100	229	5	201	1.00	8.01	5.2	3	0.03	*17	5.08	44.7	3.58	1.05	*0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	20	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			552	47	555	7.15	5.63	523.2	1014	26.71	*46	19.39	101.66	8.50	3.30	*0.00
% of Calories											*33.1%	14.1%	73.7%	13.9%	5.4%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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 - 05/09/2022																
MIDDLE SCHOOL BREAKF BRKFST, FR TST WG 2G	Total SERVING	400														
	2 EA	100	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
HS PIZZA, PUFF	1 EACH	100	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
BRKFST, APPLE FRUDEL	1 EACH	20	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, MINI CINNIS	1 EACH	15	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	15	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	15	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	20	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUSCOOTE RS 2GB	BOWL	15	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average % of Calories			564	51	647	5.97	3.40	474.4	866	27.18	*49 *34.6%	21.38 15.2%	99.18 70.3%	10.25 16.4%	3.67 5.9%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
YOGURT PARFAIT, STRAWBE	SERVING	75	310	3	177	3.66	2.14	133.3	810	52.4	*11	5.06	51.17	10.8	7.31	0.00
RRY BWG																
YOGURT PARFAIT,BLUEBERRI	SERVING	50	324	3	177	4.00	1.80	120.0	800	3.6	*14	4.5	53.8	11.55	7.30	0.00
ES BWG																
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
BRKFST, BAR GLAZ BTRMLK 2	BAR	50	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
.5OZ																
CEREAL, FROSTEDSHREDWH	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	35	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			536	48	490	6.63	3.79	524.1	1052	37.42	*46	18.82	92.76	10.98	4.92	0.00
% of Calories											*34.0%	14.1%	69.3%	18.5%	8.3%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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																
MIDDLE SCHOOL BREAKF	Total	400														
HS PIZZA, PUFF	1 EACH	50	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POP TART, STRAWBERRY (2)WG	PASTRY	42	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	43	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
SANDWICH, PB & STRAWWG 2.6OZ	1 EACH	50	320	0	320	4.00	1.44	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
SANDWICH, PB & GRAPE WG 2.6OZ	1 EACH	50	300	0	280	4.00	1.44	20.0	0	0.0	14	8.0	32.0	17.0	3.00	0.00
EGG & CHEESE BISCUIT	SERVING	25	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
BRKFST, SAUSAGE & EGG BISCUIT	1 EACH	25	350	155	690	2.00	1.44	100.0	0	0.0	*0	14.0	29.0	20.0	7.50	0.00
EGG & CHEESE ON A CROISSANT	1 EACH	25	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	30	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	30	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	30	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average % of Calories			565	39	587	6.56	4.09	528.7	979	26.64	*46 *32.4%	18.82 13.3%	98.54 69.8%	11.87 18.9%	3.75 6.0%	*0.00 *0.0%
Nutrient Guideline			400-550		600										<10.00	

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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)
Thu - 05/12/2022																
MIDDLE SCHOOL BREAKF	Total	400														
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
POCKET, TURKEY PIZZA 4 OZ	1 EACH	100	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	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
.5OZ																
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, 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, 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
CEREAL, FROSTEDSHREDWH	BOWL	30	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	30	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUSCOOTE	BOWL	30	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			477	16	424	5.68	3.72	495.1	765	27.45	*46	17.19	89.16	6.61	1.62	0.00
% of Calories											*38.9%	14.4%	74.7%	12.5%	3.1%	0.0%
Nutrient Guideline			400-550		600											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/13/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	50	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	50	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
BREAD, BAGEL PLAIN W/CRM CH	BAGEL	40	291	15	492	7.00	1.80	140.5	0	0.0	7	13.02	47.03	6.06	3.54	0.00
BRKFST, CINN ROLL 2.3 OZ	ROLL	100	229	5	201	1.00	8.01	5.2	3	0.03	*17	5.08	44.7	3.58	1.05	*0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	20	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			552	47	555	7.15	5.63	523.2	1014	26.71	*46	19.39	101.66	8.50	3.30	*0.00
% of Calories											*33.1%	14.1%	73.7%	13.9%	5.4%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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 - 05/16/2022																
MIDDLE SCHOOL BREAKF BRKFST, FR TST WG 2G	Total SERVING	400														
	2 EA	100	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
HS PIZZA, PUFF	1 EACH	100	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
BRKFST, APPLE FRUDEL	1 EACH	20	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, MINI CINNIS	1 EACH	15	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	15	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	15	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	20	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	15	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average % of Calories			564	51	647	5.97	3.40	474.4	866	27.18	*49 *34.6%	21.38 15.2%	99.18 70.3%	10.25 16.4%	3.67 5.9%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/17/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
YOGURT PARFAIT, STRAWBE	SERVING	75	310	3	177	3.66	2.14	133.3	810	52.4	*11	5.06	51.17	10.8	7.31	0.00
RRY BWG																
YOGURT PARFAIT,BLUEBERRI	SERVING	50	324	3	177	4.00	1.80	120.0	800	3.6	*14	4.5	53.8	11.55	7.30	0.00
ES BWG																
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
BRKFST, BAR GLAZ BTRMLK 2	BAR	50	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
.5OZ																
CEREAL, FROSTEDSHREDWH	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	35	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			536	48	490	6.63	3.79	524.1	1052	37.42	*46	18.82	92.76	10.98	4.92	0.00
% of Calories											*34.0%	14.1%	69.3%	18.5%	8.3%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/18/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS PIZZA, PUFF	1 EACH	50	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POP TART, STRAWBERRY (2)WG	PASTRY	42	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	43	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
SANDWICH, PB & STRAWWG 2.6OZ	1 EACH	50	320	0	320	4.00	1.44	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
SANDWICH, PB & GRAPE WG 2.6OZ	1 EACH	50	300	0	280	4.00	1.44	20.0	0	0.0	14	8.0	32.0	17.0	3.00	0.00
EGG & CHEESE BISCUIT	SERVING	25	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
BRKFST, SAUSAGE & EGG BISCUIT	1 EACH	25	350	155	690	2.00	1.44	100.0	0	0.0	*0	14.0	29.0	20.0	7.50	0.00
EGG & CHEESE ON A CROISSANT	1 EACH	25	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	30	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	30	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	30	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			565	39	587	6.56	4.09	528.7	979	26.64	*46	18.82	98.54	11.87	3.75	*0.00
% of Calories											*32.4%	13.3%	69.8%	18.9%	6.0%	*0.0%
Nutrient Guideline			400-550		600									<10.00		

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/19/2022																
MIDDLE SCHOOL BREAKF	Total	400														
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
POCKET, TURKEY PIZZA 4 OZ	1 EACH	100	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	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
.5OZ																
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, 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, 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
CEREAL, FROSTEDSHREDWH	BOWL	30	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	30	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUSCOOTE	BOWL	30	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			477	16	424	5.68	3.72	495.1	765	27.45	*46	17.19	89.16	6.61	1.62	0.00
% of Calories											*38.9%	14.4%	74.7%	12.5%	3.1%	0.0%
Nutrient Guideline			400-550		600										<10.00	

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/20/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	50	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	50	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
BREAD, BAGEL PLAIN W/CRM CH	BAGEL	40	291	15	492	7.00	1.80	140.5	0	0.0	7	13.02	47.03	6.06	3.54	0.00
BRKFST, CINN ROLL 2.3 OZ	ROLL	100	229	5	201	1.00	8.01	5.2	3	0.03	*17	5.08	44.7	3.58	1.05	*0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	20	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			552	47	555	7.15	5.63	523.2	1014	26.71	*46	19.39	101.66	8.50	3.30	*0.00
% of Calories											*33.1%	14.1%	73.7%	13.9%	5.4%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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 - 05/23/2022																
MIDDLE SCHOOL BREAKF BRKFST, FR TST WG 2G	Total SERVING	400														
	2 EA	100	240	0	260	2.00	0.72	40.0	0	0.0	12	6.0	38.0	7.0	1.00	0.00
SYRUP, PANCAKE	FL OZ	100	100	0	45	0.00	0.00	0.0	0	0.0	13	0.0	26.0	0.0	0.00	0.00
HS PIZZA, PUFF	1 EACH	100	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
BRKFST, APPLE FRUDEL	1 EACH	20	210	0	250	2.00	1.44	0.0	0	0.0	10	4.0	36.0	6.0	1.00	0.00
BRKFST, MINI CINNIS	1 EACH	15	240	0	270	2.00	1.44	40.0	0	0.0	15	5.0	39.0	7.0	1.50	0.00
BRKFST, STRAW MINI BAGELS	1 EACH	15	230	10	190	2.00	1.44	20.0	0	0.0	13	6.0	42.0	6.0	2.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	15	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	20	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	15	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			564	51	647	5.97	3.40	474.4	866	27.18	*49	21.38	99.18	10.25	3.67	*0.00
% of Calories											*34.6%	15.2%	70.3%	16.4%	5.9%	*0.0%
Nutrient Guideline			400-550		600									<10.00		

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
YOGURT PARFAIT, STRAWBE	SERVING	75	310	3	177	3.66	2.14	133.3	810	52.4	*11	5.06	51.17	10.8	7.31	0.00
RRY BWG																
YOGURT PARFAIT,BLUEBERRI	SERVING	50	324	3	177	4.00	1.80	120.0	800	3.6	*14	4.5	53.8	11.55	7.30	0.00
ES BWG																
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
BRKFST, BAR GLAZ BTRMLK 2	BAR	50	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
.5OZ																
CEREAL, FROSTEDSHREDWH	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	35	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			536	48	490	6.63	3.79	524.1	1052	37.42	*46	18.82	92.76	10.98	4.92	0.00
% of Calories											*34.0%	14.1%	69.3%	18.5%	8.3%	0.0%
Nutrient Guideline			400-550		600									<10.00		

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

Generated on: 4/29/2022 10:52:55 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																
MIDDLE SCHOOL BREAKF	Total	400														
HS PIZZA, PUFF	1 EACH	50	327	26	733	2.58	2.76	17.2	418	1.92	*3	14.81	48.76	8.54	3.98	*0.00
POP TART, STRAWBERRY (2)WG	PASTRY	42	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	43	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
SANDWICH, PB & STRAWWG 2.6OZ	1 EACH	50	320	0	320	4.00	1.44	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
SANDWICH, PB & GRAPE WG 2.6OZ	1 EACH	50	300	0	280	4.00	1.44	20.0	0	0.0	14	8.0	32.0	17.0	3.00	0.00
EGG & CHEESE BISCUIT	SERVING	25	380	145	780	2.00	1.08	100.0	0	0.0	*0	13.0	30.0	23.0	10.50	0.00
BRKFST, SAUSAGE & EGG BISCUIT	1 EACH	25	350	155	690	2.00	1.44	100.0	0	0.0	*0	14.0	29.0	20.0	7.50	0.00
EGG & CHEESE ON A CROISSANT	1 EACH	25	340	145	600	3.00	1.44	100.0	200	0.0	3	13.0	32.0	19.0	8.00	0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	30	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	30	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	30	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average % of Calories			565	39	587	6.56	4.09	528.7	979	26.64	*46 *32.4%	18.82 13.3%	98.54 69.8%	11.87 18.9%	3.75 6.0%	*0.00 *0.0%
Nutrient Guideline			400-550		600										<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/26/2022																
MIDDLE SCHOOL BREAKF	Total	400														
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
POCKET, TURKEY PIZZA 4 OZ	1 EACH	100	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	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
.5OZ																
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, 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, 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
CEREAL, FROSTEDSHREDWH	BOWL	30	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	30	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUSCOOTE	BOWL	30	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			477	16	424	5.68	3.72	495.1	765	27.45	*46	17.19	89.16	6.61	1.62	0.00
% of Calories											*38.9%	14.4%	74.7%	12.5%	3.1%	0.0%
Nutrient Guideline			400-550		600											<10.00

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

MIDDLE SCHOOL BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/27/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
POP TART, STRAWBERRY (2)WG	PASTRY	50	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	50	370	0	380	6.00	3.60	200.0	1000	0.0	*N/A*	5.0	74.0	6.0	2.00	0.00
BREAD, BAGEL PLAIN W/CRM CH	BAGEL	40	291	15	492	7.00	1.80	140.5	0	0.0	7	13.02	47.03	6.06	3.54	0.00
BRKFST, CINN ROLL 2.3 OZ	ROLL	100	229	5	201	1.00	8.01	5.2	3	0.03	*17	5.08	44.7	3.58	1.05	*0.00
CEREAL, FROSTEDSHREDWH EAT2GB	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
CEREAL, CINNTOASTERS 2GB	BOWL	20	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE RS 2GB	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			552	47	555	7.15	5.63	523.2	1014	26.71	*46	19.39	101.66	8.50	3.30	*0.00
% of Calories											*33.1%	14.1%	73.7%	13.9%	5.4%	*0.0%
Nutrient Guideline			400-550		600										<10.00	

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/31/2022																
MIDDLE SCHOOL BREAKF	Total	400														
HS-BREAKFAST BURRITO	1 EACH	100	355	148	671	6.00	3.24	10.0	251	1.2	0	19.03	30.5	17.51	7.25	0.00
YOGURT PARFAIT, STRAWBE	SERVING	75	310	3	177	3.66	2.14	133.3	810	52.4	*11	5.06	51.17	10.8	7.31	0.00
RRY BWG																
YOGURT PARFAIT, BLUEBERRI	SERVING	50	324	3	177	4.00	1.80	120.0	800	3.6	*14	4.5	53.8	11.55	7.30	0.00
ES BWG																
PIZZA, BKFS BEEF 2.79OZ WIL	SLICE	50	180	10	270	2.00	1.08	150.0	300	3.6	3	9.0	17.0	6.0	2.00	0.00
D M																
BRKFST, BAR GLAZ BTRMLK 2	BAR	50	249	15	220	3.00	1.08	0.0	0	0.0	*N/A*	3.0	43.0	7.0	1.00	0.00
.5OZ																
CEREAL, FROSTEDSHREDWH	BOWL	20	190	0	5	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
EAT2GB																
CEREAL, CINNTOASTERS 2GB	BOWL	35	240	0	270	3.00	9.00	200.0	0	0.0	19	3.0	44.0	7.0	0.50	0.00
CEREAL, HONEYNUTSCOOTE	BOWL	20	220	0	390	4.00	0.00	0.0	85	0.0	17	5.0	45.0	2.5	0.00	0.00
RS 2GB																
MILK, NONFAT CHOCOLATE	SERVING	300	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	SERVING	100	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	100	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	100	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	EACH	100	80	0	10	0.00	0.00	100.0	0	0.0	19	0.0	20.0	0.0	0.00	0.00
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	1 EACH	100	50	0	1	2.02	0.18	10.3	51	4.58	10	0.01	12.65	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	100	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	100	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
FRUIT, PEACHES FRESH	1 EACH	100	38	0	0	1.73	0.21	5.8	317	6.57	*N/A*	1.15	9.22	0.0	0.00	0.00
Weighted Daily Average			536	48	490	6.63	3.79	524.1	1052	37.42	*46	18.82	92.76	10.98	4.92	0.00
% of Calories											*34.0%	14.1%	69.3%	18.5%	8.3%	0.0%
Nutrient Guideline			400-550		600										<10.00	
Weighted Average			539	41	538	6.41	4.11	509.8	941	29.48	*46	19.10	96.09	9.71	3.52	*0.00
											*77.5%	14.2%	71.4%	16.2%	5.9%	*0.0%

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL BREAKFAST

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	539		400 - 550	100%														
Cholesterol (mg)	41																	
Sodium 1 (mg)	538		600															
Sodium 2 (mg)	538		535						3	Correction Required - Sodium too High								
Fiber (g)	6.41																	
Iron (mg)	4.11																	
Calcium (mg)	509.8																	
Vitamin A (IU)	941																	
Sugars (g)	46	34.45%				Missing												
Vitamin C (mg)	29.48																	
Protein (g)	19.10	14.19%																
Carbohydrate (g)	96.09	71.37%																
Total Fat (g)	9.71	16.22%																
Saturated Fat (g)	3.52	5.89%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%				Missing												

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