

# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/01/2018              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| PARFAIT JUST PEACHY:K12       | 1 parfait           | 60        | 232         | 2           | 133       | 1.00      | 0.36      | 106.6      | 813        | 1.26       | *N/A*      | 5.16      | 44.7     | 3.75      | 0.83      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| PEARS CANNED IN JUICE         | 1/2 CUP             | 20        | 60          | 0           | 5         | 2.00      | 0.36      | 0.0        | 0          | 1.2        | *N/A*      | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 465         | 11          | 335       | 5.06      | 12.28     | 511.8      | 1404       | 29.27      | *21        | 16.23     | 88.76    | 5.61      | 1.64      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *18.5%     | 14.0%     | 76.4%    | 10.9%     | 3.2%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

|                               |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
|-------------------------------|---------------------|-----|---------|----|-----|------|-------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Wed - 05/02/2018              |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
| Elementary Brkfst-Traditional | Total               | 100 |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
| Burrito, Brkfst - Ardella     | 1 each              | 60  | 177     | 20 | 264 | 3.94 | 0.76  | 188.3 | 168  | 0.0   | 0      | 9.92  | 18.12 | 7.3   | 3.54 | 0.00   |
| Cereal, Assorted 2oz          | Bowl                | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25     | 7.32  | 75.46 | 4.69  | 0.74 | *N/A*  |
| Fruit, Fresh, Assorted        | 1 each              | 50  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10     | 0.72  | 15.15 | 0.19  | 0.04 | *N/A*  |
| Juice, Assorted, 4 oz         | 4 oz                | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*  | 0.43  | 14.61 | 0.07  | 0.01 | *0.00  |
| FRUIT COCKTAIL CND            | 1/2 CUP             | 20  | 60      | 0  | 10  | 1.00 | 0.00  | 0.0   | 200  | 1.2   | *N/A*  | 0.0   | 14.0  | 0.0   | 0.00 | 0.00   |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*  | 11.0  | 16.0  | 2.5   | 1.50 | 0.00   |
| MILK,Skim                     | HALF PINT           | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12     | 8.26  | 12.15 | 0.2   | 0.14 | *N/A*  |
| Weighted Daily Average        |                     |     | 432     | 22 | 415 | 6.62 | 12.44 | 560.8 | 1057 | 28.52 | *22    | 19.08 | 72.81 | 7.74  | 3.26 | *0.00  |
| % of Calories                 |                     |     |         |    |     |      |       |       |      |       | *20.0% | 17.7% | 67.5% | 16.1% | 6.8% | *0.0%  |
| Nutrient Guideline            |                     |     | 350-500 |    | 540 |      |       |       |      |       |        |       |       |       |      | <10.00 |

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|---|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Thu - 05/03/2018                        |                     |           |             |             |           |           |           |            |            |            |               |                |                |               |              |                         |
| Elementary Brkfst-Traditional           | Total               | 100       |             |             |           |           |           |            |            |            |               |                |                |               |              |                         |
| MUFFIN VARIETY:IW 2oz                   | 1 muffin            | 60        | 190         | 42          | 130       | 2.00      | 1.08      | 35.0       | 100        | 0.6        | 17            | 3.25           | 31.0           | 6.0           | 2.00         | 0.00                    |
| Cereal, Assorted 2oz                    | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25            | 7.32           | 75.46          | 4.69          | 0.74         | *N/A*                   |
| Fruit, Fresh, Assorted                  | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10            | 0.72           | 15.15          | 0.19          | 0.04         | *N/A*                   |
| Juice, Assorted, 4 oz                   | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*         | 0.43           | 14.61          | 0.07          | 0.01         | *0.00                   |
| Peachy Blueberries                      | 1/2 cup             | 10        | 62          | 0           | 10        | 0.32      | 0.06      | 0.9        | 307        | 1.34       | *3            | 0.06           | 15.16          | 0.02          | 0.00         | *0.00                   |
| Milk, 1% Producer's Dairy               | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*         | 11.0           | 16.0           | 2.5           | 1.50         | 0.00                    |
| MILK,Skim                               | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12            | 8.26           | 12.15          | 0.2           | 0.14         | *N/A*                   |
| Weighted Daily Average<br>% of Calories |                     |           | 434         | 35          | 333       | 5.29      | 12.64     | 468.9      | 1007       | 28.77      | *32<br>*29.2% | 15.08<br>13.9% | 79.25<br>73.1% | 6.96<br>14.4% | 2.34<br>4.9% | *0.00<br>*0.0%          |
| Nutrient Guideline                      |                     |           | 350-500     |             | 540       |           |           |            |            |            |               |                |                |               |              | <10.00                  |

|   |                     |     |         |    |     |      |       |       |     |       |               |                |                |               |              |                |
|---|---------------------|-----|---------|----|-----|------|-------|-------|-----|-------|---------------|----------------|----------------|---------------|--------------|----------------|
| Fri - 05/04/2018                        |                     |     |         |    |     |      |       |       |     |       |               |                |                |               |              |                |
| Elementary Brkfst-Traditional           | Total               | 100 |         |    |     |      |       |       |     |       |               |                |                |               |              |                |
| CINNAMON BUN WG IW 6070                 | 1 EACH              | 60  | 230     | 15 | 250 | 2.00 | 1.44  | 60.0  | 0   | 0.0   | *N/A*         | 5.0            | 37.0           | 7.0           | 2.00         | 0.00           |
| Cereal, Assorted 2oz                    | Bowl                | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843 | 13.19 | 25            | 7.32           | 75.46          | 4.69          | 0.74         | *N/A*          |
| Fruit, Fresh, Assorted                  | 1 each              | 50  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121 | 23.89 | 10            | 0.72           | 15.15          | 0.19          | 0.04         | *N/A*          |
| Juice, Assorted, 4 oz                   | 4 oz                | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38  | 19.72 | *N/A*         | 0.43           | 14.61          | 0.07          | 0.01         | *0.00          |
| APPLESAUCE CND                          | 1/2 CUP             | 20  | 50      | 0  | 10  | 2.00 | 0.00  | 0.0   | 45  | 0.0   | 9             | 0.0            | 13.0           | 0.0           | 0.00         | 0.00           |
| Milk, 1% Producer's Dairy               | half pint c<br>arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500 | 2.4   | *N/A*         | 11.0           | 16.0           | 2.5           | 1.50         | 0.00           |
| MILK,Skim                               | HALF PINT           | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500 | 0.0   | 12            | 8.26           | 12.15          | 0.2           | 0.14         | *N/A*          |
| Weighted Daily Average<br>% of Calories |                     |     | 462     | 19 | 406 | 5.66 | 12.85 | 483.8 | 925 | 28.28 | *23<br>*20.2% | 16.13<br>14.0% | 83.94<br>72.7% | 7.56<br>14.7% | 2.34<br>4.6% | *0.00<br>*0.0% |
| Nutrient Guideline                      |                     |     | 350-500 |    | 540 |      |       |       |     |       |               |                |                |               |              | <10.00         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**San Luis Coastal Unified**

**May 1, 2018 thru Jun 7, 2018**

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|--|-----------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| <b>Mon - 05/07/2018</b>                            |                       |           |             |             |           |           |           |           |            |            |               |                |                |               |              |                         |
| Elementary Brkfst-Traditional BAGEL & CREAM CHEESE | Total bagel+cr m chez | 100<br>60 | 240         | 20          | 490       | 3.00      | 1.80      | 80.0      | 400        | 2.4        | *N/A*         | 9.0            | 40.0           | 6.0           | 3.00         | 0.00                    |
| Cereal, Assorted 2oz                               | Bowl                  | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9     | 843        | 13.19      | 25            | 7.32           | 75.46          | 4.69          | 0.74         | *N/A*                   |
| Fruit, Fresh, Assorted                             | 1 each                | 60        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6      | 121        | 23.89      | 10            | 0.72           | 15.15          | 0.19          | 0.04         | *N/A*                   |
| Juice, Assorted, 4 oz                              | 4 oz                  | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5       | 38         | 19.72      | *N/A*         | 0.43           | 14.61          | 0.07          | 0.01         | *0.00                   |
| APPLESAUCE CND                                     | 1/2 CUP               | 10        | 50          | 0           | 10        | 2.00      | 0.00      | 0.0       | 45         | 0.0        | 9             | 0.0            | 13.0           | 0.0           | 0.00         | 0.00                    |
| Milk, 1% Producer's Dairy                          | half pint c arto      | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0     | 500        | 2.4        | *N/A*         | 11.0           | 16.0           | 2.5           | 1.50         | 0.00                    |
| MILK,Skim  | HALF PINT             | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9     | 500        | 0.0        | 12            | 8.26           | 12.15          | 0.2           | 0.14         | *N/A*                   |
| Weighted Daily Average % of Calories               |                       |           | 468         | 22          | 549       | 6.30      | 13.08     | 497.7     | 1173       | 32.11      | *23<br>*20.0% | 18.60<br>15.9% | 85.95<br>73.4% | 6.97<br>13.4% | 2.94<br>5.7% | *0.00<br>*0.0%          |
| Nutrient Guideline                                 |                       |           | 350-500     |             | 540       |           |           |           |            |            |               |                |                |               |              | <10.00                  |

|   |                  |           |         |    |     |      |       |       |      |       |               |                |                |               |              |                |
|---|------------------|-----------|---------|----|-----|------|-------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|----------------|
| <b>Tue - 05/08/2018</b>                               |                  |           |         |    |     |      |       |       |      |       |               |                |                |               |              |                |
| Elementary Brkfst-Traditional PARFAIT JUST PEACHY:K12 | Total 1 parfait  | 100<br>60 | 232     | 2  | 133 | 1.00 | 0.36  | 106.6 | 813  | 1.26  | *N/A*         | 5.16           | 44.7           | 3.75          | 0.83         | 0.00           |
| Cereal, Assorted 2oz                                  | Bowl             | 40        | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25            | 7.32           | 75.46          | 4.69          | 0.74         | *N/A*          |
| Fruit, Fresh, Assorted                                | 1 each           | 50        | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10            | 0.72           | 15.15          | 0.19          | 0.04         | *N/A*          |
| Juice, Assorted, 4 oz                                 | 4 oz             | 50        | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*         | 0.43           | 14.61          | 0.07          | 0.01         | *0.00          |
| PEARS CANNED IN JUICE                                 | 1/2 CUP          | 20        | 60      | 0  | 5   | 2.00 | 0.36  | 0.0   | 0    | 1.2   | *N/A*         | 0.0            | 14.0           | 0.0           | 0.00         | 0.00           |
| Milk, 1% Producer's Dairy                             | half pint c arto | 50        | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*         | 11.0           | 16.0           | 2.5           | 1.50         | 0.00           |
| MILK,Skim   | HALF PINT        | 50        | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12            | 8.26           | 12.15          | 0.2           | 0.14         | *N/A*          |
| Weighted Daily Average % of Calories                  |                  |           | 465     | 11 | 335 | 5.06 | 12.28 | 511.8 | 1404 | 29.27 | *21<br>*18.5% | 16.23<br>14.0% | 88.76<br>76.4% | 5.61<br>10.9% | 1.64<br>3.2% | *0.00<br>*0.0% |
| Nutrient Guideline                                    |                  |           | 350-500 |    | 540 |      |       |       |      |       |               |                |                |               |              | <10.00         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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May 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

Elementary Brkfst-Traditional

### Portion Values - Detailed

|                               | Portion Size        | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/09/2018              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Burrito, Brkfst - Ardella     | 1 each              | 60        | 177         | 20          | 264       | 3.94      | 0.76      | 188.3      | 168        | 0.0        | 0          | 9.92      | 18.12    | 7.3       | 3.54      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| FRUIT COCKTAIL CND            | 1/2 CUP             | 20        | 60          | 0           | 10        | 1.00      | 0.00      | 0.0        | 200        | 1.2        | *N/A*      | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 432         | 22          | 415       | 6.62      | 12.44     | 560.8      | 1057       | 28.52      | *22        | 19.08     | 72.81    | 7.74      | 3.26      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *20.0%     | 17.7%     | 67.5%    | 16.1%     | 6.8%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                               | 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 <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/10/2018              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| MUFFIN VARIETY:IW 2oz         | 1 muffin            | 60        | 190         | 42          | 130       | 2.00      | 1.08      | 35.0       | 100        | 0.6        | 17         | 3.25      | 31.0     | 6.0       | 2.00      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| Peachy Blueberries            | 1/2 cup             | 10        | 62          | 0           | 10        | 0.32      | 0.06      | 0.9        | 307        | 1.34       | *3         | 0.06      | 15.16    | 0.02      | 0.00      | *0.00                   |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 434         | 35          | 333       | 5.29      | 12.64     | 468.9      | 1007       | 28.77      | *32        | 15.08     | 79.25    | 6.96      | 2.34      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *29.2%     | 13.9%     | 73.1%    | 14.4%     | 4.9%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**San Luis Coastal Unified**

**May 1, 2018 thru Jun 7, 2018**

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

|                               | Portion Size     | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/11/2018              |                  |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total            | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| CINNAMON BUN WG IW 6070       | 1 EACH           | 60        | 230         | 15          | 250       | 2.00      | 1.44      | 60.0       | 0          | 0.0        | *N/A*      | 5.0       | 37.0     | 7.0       | 2.00      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl             | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each           | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz             | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| APPLESAUCE CND                | 1/2 CUP          | 20        | 50          | 0           | 10        | 2.00      | 0.00      | 0.0        | 45         | 0.0        | 9          | 0.0       | 13.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT        | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                  |           | 462         | 19          | 406       | 5.66      | 12.85     | 483.8      | 925        | 28.28      | *23        | 16.13     | 83.94    | 7.56      | 2.34      | *0.00                   |
| % of Calories                 |                  |           |             |             |           |           |           |            |            |            | *20.2%     | 14.0%     | 72.7%    | 14.7%     | 4.6%      | *0.0%                   |
| Nutrient Guideline            |                  |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                               |                  |     |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
|-------------------------------|------------------|-----|---------|----|-----|------|-------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Mon - 05/14/2018              |                  |     |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
| Elementary Brkfst-Traditional | Total            | 100 |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
| BAGEL & CREAM CHEESE          | bagel+cr m chez  | 60  | 240     | 20 | 490 | 3.00 | 1.80  | 80.0  | 400  | 2.4   | *N/A*  | 9.0   | 40.0  | 6.0   | 3.00   | 0.00  |
| Cereal, Assorted 2oz          | Bowl             | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25     | 7.32  | 75.46 | 4.69  | 0.74   | *N/A* |
| Fruit, Fresh, Assorted        | 1 each           | 60  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10     | 0.72  | 15.15 | 0.19  | 0.04   | *N/A* |
| Juice, Assorted, 4 oz         | 4 oz             | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*  | 0.43  | 14.61 | 0.07  | 0.01   | *0.00 |
| APPLESAUCE CND                | 1/2 CUP          | 10  | 50      | 0  | 10  | 2.00 | 0.00  | 0.0   | 45   | 0.0   | 9      | 0.0   | 13.0  | 0.0   | 0.00   | 0.00  |
| Milk, 1% Producer's Dairy     | half pint c arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*  | 11.0  | 16.0  | 2.5   | 1.50   | 0.00  |
| MILK,Skim                     | HALF PINT        | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12     | 8.26  | 12.15 | 0.2   | 0.14   | *N/A* |
| Weighted Daily Average        |                  |     | 468     | 22 | 549 | 6.30 | 13.08 | 497.7 | 1173 | 32.11 | *23    | 18.60 | 85.95 | 6.97  | 2.94   | *0.00 |
| % of Calories                 |                  |     |         |    |     |      |       |       |      |       | *20.0% | 15.9% | 73.4% | 13.4% | 5.7%   | *0.0% |
| Nutrient Guideline            |                  |     | 350-500 |    | 540 |      |       |       |      |       |        |       |       |       | <10.00 |       |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/15/2018              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| PARFAIT JUST PEACHY:K12       | 1 parfait           | 60        | 232         | 2           | 133       | 1.00      | 0.36      | 106.6      | 813        | 1.26       | *N/A*      | 5.16      | 44.7     | 3.75      | 0.83      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| PEARS CANNED IN JUICE         | 1/2 CUP             | 20        | 60          | 0           | 5         | 2.00      | 0.36      | 0.0        | 0          | 1.2        | *N/A*      | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 465         | 11          | 335       | 5.06      | 12.28     | 511.8      | 1404       | 29.27      | *21        | 16.23     | 88.76    | 5.61      | 1.64      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *18.5%     | 14.0%     | 76.4%    | 10.9%     | 3.2%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

|                               |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
|-------------------------------|---------------------|-----|---------|----|-----|------|-------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Wed - 05/16/2018              |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
| Elementary Brkfst-Traditional | Total               | 100 |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
| Burrito, Brkfst - Ardella     | 1 each              | 60  | 177     | 20 | 264 | 3.94 | 0.76  | 188.3 | 168  | 0.0   | 0      | 9.92  | 18.12 | 7.3   | 3.54 | 0.00   |
| Cereal, Assorted 2oz          | Bowl                | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25     | 7.32  | 75.46 | 4.69  | 0.74 | *N/A*  |
| Fruit, Fresh, Assorted        | 1 each              | 50  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10     | 0.72  | 15.15 | 0.19  | 0.04 | *N/A*  |
| Juice, Assorted, 4 oz         | 4 oz                | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*  | 0.43  | 14.61 | 0.07  | 0.01 | *0.00  |
| FRUIT COCKTAIL CND            | 1/2 CUP             | 20  | 60      | 0  | 10  | 1.00 | 0.00  | 0.0   | 200  | 1.2   | *N/A*  | 0.0   | 14.0  | 0.0   | 0.00 | 0.00   |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*  | 11.0  | 16.0  | 2.5   | 1.50 | 0.00   |
| MILK,Skim                     | HALF PINT           | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12     | 8.26  | 12.15 | 0.2   | 0.14 | *N/A*  |
| Weighted Daily Average        |                     |     | 432     | 22 | 415 | 6.62 | 12.44 | 560.8 | 1057 | 28.52 | *22    | 19.08 | 72.81 | 7.74  | 3.26 | *0.00  |
| % of Calories                 |                     |     |         |    |     |      |       |       |      |       | *20.0% | 17.7% | 67.5% | 16.1% | 6.8% | *0.0%  |
| Nutrient Guideline            |                     |     | 350-500 |    | 540 |      |       |       |      |       |        |       |       |       |      | <10.00 |

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

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|---|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Thu - 05/17/2018                        |                     |           |             |             |           |           |           |            |            |            |               |                |                |               |              |                         |
| Elementary Brkfst-Traditional           | Total               | 100       |             |             |           |           |           |            |            |            |               |                |                |               |              |                         |
| MUFFIN VARIETY:IW 2oz                   | 1 muffin            | 60        | 190         | 42          | 130       | 2.00      | 1.08      | 35.0       | 100        | 0.6        | 17            | 3.25           | 31.0           | 6.0           | 2.00         | 0.00                    |
| Cereal, Assorted 2oz                    | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25            | 7.32           | 75.46          | 4.69          | 0.74         | *N/A*                   |
| Fruit, Fresh, Assorted                  | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10            | 0.72           | 15.15          | 0.19          | 0.04         | *N/A*                   |
| Juice, Assorted, 4 oz                   | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*         | 0.43           | 14.61          | 0.07          | 0.01         | *0.00                   |
| Peachy Blueberries                      | 1/2 cup             | 10        | 62          | 0           | 10        | 0.32      | 0.06      | 0.9        | 307        | 1.34       | *3            | 0.06           | 15.16          | 0.02          | 0.00         | *0.00                   |
| Milk, 1% Producer's Dairy               | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*         | 11.0           | 16.0           | 2.5           | 1.50         | 0.00                    |
| MILK,Skim                               | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12            | 8.26           | 12.15          | 0.2           | 0.14         | *N/A*                   |
| Weighted Daily Average<br>% of Calories |                     |           | 434         | 35          | 333       | 5.29      | 12.64     | 468.9      | 1007       | 28.77      | *32<br>*29.2% | 15.08<br>13.9% | 79.25<br>73.1% | 6.96<br>14.4% | 2.34<br>4.9% | *0.00<br>*0.0%          |
| Nutrient Guideline                      |                     |           | 350-500     |             | 540       |           |           |            |            |            |               |                |                |               |              | <10.00                  |

|   |                     |     |         |    |     |      |       |       |     |       |               |                |                |               |              |                |
|---|---------------------|-----|---------|----|-----|------|-------|-------|-----|-------|---------------|----------------|----------------|---------------|--------------|----------------|
| Fri - 05/18/2018                        |                     |     |         |    |     |      |       |       |     |       |               |                |                |               |              |                |
| Elementary Brkfst-Traditional           | Total               | 100 |         |    |     |      |       |       |     |       |               |                |                |               |              |                |
| CINNAMON BUN WG IW 6070                 | 1 EACH              | 60  | 230     | 15 | 250 | 2.00 | 1.44  | 60.0  | 0   | 0.0   | *N/A*         | 5.0            | 37.0           | 7.0           | 2.00         | 0.00           |
| Cereal, Assorted 2oz                    | Bowl                | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843 | 13.19 | 25            | 7.32           | 75.46          | 4.69          | 0.74         | *N/A*          |
| Fruit, Fresh, Assorted                  | 1 each              | 50  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121 | 23.89 | 10            | 0.72           | 15.15          | 0.19          | 0.04         | *N/A*          |
| Juice, Assorted, 4 oz                   | 4 oz                | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38  | 19.72 | *N/A*         | 0.43           | 14.61          | 0.07          | 0.01         | *0.00          |
| APPLESAUCE CND                          | 1/2 CUP             | 20  | 50      | 0  | 10  | 2.00 | 0.00  | 0.0   | 45  | 0.0   | 9             | 0.0            | 13.0           | 0.0           | 0.00         | 0.00           |
| Milk, 1% Producer's Dairy               | half pint c<br>arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500 | 2.4   | *N/A*         | 11.0           | 16.0           | 2.5           | 1.50         | 0.00           |
| MILK,Skim                               | HALF PINT           | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500 | 0.0   | 12            | 8.26           | 12.15          | 0.2           | 0.14         | *N/A*          |
| Weighted Daily Average<br>% of Calories |                     |     | 462     | 19 | 406 | 5.66 | 12.85 | 483.8 | 925 | 28.28 | *23<br>*20.2% | 16.13<br>14.0% | 83.94<br>72.7% | 7.56<br>14.7% | 2.34<br>4.6% | *0.00<br>*0.0% |
| Nutrient Guideline                      |                     |     | 350-500 |    | 540 |      |       |       |     |       |               |                |                |               |              | <10.00         |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|--|-----------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| <b>Mon - 05/21/2018</b>                            |                       |           |             |             |           |           |           |           |            |            |               |                |                |               |              |                         |
| Elementary Brkfst-Traditional BAGEL & CREAM CHEESE | Total bagel+cr m chez | 100<br>60 | 240         | 20          | 490       | 3.00      | 1.80      | 80.0      | 400        | 2.4        | *N/A*         | 9.0            | 40.0           | 6.0           | 3.00         | 0.00                    |
| Cereal, Assorted 2oz                               | Bowl                  | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9     | 843        | 13.19      | 25            | 7.32           | 75.46          | 4.69          | 0.74         | *N/A*                   |
| Fruit, Fresh, Assorted                             | 1 each                | 60        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6      | 121        | 23.89      | 10            | 0.72           | 15.15          | 0.19          | 0.04         | *N/A*                   |
| Juice, Assorted, 4 oz                              | 4 oz                  | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5       | 38         | 19.72      | *N/A*         | 0.43           | 14.61          | 0.07          | 0.01         | *0.00                   |
| APPLESAUCE CND                                     | 1/2 CUP               | 10        | 50          | 0           | 10        | 2.00      | 0.00      | 0.0       | 45         | 0.0        | 9             | 0.0            | 13.0           | 0.0           | 0.00         | 0.00                    |
| Milk, 1% Producer's Dairy                          | half pint c arto      | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0     | 500        | 2.4        | *N/A*         | 11.0           | 16.0           | 2.5           | 1.50         | 0.00                    |
| MILK,Skim  | HALF PINT             | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9     | 500        | 0.0        | 12            | 8.26           | 12.15          | 0.2           | 0.14         | *N/A*                   |
| Weighted Daily Average % of Calories               |                       |           | 468         | 22          | 549       | 6.30      | 13.08     | 497.7     | 1173       | 32.11      | *23<br>*20.0% | 18.60<br>15.9% | 85.95<br>73.4% | 6.97<br>13.4% | 2.94<br>5.7% | *0.00<br>*0.0%          |
| Nutrient Guideline                                 |                       |           | 350-500     |             | 540       |           |           |           |            |            |               |                |                |               |              | <10.00                  |

|   |                  |           |         |    |     |      |       |       |      |       |               |                |                |               |              |                |
|---|------------------|-----------|---------|----|-----|------|-------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|----------------|
| <b>Tue - 05/22/2018</b>                               |                  |           |         |    |     |      |       |       |      |       |               |                |                |               |              |                |
| Elementary Brkfst-Traditional PARFAIT JUST PEACHY:K12 | Total 1 parfait  | 100<br>60 | 232     | 2  | 133 | 1.00 | 0.36  | 106.6 | 813  | 1.26  | *N/A*         | 5.16           | 44.7           | 3.75          | 0.83         | 0.00           |
| Cereal, Assorted 2oz                                  | Bowl             | 40        | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25            | 7.32           | 75.46          | 4.69          | 0.74         | *N/A*          |
| Fruit, Fresh, Assorted                                | 1 each           | 50        | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10            | 0.72           | 15.15          | 0.19          | 0.04         | *N/A*          |
| Juice, Assorted, 4 oz                                 | 4 oz             | 50        | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*         | 0.43           | 14.61          | 0.07          | 0.01         | *0.00          |
| PEARS CANNED IN JUICE                                 | 1/2 CUP          | 20        | 60      | 0  | 5   | 2.00 | 0.36  | 0.0   | 0    | 1.2   | *N/A*         | 0.0            | 14.0           | 0.0           | 0.00         | 0.00           |
| Milk, 1% Producer's Dairy                             | half pint c arto | 50        | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*         | 11.0           | 16.0           | 2.5           | 1.50         | 0.00           |
| MILK,Skim   | HALF PINT        | 50        | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12            | 8.26           | 12.15          | 0.2           | 0.14         | *N/A*          |
| Weighted Daily Average % of Calories                  |                  |           | 465     | 11 | 335 | 5.06 | 12.28 | 511.8 | 1404 | 29.27 | *21<br>*18.5% | 16.23<br>14.0% | 88.76<br>76.4% | 5.61<br>10.9% | 1.64<br>3.2% | *0.00<br>*0.0% |
| Nutrient Guideline                                    |                  |           | 350-500 |    | 540 |      |       |       |      |       |               |                |                |               |              | <10.00         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

|                               | Portion Size        | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Wed - 05/23/2018</b>       |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Burrito, Brkfst - Ardella     | 1 each              | 60        | 177         | 20          | 264       | 3.94      | 0.76      | 188.3      | 168        | 0.0        | 0          | 9.92      | 18.12    | 7.3       | 3.54      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| FRUIT COCKTAIL CND            | 1/2 CUP             | 20        | 60          | 0           | 10        | 1.00      | 0.00      | 0.0        | 200        | 1.2        | *N/A*      | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 432         | 22          | 415       | 6.62      | 12.44     | 560.8      | 1057       | 28.52      | *22        | 19.08     | 72.81    | 7.74      | 3.26      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *20.0%     | 17.7%     | 67.5%    | 16.1%     | 6.8%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                               |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
|-------------------------------|---------------------|-----|---------|----|-----|------|-------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| <b>Thu - 05/24/2018</b>       |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
| Elementary Brkfst-Traditional | Total               | 100 |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
| MUFFIN VARIETY:IW 2oz         | 1 muffin            | 60  | 190     | 42 | 130 | 2.00 | 1.08  | 35.0  | 100  | 0.6   | 17     | 3.25  | 31.0  | 6.0   | 2.00   | 0.00  |
| Cereal, Assorted 2oz          | Bowl                | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25     | 7.32  | 75.46 | 4.69  | 0.74   | *N/A* |
| Fruit, Fresh, Assorted        | 1 each              | 50  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10     | 0.72  | 15.15 | 0.19  | 0.04   | *N/A* |
| Juice, Assorted, 4 oz         | 4 oz                | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*  | 0.43  | 14.61 | 0.07  | 0.01   | *0.00 |
| Peachy Blueberries            | 1/2 cup             | 10  | 62      | 0  | 10  | 0.32 | 0.06  | 0.9   | 307  | 1.34  | *3     | 0.06  | 15.16 | 0.02  | 0.00   | *0.00 |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*  | 11.0  | 16.0  | 2.5   | 1.50   | 0.00  |
| MILK,Skim                     | HALF PINT           | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12     | 8.26  | 12.15 | 0.2   | 0.14   | *N/A* |
| Weighted Daily Average        |                     |     | 434     | 35 | 333 | 5.29 | 12.64 | 468.9 | 1007 | 28.77 | *32    | 15.08 | 79.25 | 6.96  | 2.34   | *0.00 |
| % of Calories                 |                     |     |         |    |     |      |       |       |      |       | *29.2% | 13.9% | 73.1% | 14.4% | 4.9%   | *0.0% |
| Nutrient Guideline            |                     |     | 350-500 |    | 540 |      |       |       |      |       |        |       |       |       | <10.00 |       |

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

Portion Values - Detailed

|                               | Portion Size        | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/25/2018              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| CINNAMON BUN WG IW 6070       | 1 EACH              | 60        | 230         | 15          | 250       | 2.00      | 1.44      | 60.0       | 0          | 0.0        | *N/A*      | 5.0       | 37.0     | 7.0       | 2.00      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| APPLESAUCE CND                | 1/2 CUP             | 20        | 50          | 0           | 10        | 2.00      | 0.00      | 0.0        | 45         | 0.0        | 9          | 0.0       | 13.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 462         | 19          | 406       | 5.66      | 12.85     | 483.8      | 925        | 28.28      | *23        | 16.13     | 83.94    | 7.56      | 2.34      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *20.2%     | 14.0%     | 72.7%    | 14.7%     | 4.6%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                               | 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 <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/29/2018              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| PARFAIT JUST PEACHY:K12       | 1 parfait           | 60        | 232         | 2           | 133       | 1.00      | 0.36      | 106.6      | 813        | 1.26       | *N/A*      | 5.16      | 44.7     | 3.75      | 0.83      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| PEARS CANNED IN JUICE         | 1/2 CUP             | 20        | 60          | 0           | 5         | 2.00      | 0.36      | 0.0        | 0          | 1.2        | *N/A*      | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 465         | 11          | 335       | 5.06      | 12.28     | 511.8      | 1404       | 29.27      | *21        | 16.23     | 88.76    | 5.61      | 1.64      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *18.5%     | 14.0%     | 76.4%    | 10.9%     | 3.2%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Wed - 05/30/2018</b>       |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Burrito, Brkfst - Ardella     | 1 each              | 60        | 177         | 20          | 264       | 3.94      | 0.76      | 188.3      | 168        | 0.0        | 0          | 9.92      | 18.12    | 7.3       | 3.54      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| FRUIT COCKTAIL CND            | 1/2 CUP             | 20        | 60          | 0           | 10        | 1.00      | 0.00      | 0.0        | 200        | 1.2        | *N/A*      | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 432         | 22          | 415       | 6.62      | 12.44     | 560.8      | 1057       | 28.52      | *22        | 19.08     | 72.81    | 7.74      | 3.26      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *20.0%     | 17.7%     | 67.5%    | 16.1%     | 6.8%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                               |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
|-------------------------------|---------------------|-----|---------|----|-----|------|-------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| <b>Thu - 05/31/2018</b>       |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
| Elementary Brkfst-Traditional | Total               | 100 |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
| MUFFIN VARIETY:IW 2oz         | 1 muffin            | 60  | 190     | 42 | 130 | 2.00 | 1.08  | 35.0  | 100  | 0.6   | 17     | 3.25  | 31.0  | 6.0   | 2.00   | 0.00  |
| Cereal, Assorted 2oz          | Bowl                | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25     | 7.32  | 75.46 | 4.69  | 0.74   | *N/A* |
| Fruit, Fresh, Assorted        | 1 each              | 50  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10     | 0.72  | 15.15 | 0.19  | 0.04   | *N/A* |
| Juice, Assorted, 4 oz         | 4 oz                | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*  | 0.43  | 14.61 | 0.07  | 0.01   | *0.00 |
| Peachy Blueberries            | 1/2 cup             | 10  | 62      | 0  | 10  | 0.32 | 0.06  | 0.9   | 307  | 1.34  | *3     | 0.06  | 15.16 | 0.02  | 0.00   | *0.00 |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*  | 11.0  | 16.0  | 2.5   | 1.50   | 0.00  |
| MILK,Skim                     | HALF PINT           | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12     | 8.26  | 12.15 | 0.2   | 0.14   | *N/A* |
| Weighted Daily Average        |                     |     | 434     | 35 | 333 | 5.29 | 12.64 | 468.9 | 1007 | 28.77 | *32    | 15.08 | 79.25 | 6.96  | 2.34   | *0.00 |
| % of Calories                 |                     |     |         |    |     |      |       |       |      |       | *29.2% | 13.9% | 73.1% | 14.4% | 4.9%   | *0.0% |
| Nutrient Guideline            |                     |     | 350-500 |    | 540 |      |       |       |      |       |        |       |       |       | <10.00 |       |

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|-------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 06/01/2018              |                  |           |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total            | 100       |             |             |           |           |           |           |            |            |            |           |          |           |           |                         |
| CINNAMON BUN WG IW 6070       | 1 EACH           | 60        | 230         | 15          | 250       | 2.00      | 1.44      | 60.0      | 0          | 0.0        | *N/A*      | 5.0       | 37.0     | 7.0       | 2.00      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl             | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9     | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each           | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6      | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz             | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5       | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| APPLESAUCE CND                | 1/2 CUP          | 20        | 50          | 0           | 10        | 2.00      | 0.00      | 0.0       | 45         | 0.0        | 9          | 0.0       | 13.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0     | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT        | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9     | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                  |           | 462         | 19          | 406       | 5.66      | 12.85     | 483.8     | 925        | 28.28      | *23        | 16.13     | 83.94    | 7.56      | 2.34      | *0.00                   |
| % of Calories                 |                  |           |             |             |           |           |           |           |            |            | *20.2%     | 14.0%     | 72.7%    | 14.7%     | 4.6%      | *0.0%                   |
| Nutrient Guideline            |                  |           | 350-500     |             | 540       |           |           |           |            |            |            |           |          |           | <10.00    |                         |

|                               |                  |     |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
|-------------------------------|------------------|-----|---------|----|-----|------|-------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Mon - 06/04/2018              |                  |     |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
| Elementary Brkfst-Traditional | Total            | 100 |         |    |     |      |       |       |      |       |        |       |       |       |        |       |
| BAGEL & CREAM CHEESE          | bagel+cr m chez  | 60  | 240     | 20 | 490 | 3.00 | 1.80  | 80.0  | 400  | 2.4   | *N/A*  | 9.0   | 40.0  | 6.0   | 3.00   | 0.00  |
| Cereal, Assorted 2oz          | Bowl             | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25     | 7.32  | 75.46 | 4.69  | 0.74   | *N/A* |
| Fruit, Fresh, Assorted        | 1 each           | 60  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10     | 0.72  | 15.15 | 0.19  | 0.04   | *N/A* |
| Juice, Assorted, 4 oz         | 4 oz             | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*  | 0.43  | 14.61 | 0.07  | 0.01   | *0.00 |
| APPLESAUCE CND                | 1/2 CUP          | 10  | 50      | 0  | 10  | 2.00 | 0.00  | 0.0   | 45   | 0.0   | 9      | 0.0   | 13.0  | 0.0   | 0.00   | 0.00  |
| Milk, 1% Producer's Dairy     | half pint c arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*  | 11.0  | 16.0  | 2.5   | 1.50   | 0.00  |
| MILK,Skim                     | HALF PINT        | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12     | 8.26  | 12.15 | 0.2   | 0.14   | *N/A* |
| Weighted Daily Average        |                  |     | 468     | 22 | 549 | 6.30 | 13.08 | 497.7 | 1173 | 32.11 | *23    | 18.60 | 85.95 | 6.97  | 2.94   | *0.00 |
| % of Calories                 |                  |     |         |    |     |      |       |       |      |       | *20.0% | 15.9% | 73.4% | 13.4% | 5.7%   | *0.0% |
| Nutrient Guideline            |                  |     | 350-500 |    | 540 |      |       |       |      |       |        |       |       |       | <10.00 |       |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 06/05/2018              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total               | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| PARFAIT JUST PEACHY:K12       | 1 parfait           | 60        | 232         | 2           | 133       | 1.00      | 0.36      | 106.6      | 813        | 1.26       | *N/A*      | 5.16      | 44.7     | 3.75      | 0.83      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl                | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each              | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz                | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| PEARS CANNED IN JUICE         | 1/2 CUP             | 20        | 60          | 0           | 5         | 2.00      | 0.36      | 0.0        | 0          | 1.2        | *N/A*      | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT           | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                     |           | 465         | 11          | 335       | 5.06      | 12.28     | 511.8      | 1404       | 29.27      | *21        | 16.23     | 88.76    | 5.61      | 1.64      | *0.00                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *18.5%     | 14.0%     | 76.4%    | 10.9%     | 3.2%      | *0.0%                   |
| Nutrient Guideline            |                     |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           |           | <10.00                  |

|                               |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
|-------------------------------|---------------------|-----|---------|----|-----|------|-------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Wed - 06/06/2018              |                     |     |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
| Elementary Brkfst-Traditional | Total               | 100 |         |    |     |      |       |       |      |       |        |       |       |       |      |        |
| Burrito, Brkfst - Ardella     | 1 each              | 60  | 177     | 20 | 264 | 3.94 | 0.76  | 188.3 | 168  | 0.0   | 0      | 9.92  | 18.12 | 7.3   | 3.54 | 0.00   |
| Cereal, Assorted 2oz          | Bowl                | 40  | 368     | 0  | 299 | 7.07 | 29.37 | 210.9 | 843  | 13.19 | 25     | 7.32  | 75.46 | 4.69  | 0.74 | *N/A*  |
| Fruit, Fresh, Assorted        | 1 each              | 50  | 59      | 0  | 1   | 2.44 | 0.15  | 18.6  | 121  | 23.89 | 10     | 0.72  | 15.15 | 0.19  | 0.04 | *N/A*  |
| Juice, Assorted, 4 oz         | 4 oz                | 50  | 61      | 0  | 6   | 0.02 | 0.26  | 9.5   | 38   | 19.72 | *N/A*  | 0.43  | 14.61 | 0.07  | 0.01 | *0.00  |
| FRUIT COCKTAIL CND            | 1/2 CUP             | 20  | 60      | 0  | 10  | 1.00 | 0.00  | 0.0   | 200  | 1.2   | *N/A*  | 0.0   | 14.0  | 0.0   | 0.00 | 0.00   |
| Milk, 1% Producer's Dairy     | half pint c<br>arto | 50  | 130     | 15 | 160 | 0.00 | 0.00  | 400.0 | 500  | 2.4   | *N/A*  | 11.0  | 16.0  | 2.5   | 1.50 | 0.00   |
| MILK,Skim                     | HALF PINT           | 50  | 83      | 5  | 103 | 0.00 | 0.07  | 298.9 | 500  | 0.0   | 12     | 8.26  | 12.15 | 0.2   | 0.14 | *N/A*  |
| Weighted Daily Average        |                     |     | 432     | 22 | 415 | 6.62 | 12.44 | 560.8 | 1057 | 28.52 | *22    | 19.08 | 72.81 | 7.74  | 3.26 | *0.00  |
| % of Calories                 |                     |     |         |    |     |      |       |       |      |       | *20.0% | 17.7% | 67.5% | 16.1% | 6.8% | *0.0%  |
| Nutrient Guideline            |                     |     | 350-500 |    | 540 |      |       |       |      |       |        |       |       |       |      | <10.00 |

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# San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Elementary Brkfst-Traditional

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 <sup>1</sup> (g) |
|-------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 06/07/2018              |                  |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Elementary Brkfst-Traditional | Total            | 100       |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| MUFFIN VARIETY:IW 2oz         | 1 muffin         | 60        | 190         | 42          | 130       | 2.00      | 1.08      | 35.0       | 100        | 0.6        | 17         | 3.25      | 31.0     | 6.0       | 2.00      | 0.00                    |
| Cereal, Assorted 2oz          | Bowl             | 40        | 368         | 0           | 299       | 7.07      | 29.37     | 210.9      | 843        | 13.19      | 25         | 7.32      | 75.46    | 4.69      | 0.74      | *N/A*                   |
| Fruit, Fresh, Assorted        | 1 each           | 50        | 59          | 0           | 1         | 2.44      | 0.15      | 18.6       | 121        | 23.89      | 10         | 0.72      | 15.15    | 0.19      | 0.04      | *N/A*                   |
| Juice, Assorted, 4 oz         | 4 oz             | 50        | 61          | 0           | 6         | 0.02      | 0.26      | 9.5        | 38         | 19.72      | *N/A*      | 0.43      | 14.61    | 0.07      | 0.01      | *0.00                   |
| Peachy Blueberries            | 1/2 cup          | 10        | 62          | 0           | 10        | 0.32      | 0.06      | 0.9        | 307        | 1.34       | *3         | 0.06      | 15.16    | 0.02      | 0.00      | *0.00                   |
| Milk, 1% Producer's Dairy     | half pint carton | 50        | 130         | 15          | 160       | 0.00      | 0.00      | 400.0      | 500        | 2.4        | *N/A*      | 11.0      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK,Skim                     | HALF PINT        | 50        | 83          | 5           | 103       | 0.00      | 0.07      | 298.9      | 500        | 0.0        | 12         | 8.26      | 12.15    | 0.2       | 0.14      | *N/A*                   |
| Weighted Daily Average        |                  |           | 434         | 35          | 333       | 5.29      | 12.64     | 468.9      | 1007       | 28.77      | *32        | 15.08     | 79.25    | 6.96      | 2.34      | *0.00                   |
| % of Calories                 |                  |           |             |             |           |           |           |            |            |            | *29.2%     | 13.9%     | 73.1%    | 14.4%     | 4.9%      | *0.0%                   |
| Nutrient Guideline            |                  |           | 350-500     |             | 540       |           |           |            |            |            |            |           |          |           | <10.00    |                         |

|                  |  |  |     |    |     |      |       |       |      |       |        |       |       |       |      |       |
|------------------|--|--|-----|----|-----|------|-------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average |  |  | 451 | 22 | 397 | 5.75 | 12.62 | 505.9 | 1116 | 29.23 | *24    | 16.94 | 81.79 | 6.94  | 2.48 | *0.00 |
|                  |  |  |     |    |     |      |       |       |      |       | *48.7% | 15.0% | 72.6% | 13.9% | 5.0% | *0.0% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 451      |           | 350 - 500     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 22       |           |               |             |           |           |         |                         |
| Sodium (mg)                | 397      |           | 540           |             |           |           |         |                         |
| Fiber (g)                  | 5.75     |           |               |             |           |           |         |                         |
| Iron (mg)                  | 12.62    |           |               |             |           |           |         |                         |
| Calcium (mg)               | 505.9    |           |               |             |           |           |         |                         |
| Vitamin A (IU)             | 1116     |           |               |             |           |           |         |                         |
| Sugars (g)                 | 24       | 21.65%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 29.23    |           |               |             |           |           |         |                         |
| Protein (g)                | 16.94    | 15.04%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 81.79    | 72.62%    |               |             |           |           |         |                         |
| Total Fat (g)              | 6.94     | 13.87%    |               |             |           |           |         |                         |
| Saturated Fat (g)          | 2.48     | 4.95%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             | Missing   |           |         |                         |

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