

San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Tue - 05/01/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
PEARS CANNED IN JUICE	1/2 CUP	50	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
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*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			514	43	574	5.03	5.59	473.9	884	27.75	*12	18.47	92.09	9.24	3.13	*0.00
% of Calories											*9.6%	14.4%	71.6%	16.2%	5.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Wed - 05/02/2018																
Secondary Brkfst-Traditional	Total	100														
Coffee Cake	piece	20	210	5	270	1.00	1.08	0.0	95	0.0	19	2.0	36.0	7.0	2.00	0.00
PARFAIT STRAWBERRY FIELD S:G912	1 parfait	10	476	5	245	6.00	1.62	260.8	999	37.0	*N/A*	11.33	97.3	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	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*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	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
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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			510	21	502	4.27	5.27	444.7	892	28.92	*12	16.82	94.84	8.57	2.78	*0.00
% of Calories											*9.0%	13.2%	74.4%	15.1%	4.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Thu - 05/03/2018																
Secondary Brkfst-Traditional	Total	100														
PANCAKE, SAUSAGE, TOTS G R6-12	1	20	335	27	702	4.00	0.49	53.0	0	3.6	*0	9.15	43.9	13.25	2.66	*0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
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*
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
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
MILK CHOCOLATE FF PRODUCERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			505	25	578	4.27	5.06	449.2	868	27.92	*10	17.67	90.04	9.40	2.80	*0.00
% of Calories											*8.0%	14.0%	71.3%	16.7%	5.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Base Menu Spreadsheet

Secondary Brkfst-Traditional

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/04/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
PARFAIT BLUEBERRY PATCH: G912	1 parfait	10	395	5	245	4.00	0.81	218.2	1024	1.8	*N/A*	10.33	72.8	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	1 each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
Cherries, dried	1/4 cup	30	114	0	4	1.33	0.64	21.9	497	0.11	*N/A*	1.0	27.1	0.06	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			528	44	582	4.39	5.59	480.5	1019	22.87	*9	19.18	94.04	9.66	3.24	*0.00
% of Calories											*6.7%	14.5%	71.3%	16.5%	5.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 05/07/2018																
Secondary Brkfst-Traditional	Total	100														
BURRITO BRKFST SAUSAGE:K12	1 burrito	20	140	100	420	2.00	1.44	40.0	200	0.0	*N/A*	7.0	16.0	5.0	1.50	0.00
PARFAIT JUST PEACHY:G912	1 parfait	10	412	5	255	2.00	0.72	213.2	1313	1.26	*N/A*	10.33	76.85	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
APPLESAUCE CND	1/2 CUP	50	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
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*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00

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Secondary 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 ¹ (g)
Weighted Daily Average % of Calories			502	40	535	4.83	5.23	448.0	922	25.14	*14 *11.5%	17.74 14.1%	92.69 73.8%	8.19 14.7%	2.69 4.8%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 05/08/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
PEARS CANNED IN JUICE	1/2 CUP	50	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
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*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			514	43	574	5.03	5.59	473.9	884	27.75	*12 *9.6%	18.47 14.4%	92.09 71.6%	9.24 16.2%	3.13 5.5%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Secondary 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 ¹ (g)
Wed - 05/09/2018																
Secondary Brkfst-Traditional	Total	100														
Coffee Cake	piece	20	210	5	270	1.00	1.08	0.0	95	0.0	19	2.0	36.0	7.0	2.00	0.00
PARFAIT STRAWBERRY FIELD S:G912	1 parfait	10	476	5	245	6.00	1.62	260.8	999	37.0	*N/A*	11.33	97.3	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	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*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	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
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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			510	21	502	4.27	5.27	444.7	892	28.92	*12 *9.0%	16.82 13.2%	94.84 74.4%	8.57 15.1%	2.78 4.9%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Thu - 05/10/2018																
Secondary Brkfst-Traditional	Total	100														
PANCAKE, SAUSAGE, TOTS G R6-12	1	20	335	27	702	4.00	0.49	53.0	0	3.6	*0	9.15	43.9	13.25	2.66	*0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
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*
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
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
MILK CHOCOLATE FF PRODUCERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			505	25	578	4.27	5.06	449.2	868	27.92	*10	17.67	90.04	9.40	2.80	*0.00
% of Calories											*8.0%	14.0%	71.3%	16.7%	5.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary Brkfst-Traditional

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/11/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
PARFAIT BLUEBERRY PATCH: G912	1 parfait	10	395	5	245	4.00	0.81	218.2	1024	1.8	*N/A*	10.33	72.8	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	1 each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
Cherries, dried	1/4 cup	30	114	0	4	1.33	0.64	21.9	497	0.11	*N/A*	1.0	27.1	0.06	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			528	44	582	4.39	5.59	480.5	1019	22.87	*9	19.18	94.04	9.66	3.24	*0.00
% of Calories											*6.7%	14.5%	71.3%	16.5%	5.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 05/14/2018																
Secondary Brkfst-Traditional	Total	100														
BURRITO BRKFST SAUSAGE:K12	1 burrito	20	140	100	420	2.00	1.44	40.0	200	0.0	*N/A*	7.0	16.0	5.0	1.50	0.00
PARFAIT JUST PEACHY:G912	1 parfait	10	412	5	255	2.00	0.72	213.2	1313	1.26	*N/A*	10.33	76.85	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
APPLESAUCE CND	1/2 CUP	50	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
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*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Weighted Daily Average % of Calories			502	40	535	4.83	5.23	448.0	922	25.14	*14 *11.5%	17.74 14.1%	92.69 73.8%	8.19 14.7%	2.69 4.8%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 05/15/2018																
Secondary Brkfst-Traditional	Total	100														
Coffee Cake	piece	20	210	5	270	1.00	1.08	0.0	95	0.0	19	2.0	36.0	7.0	2.00	0.00
PARFAIT STRAWBERRY FIELD S:G912	1 parfait	10	476	5	245	6.00	1.62	260.8	999	37.0	*N/A*	11.33	97.3	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	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*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	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
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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			510	21	502	4.27	5.27	444.7	892	28.92	*12 *9.0%	16.82 13.2%	94.84 74.4%	8.57 15.1%	2.78 4.9%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Wed - 05/16/2018																
Secondary Brkfst-Traditional	Total	100														
Coffee Cake	piece	20	210	5	270	1.00	1.08	0.0	95	0.0	19	2.0	36.0	7.0	2.00	0.00
PARFAIT STRAWBERRY FIELD S:G912	1 parfait	10	476	5	245	6.00	1.62	260.8	999	37.0	*N/A*	11.33	97.3	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	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*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	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
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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			510	21	502	4.27	5.27	444.7	892	28.92	*12	16.82	94.84	8.57	2.78	*0.00
% of Calories											*9.0%	13.2%	74.4%	15.1%	4.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

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Secondary 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 ¹ (g)
Thu - 05/17/2018																
Secondary Brkfst-Traditional	Total	100														
PANCAKE, SAUSAGE, TOTS G R6-12	1	20	335	27	702	4.00	0.49	53.0	0	3.6	*0	9.15	43.9	13.25	2.66	*0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
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*
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
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
MILK CHOCOLATE FF PRODUCERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			505	25	578	4.27	5.06	449.2	868	27.92	*10	17.67	90.04	9.40	2.80	*0.00
% of Calories											*8.0%	14.0%	71.3%	16.7%	5.0%	*0.0%
Nutrient Guideline			450-600		640									<10.00		

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Fri - 05/18/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
PARFAIT BLUEBERRY PATCH: G912	1 parfait	10	395	5	245	4.00	0.81	218.2	1024	1.8	*N/A*	10.33	72.8	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	1 each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
Cherries, dried	1/4 cup	30	114	0	4	1.33	0.64	21.9	497	0.11	*N/A*	1.0	27.1	0.06	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			528	44	582	4.39	5.59	480.5	1019	22.87	*9 *6.7%	19.18 14.5%	94.04 71.3%	9.66 16.5%	3.24 5.5%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 05/21/2018																
Secondary Brkfst-Traditional	Total	100														
BURRITO BRKFST SAUSAGE:K12	1 burrito	20	140	100	420	2.00	1.44	40.0	200	0.0	*N/A*	7.0	16.0	5.0	1.50	0.00
PARFAIT JUST PEACHY:G912	1 parfait	10	412	5	255	2.00	0.72	213.2	1313	1.26	*N/A*	10.33	76.85	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
APPLESAUCE CND	1/2 CUP	50	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
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*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00

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

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

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Weighted Daily Average % of Calories			502	40	535	4.83	5.23	448.0	922	25.14	*14 *11.5%	17.74 14.1%	92.69 73.8%	8.19 14.7%	2.69 4.8%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 05/22/2018																	
Secondary Brkfst-Traditional	Total	100															
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00	
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00	
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00	
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00	
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00	
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*	
PEARS CANNED IN JUICE	1/2 CUP	50	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00	
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*	
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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	
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00	
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00	
Weighted Daily Average % of Calories			514	43	574	5.03	5.59	473.9	884	27.75	*12 *9.6%	18.47 14.4%	92.09 71.6%	9.24 16.2%	3.13 5.5%	*0.00 *0.0%	
Nutrient Guideline			450-600		640											<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

Secondary 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 ¹ (g)
Wed - 05/23/2018																
Secondary Brkfst-Traditional	Total	100														
Coffee Cake	piece	20	210	5	270	1.00	1.08	0.0	95	0.0	19	2.0	36.0	7.0	2.00	0.00
PARFAIT STRAWBERRY FIELD S:G912	1 parfait	10	476	5	245	6.00	1.62	260.8	999	37.0	*N/A*	11.33	97.3	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	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*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	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
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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			510	21	502	4.27	5.27	444.7	892	28.92	*12	16.82	94.84	8.57	2.78	*0.00
% of Calories											*9.0%	13.2%	74.4%	15.1%	4.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Thu - 05/24/2018																
Secondary Brkfst-Traditional	Total	100														
PANCAKE, SAUSAGE, TOTS G R6-12	1	20	335	27	702	4.00	0.49	53.0	0	3.6	*0	9.15	43.9	13.25	2.66	*0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
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*
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
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
MILK CHOCOLATE FF PRODUCERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			505	25	578	4.27	5.06	449.2	868	27.92	*10	17.67	90.04	9.40	2.80	*0.00
% of Calories											*8.0%	14.0%	71.3%	16.7%	5.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Fri - 05/25/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
PARFAIT BLUEBERRY PATCH: G912	1 parfait	10	395	5	245	4.00	0.81	218.2	1024	1.8	*N/A*	10.33	72.8	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	1 each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
Cherries, dried	1/4 cup	30	114	0	4	1.33	0.64	21.9	497	0.11	*N/A*	1.0	27.1	0.06	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			528	44	582	4.39	5.59	480.5	1019	22.87	*9	19.18	94.04	9.66	3.24	*0.00
% of Calories											*6.7%	14.5%	71.3%	16.5%	5.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Tue - 05/29/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
PEARS CANNED IN JUICE	1/2 CUP	50	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
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*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			514	43	574	5.03	5.59	473.9	884	27.75	*12	18.47	92.09	9.24	3.13	*0.00
% of Calories											*9.6%	14.4%	71.6%	16.2%	5.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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

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

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Wed - 05/30/2018																
Secondary Brkfst-Traditional	Total	100														
Coffee Cake	piece	20	210	5	270	1.00	1.08	0.0	95	0.0	19	2.0	36.0	7.0	2.00	0.00
PARFAIT STRAWBERRY FIELD S:G912	1 parfait	10	476	5	245	6.00	1.62	260.8	999	37.0	*N/A*	11.33	97.3	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	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*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	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
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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			510	21	502	4.27	5.27	444.7	892	28.92	*12	16.82	94.84	8.57	2.78	*0.00
% of Calories											*9.0%	13.2%	74.4%	15.1%	4.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Thu - 05/31/2018																
Secondary Brkfst-Traditional	Total	100														
PANCAKE, SAUSAGE, TOTS G R6-12	1	20	335	27	702	4.00	0.49	53.0	0	3.6	*0	9.15	43.9	13.25	2.66	*0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
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*
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
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
MILK CHOCOLATE FF PRODUCERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			505	25	578	4.27	5.06	449.2	868	27.92	*10	17.67	90.04	9.40	2.80	*0.00
% of Calories											*8.0%	14.0%	71.3%	16.7%	5.0%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary Brkfst-Traditional

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/01/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
PARFAIT BLUEBERRY PATCH: G912	1 parfait	10	395	5	245	4.00	0.81	218.2	1024	1.8	*N/A*	10.33	72.8	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	1 each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
Cherries, dried	1/4 cup	30	114	0	4	1.33	0.64	21.9	497	0.11	*N/A*	1.0	27.1	0.06	0.00	0.00
Fruit, Fresh, Assorted	1 each	40	59	0	1	2.44	0.15	18.6	121	23.89	10	0.72	15.15	0.19	0.04	*N/A*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			528	44	582	4.39	5.59	480.5	1019	22.87	*9	19.18	94.04	9.66	3.24	*0.00
% of Calories											*6.7%	14.5%	71.3%	16.5%	5.5%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 06/04/2018																
Secondary Brkfst-Traditional	Total	100														
BURRITO BRKFST SAUSAGE:K12	1 burrito	20	140	100	420	2.00	1.44	40.0	200	0.0	*N/A*	7.0	16.0	5.0	1.50	0.00
PARFAIT JUST PEACHY:G912	1 parfait	10	412	5	255	2.00	0.72	213.2	1313	1.26	*N/A*	10.33	76.85	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
APPLESAUCE CND	1/2 CUP	50	50	0	10	2.00	0.00	0.0	45	0.0	9	0.0	13.0	0.0	0.00	0.00
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*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Weighted Daily Average % of Calories			502	40	535	4.83	5.23	448.0	922	25.14	*14 *11.5%	17.74 14.1%	92.69 73.8%	8.19 14.7%	2.69 4.8%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 06/05/2018																
Secondary Brkfst-Traditional	Total	100														
SAND BRKFST MUFFIN HAM:K12	1 sandwich	20	258	119	676	3.00	2.34	176.2	253	0.2	*0	13.02	24.18	12.37	4.30	0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
PEARS CANNED IN JUICE	1/2 CUP	50	60	0	5	2.00	0.36	0.0	0	1.2	*N/A*	0.0	14.0	0.0	0.00	0.00
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*
Raisins	1.33 oz	10	113	0	4	1.40	0.71	18.9	0	0.87	22	1.16	29.85	0.17	0.02	*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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			514	43	574	5.03	5.59	473.9	884	27.75	*12 *9.6%	18.47 14.4%	92.09 71.6%	9.24 16.2%	3.13 5.5%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Wed - 06/06/2018																
Secondary Brkfst-Traditional	Total	100														
Coffee Cake	piece	20	210	5	270	1.00	1.08	0.0	95	0.0	19	2.0	36.0	7.0	2.00	0.00
PARFAIT STRAWBERRY FIELD S:G912	1 parfait	10	476	5	245	6.00	1.62	260.8	999	37.0	*N/A*	11.33	97.3	7.5	1.67	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	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*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	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
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
MILK CHOCOLATE FF PRODU CERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			510	21	502	4.27	5.27	444.7	892	28.92	*12	16.82	94.84	8.57	2.78	*0.00
% of Calories											*9.0%	13.2%	74.4%	15.1%	4.9%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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San Luis Coastal Unified

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary 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 ¹ (g)
Thu - 06/07/2018																
Secondary Brkfst-Traditional	Total	100														
PANCAKE, SAUSAGE, TOTS G R6-12	1	20	335	27	702	4.00	0.49	53.0	0	3.6	*0	9.15	43.9	13.25	2.66	*0.00
SMOOTHIE APPLE ORANGE & GRAHAM	8 OZ	10	245	2	152	2.00	0.72	199.9	1052	21.0	*24	5.5	49.48	3.25	0.50	0.00
Bagel, 4 oz plain, Tony Robts	1 each	20	300	0	440	2.96	3.64	16.0	0	0.0	*N/A*	11.0	69.0	1.2	0.48	0.00
CREAM CHEESE REGULAR 1 OZ	1 OZ	20	70	20	115	0.00	0.00	40.0	300	0.0	*N/A*	1.0	1.0	7.0	4.00	0.00
Muffins, 3 oz, Assorted	each	20	282	17	272	0.82	3.20	92.5	25	0.6	*N/A*	3.46	47.48	8.91	1.11	0.00
CINNAMON BUN WG IW 6070	1 EACH	20	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	10	368	0	299	7.07	29.37	210.9	843	13.19	25	7.32	75.46	4.69	0.74	*N/A*
RAISINS	1/4 cup	10	117	0	9	1.80	0.97	18.0	45	0.54	*N/A*	0.9	27.9	0.0	0.00	0.00
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*
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	50	0	10	0.00	0.00	0.0	300	1.2	*N/A*	0.0	12.0	0.0	0.00	0.00
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
MILK CHOCOLATE FF PRODUCERS	1 EACH	60	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
MILK WHITE 1% PRODUCERS	HALF PINT	40	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Weighted Daily Average			505	25	578	4.27	5.06	449.2	868	27.92	*10	17.67	90.04	9.40	2.80	*0.00
% of Calories											*8.0%	14.0%	71.3%	16.7%	5.0%	*0.0%
Nutrient Guideline			450-600		640									<10.00		
Weighted Average			512	33	552	4.52	5.33	458.2	913	26.80	*11	17.89	92.80	9.02	2.92	*0.00
											*19.9%	14.0%	72.5%	15.9%	5.1%	*0.0%

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

May 1, 2018 thru Jun 7, 2018

Base Menu Spreadsheet

Secondary Brkfst-Traditional

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	512		450 - 600	100%													
Cholesterol (mg)	33																
Sodium (mg)	552		640														
Fiber (g)	4.52																
Iron (mg)	5.33																
Calcium (mg)	458.2																
Vitamin A (IU)	913																
Sugars (g)	11	8.85%				Missing											
Vitamin C (mg)	26.80																
Protein (g)	17.89	13.98%															
Carbohydrate (g)	92.80	72.52%															
Total Fat (g)	9.02	15.87%															
Saturated Fat (g)	2.92	5.14%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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