

Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

6-8 GRADE BREAKFAST CYCLE1

Generated on: 12/11/2018 3:07:24 PM

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/07/2019				
6-8 GRADE BREAKFAST C	Total	100		
FRENCH TOAST MINI CINNAMON	PACKAGE	40	3.0	37.0
ULTIMATE BREAKFAST ROUND IW	1 EACH	20	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			12.87	74.78
% of Calories			12.7%	74.1%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/08/2019				
6-8 GRADE BREAKFAST C	Total	100		
SAUSAGE BISCUIT BREAKFAST	1 sandwich	40	8.23	13.0
BREAD BANANA WG IW 6071	EACH 3.4 OZ	20	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			14.96	65.18
% of Calories			15.6%	68.1%
Nutrient Guideline				

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

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

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

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/09/2019				
6-8 GRADE BREAKFAST C	Total	100		
PARFAIT PEACH BREAKFAST	1 parfait	30	5.16	44.15
GRAHAM CRACKERS 3 PACK	PACKAGE	30	2.0	17.0
CINNAMON BUN WG IW 6070	1 EACH	30	5.0	38.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	60	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	40	11.0	14.0
Weighted Daily Average			15.22	80.65
% of Calories			14.0%	74.3%
Nutrient Guideline				

Thu - 01/10/2019				
6-8 GRADE BREAKFAST C	Total	100		
PIZZA BRKFST TURKEY SAUSAGE WG	1 EACH	30	9.0	26.0
BENEFIT BAR BANANA CHOC 40402	EACH 2.5 OZ	30	5.0	48.0
CEREAL COLD FROSTED FLAKES	1 bowl	15	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	15	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
BANANAS:150ct	1 EACH	45	1.29	26.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			14.83	75.02
% of Calories			14.4%	72.7%
Nutrient Guideline				

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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6-8 GRADE BREAKFAST CYCLE1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 01/11/2019				
6-8 GRADE BREAKFAST C	Total	100		
PANCAKES EGGO MINI BLUEBERRY IW	PKG	40	4.0	35.0
PAN DULCE IW WPDC260C	1 EACH	20	5.0	31.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	50	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	50	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			13.78	73.63
% of Calories			14.0%	75.0%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/14/2019				
6-8 GRADE BREAKFAST C	Total	100		
WAFFLES WG SQUARE 2.25 GRAIN	2 EACH	50	4.99	31.92
SYRUP PKT 1OZ 13951	POUCH 1 OZ	50	0.0	21.0
SAUSAGE TURKEY LINK 6140	1 EACH	50	6.0	0.0
PARFAIT PEACH BREAKFAST	1 parfait	20	5.16	44.15
GRAHAM CRACKERS 3 PACK	PACKAGE	20	2.0	17.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	60	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	40	11.0	14.0
Weighted Daily Average			18.05	88.83
% of Calories			14.6%	71.7%
Nutrient Guideline				

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6-8 GRADE BREAKFAST CYCLE1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/15/2019				
6-8 GRADE BREAKFAST C	Total	100		
PIZZA BRKFST TURKEY SAUSAGE WG	1 EACH	40	9.0	26.0
BENEFIT BAR BANANA CHOC 40402	EACH 2.5 OZ	20	5.0	48.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			15.27	71.18
% of Calories			15.2%	70.8%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/16/2019				
6-8 GRADE BREAKFAST C	Total	100		
PANCAKE WRAP TURKEY BULK 95121	EACH 2.85 OZ	40	8.0	17.0
MUFFIN BANANA WG, RF, IW	EACH 2 OZ	20	3.0	29.0
GRAHAM CRACKERS 3 PACK	PACKAGE	20	2.0	17.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	30	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	30	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			15.43	72.80
% of Calories			15.3%	72.3%
Nutrient Guideline				

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6-8 GRADE BREAKFAST CYCLE1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/17/2019				
6-8 GRADE BREAKFAST C	Total	100		
CINNAMON BUN WG IW 6070	1 EACH	40	5.0	38.0
BREAD BANANA WG IW 6071	EACH 3.4 OZ	20	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
BANANAS:150ct	1 EACH	45	1.29	26.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			14.13	81.03
% of Calories			12.9%	74.1%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 01/18/2019				
6-8 GRADE BREAKFAST C	Total	100		
PANCAKE WG 4" 1GRAIN	1 PANCAKE	40	1.5	15.5
SYRUP PKT 1OZ 13951	POUCH 1 OZ	40	0.0	21.0
SAUSAGE TURKEY LINK 6140	1 EACH	40	6.0	0.0
BAGELS MINI STRAWBERRY CREAM	PKG	20	6.0	41.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			15.32	74.75
% of Calories			15.4%	75.0%
Nutrient Guideline				

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6-8 GRADE BREAKFAST CYCLE1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/21/2019				
6-8 GRADE BREAKFAST C	Total	100		
FRENCH TOAST MINI CINNAMON	PACKAGE	40	3.0	37.0
ULTIMATE BREAKFAST ROUND IW	1 EACH	20	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			12.87	74.78
% of Calories			12.7%	74.1%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/22/2019				
6-8 GRADE BREAKFAST C	Total	100		
SAUSAGE BISCUIT BREAKFAST	1 sandwich	40	8.23	13.0
BREAD BANANA WG IW 6071	EACH 3.4 OZ	20	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
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JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			14.96	65.18
% of Calories			15.6%	68.1%
Nutrient Guideline				

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6-8 GRADE BREAKFAST CYCLE1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/23/2019				
6-8 GRADE BREAKFAST C	Total	100		
PARFAIT PEACH BREAKFAST	1 parfait	30	5.16	44.15
GRAHAM CRACKERS 3 PACK	PACKAGE	30	2.0	17.0
CINNAMON BUN WG IW 6070	1 EACH	30	5.0	38.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	60	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	40	11.0	14.0
Weighted Daily Average			15.22	80.65
% of Calories			14.0%	74.3%
Nutrient Guideline				

Thu - 01/24/2019				
6-8 GRADE BREAKFAST C	Total	100		
PIZZA BRKFST TURKEY SAUSAGE WG	1 EACH	30	9.0	26.0
BENEFIT BAR BANANA CHOC 40402	EACH 2.5 OZ	30	5.0	48.0
CEREAL COLD FROSTED FLAKES	1 bowl	15	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	15	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	15	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
BANANAS:150ct	1 EACH	45	1.29	26.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			14.83	75.02
% of Calories			14.4%	72.7%
Nutrient Guideline				

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6-8 GRADE BREAKFAST CYCLE1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 01/25/2019				
6-8 GRADE BREAKFAST C	Total	100		
PANCAKES EGGO MINI BLUEBERRY IW	PKG	40	4.0	35.0
PAN DULCE IW WPDC260C	1 EACH	20	5.0	31.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	50	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	50	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			13.78	73.63
% of Calories			14.0%	75.0%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/28/2019				
6-8 GRADE BREAKFAST C	Total	100		
WAFFLES WG SQUARE 2.25 GRAIN	2 EACH	50	4.99	31.92
SYRUP PKT 1OZ 13951	POUCH 1 OZ	50	0.0	21.0
SAUSAGE TURKEY LINK 6140	1 EACH	50	6.0	0.0
PARFAIT PEACH BREAKFAST	1 parfait	20	5.16	44.15
GRAHAM CRACKERS 3 PACK	PACKAGE	20	2.0	17.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	60	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	40	11.0	14.0
Weighted Daily Average			18.05	88.83
% of Calories			14.6%	71.7%
Nutrient Guideline				

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Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

6-8 GRADE BREAKFAST CYCLE1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/29/2019				
6-8 GRADE BREAKFAST C	Total	100		
PIZZA BRKFST TURKEY SAUSAGE WG	1 EACH	40	9.0	26.0
BENEFIT BAR BANANA CHOC 40402	EACH 2.5 OZ	20	5.0	48.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			15.27	71.18
% of Calories			15.2%	70.8%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/30/2019				
6-8 GRADE BREAKFAST C	Total	100		
PANCAKE WRAP TURKEY BULK 95121	EACH 2.85 OZ	40	8.0	17.0
MUFFIN BANANA WG, RF, IW	EACH 2 OZ	20	3.0	29.0
GRAHAM CRACKERS 3 PACK	PACKAGE	20	2.0	17.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL FROSTED MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	30	0.0	14.0
ORANGE FRESH WHOLE 138 COUNT	1 EACH	30	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			15.43	72.80
% of Calories			15.3%	72.3%
Nutrient Guideline				

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Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

6-8 GRADE BREAKFAST CYCLE1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/31/2019				
6-8 GRADE BREAKFAST C	Total	100		
CINNAMON BUN WG IW 6070	1 EACH	40	5.0	38.0
BREAD BANANA WG IW 6071	EACH 3.4 OZ	20	5.0	44.0
CEREAL COLD FROSTED FLAKES	1 bowl	10	2.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD CHEERIOS HONEY NUT	1 bowl	10	2.03	22.27
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD APPLE JACKS	1 bowl	10	2.03	24.3
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
CEREAL COLD MINI WHEATS	1 bowl	10	3.0	24.0
GRAHAM CRACKERS 3 PACK	PACKAGE	10	2.0	17.0
JUICE ORANGE 100%	4 oz cup	45	0.0	14.0
BANANAS:150ct	1 EACH	45	1.29	26.95
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	75	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	25	11.0	14.0
Weighted Daily Average			14.13	81.03
% of Calories			12.9%	74.1%
Nutrient Guideline				

Weighted Average			14.97	75.84
			14.3%	72.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Protein (g)	14.97	14.35%						
Carbohydrate (g)	75.84	72.70%						

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