

# Bakersfield City School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Grab-N-Go Breakfast

Portion Values - Detailed

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Generated on: 1/29/2018 9:40:44 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 02/01/2018					
Grab-N-Go Breakfast	Total	100			
Burrito, Cheese/Egg/Salsa	1 Each	80	244	311	28.08
Cereal: Corn Flakes, Frosted	1 Each	95	100	190	24.0
Apple in a Bag	Bag	50	29	0	8.0
Orange, Slices	1 Each	50	50	0	12.0
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			452	583	70.66
% of Calories					62.5%
Nutrient Guideline			400-500	540	

Fri - 02/02/2018					
Grab-N-Go Breakfast	Total	100			
Muffin, Chocolate 3.2 oz SkyBI	Each	80	270	290	49.0
Cereal Assortment	1 Each	90	110	190	24.25
Tangerines, Fresh	1 Each	50	50	0	11.0
Pears, fresh	1 Each	50	95	2	25.28
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			509	558	94.57
% of Calories					74.3%
Nutrient Guideline			400-500	540	

Mon - 02/05/2018					
Grab-N-Go Breakfast	Total	100			
Cinni Mini (Pillsbury)	1 each	99	240	300	40.0
Cereal: Cinnamon Toast Crunch	Each	99	110	160	22.0
Juice, Orange-Tang 1/2c, AppEve	1 Each	50	60	15	15.0
Tangerines, Fresh	1 Each	50	50	0	11.0
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			523	617	89.78
% of Calories					68.6%
Nutrient Guideline			400-500	540	

Tue - 02/06/2018					
Grab-N-Go Breakfast	Total	100			
YOGURT, GO-BIG/TRIX Raspberry	1 Each	99	100	60	19.0
Cereal: Honey Nut Chex	1 Each	99	120	190	27.0
Apple in a Bag	Bag	50	29	0	8.0
Strawberry Cup, USDA 4.5oz	1 Each	65	80	0	18.94
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			406	401	77.25
% of Calories					76.1%
Nutrient Guideline			400-500	540	

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Wed - 02/07/2018					
Grab-N-Go Breakfast	Total	100			
Breakfast, Zee Zee Bar	1 Each	85	200	5	38.0
Cereal:Golden Grahams	Each	75	110	220	24.0
Apricots:1/2c, canned, diced	1/2 cup	50	62	3	15.78
Kiwi Fruit 1 1/2	1 Each	50	46	2	11.14
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			429	326	79.16
% of Calories					73.9%
Nutrient Guideline			400-500	540	

Thu - 02/08/2018					
Grab-N-Go Breakfast	Total	100			
Pancake/Sausage on Stick WG	1 Each	70	176	463	21.8
Cereal:Corn Flakes, Frosted	Each	95	100	190	24.0
Juice,White-Grape 1/2c AppleEv	1 Each	71	80	10	20.0
MandarinOranges,Lt Syrup 1/2 c	1/2 Cup	70	80	8	19.16
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			453	671	81.07
% of Calories					71.5%
Nutrient Guideline			400-500	540	

Fri - 02/09/2018					
Grab-N-Go Breakfast	Total	100			
Frittatas, Egg, Chorizo Wrap	1 Each	99	180	420	15.0
Cereal Assortment	1 Each	99	110	190	24.25
Bananas	1 Each	50	90	1	23.07
Craisins, Strawberry Invd Box	Box	50	110	0	28.0
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			509	758	79.79
% of Calories					62.7%
Nutrient Guideline			400-500	540	

Mon - 02/12/2018					
Grab-N-Go Breakfast	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			400-500	540	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Tue - 02/13/2018					
Grab-N-Go Breakfast	Total	100			
PB/Jelly Bar-Pierre	1 Each	80	310	210	31.0
Cereal:Honey Nut Chex	Each	90	120	190	27.0
Pears,fresh	1 Each	50	95	2	25.28
Juice,Apple 1/2c,	1 Each	50	60	5	14.0
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			555	496	84.14
% of Calories					60.6%
Nutrient Guideline			400-500	540	

Wed - 02/14/2018					
Grab-N-Go Breakfast	Total	100			
Muffin, Banana, Otis Spunkmeye	1 Each	95	140	140	24.0
Cereal:Golden Grahams	Each	90	110	220	24.0
Tangerines,Fresh	1 Each	50	50	0	11.0
Cantaloupe Melon	Wedge (1/2 Cup)	50	96	45	23.13
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			427	508	76.87
% of Calories					72.0%
Nutrient Guideline			400-500	540	

Thu - 02/15/2018					
Grab-N-Go Breakfast	Total	1			
Delayed School Start	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			400-500	540	

Fri - 02/16/2018					
Grab-N-Go Breakfast	Total	100			
FrenchToast Sticks, CinnSFresh	1 Each	75	210	320	28.0
Syrup, Maple	1 Each	75	120	0	31.0
Cereal Assortment	1 Each	85	110	190	24.25
Juice,Cran-Rasp 1/2c	1 Each	50	60	10	13.0
Bananas	1 Each	50	90	1	23.07
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			538	561	98.30
% of Calories					73.1%
Nutrient Guideline			400-500	540	

Mon - 02/19/2018					
Grab-N-Go Breakfast	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			400-500	540	

Tue - 02/20/2018					
Grab-N-Go Breakfast	Total	100			
Breakfast Bar, F.Cat BanChoc	1 Each	85	295	215	49.1
Cereal:Honey Nut Chex	Each	90	120	190	27.0
Juice,Fruit Punch 1/2c,	1 Each	50	60	15	15.0
Fruit Mix, Dried USDA	1/4 cup	50	88	1	23.0
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			555	516	100.44
% of Calories					72.4%
Nutrient Guideline			400-500	540	

Wed - 02/21/2018					
Grab-N-Go Breakfast	Total	100			
Cinni Mini (Pillsbury)	1 each	85	240	300	40.0
Cereal:Golden Grahams	Each	95	110	220	24.0
Apple in a Bag	Bag	50	29	0	8.0
Kiwi Fruit 1 1/2	1 Each	50	46	2	11.14
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			468	619	81.77
% of Calories					69.9%
Nutrient Guideline			400-500	540	

Thu - 02/22/2018					
Grab-N-Go Breakfast	Total	100			
Waffles, Mini Maple,Pillsbury	1 Each	85	210	170	38.0
Turkey, Sausage Link JennO 1oz	1 Each	85	60	80	0.0
Cereal:Corn Flakes, Frosted	Each	100	100	190	24.0
Pears,fresh	1 Each	50	95	2	25.28
Grapes,Fresh	1/2 CUP	50	58	2	14.88
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			528	558	91.78
% of Calories					69.5%
Nutrient Guideline			400-500	540	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 02/23/2018					
Grab-N-Go Breakfast	Total	100			
Cheese, String, Mozzarella	1 Each	75	80	200	1.0
Grahams, Honey WG	1 EACH	75	110	140	20.0
Cereal Assortment	1 Each	95	110	190	24.25
Juice,Fruit Punch 1/2c,	1 Each	50	60	15	15.0
Bananas	1 Each	50	90	1	23.07
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			444	598	73.22
% of Calories					66.0%
Nutrient Guideline			400-500	540	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 02/26/2018					
Grab-N-Go Breakfast	Total	100			
Muffin, Blueberry, Otis Spunkm	1 Each	95	140	140	23.0
Cereal:Cinnamon Toast Crunch	Each	99	110	160	22.0
Mixed Fruit, canned, 1/2	1/2 cup	50	62	10	17.67
Juice,Apple 1/2c,	1 Each	50	60	5	14.0
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			425	453	74.87
% of Calories					70.4%
Nutrient Guideline			400-500	540	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Tue - 02/27/2018					
Grab-N-Go Breakfast	Total	100			
YOGURT, GO-BIG/TRIX STAW BANAN	1 Each	99	100	60	19.0
Cereal:Honey Nut Chex	Each	99	120	190	27.0
Apple in a Bag	Bag	50	29	0	8.0
Orange,Slices	1 Each	50	50	0	12.0
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			379	401	70.94
% of Calories					74.8%
Nutrient Guideline			400-500	540	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Wed - 02/28/2018					
Grab-N-Go Breakfast	Total	100			
Granola, Rockin'ola Choc/Marsh	1 Each	75	130	45	22.0
Cereal:Golden Grahams	Each	95	110	220	24.0
Applesauce Cup:USDA	4.5 oz.	50	51	2	14.0
Pears,fresh	1 Each	50	95	2	25.28
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			397	399	74.34
% of Calories					74.9%
Nutrient Guideline			400-500	540	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Average			471	531	82.29 70.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	471		400 - 500	100%				
Sodium (mg)	531		540					
Carbohydrate (g)	82.29	69.96%						

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