

Bakersfield City School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

BREAKFAST MENU

Generated on: 12/14/2017 11:18:29 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/01/2018					
BREAKFAST MENU	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	

Tue - 01/02/2018					
BREAKFAST MENU	Total	1			
HOLIDAY	EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			400-500	540	

Wed - 01/03/2018					
BREAKFAST MENU	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	

Thu - 01/04/2018					
BREAKFAST MENU	Total	1			
HOLIDAY	EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			400-500	540	

Fri - 01/05/2018					
BREAKFAST MENU	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	

Mon - 01/08/2018					
BREAKFAST MENU	Total	100			
PB/Jelly Bar-Pierre	1 Each	80	310	210	31.0
Cereal:Cinnamon Toast Crunch	1 Each	85	110	160	22.0
Juice,Cran-Rasp 1/2c	1 Each	50	60	10	13.0
Peaches: canned, 1/2 c	1/2 Cup	50	44	4	10.27
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			516	465	70.53
% of Calories					54.7%
Nutrient Guideline			400-500	540	

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BREAKFAST MENU

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Tue - 01/09/2018					
BREAKFAST MENU	Total	100			
Pancakes, Mini Pillsbury Straw	1 Each	70	230	150	42.0
Syrup, Maple	1 Each	70	120	0	31.0
Cereal:Cheerios,Honey Nut	Each	80	110	250	22.0
MandarinOranges,Lt Syrup 1/2 c	1/2 Cup	50	80	8	19.16
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			543	464	106.32
% of Calories					78.4%
Nutrient Guideline			400-500	540	

Wed - 01/10/2018					
BREAKFAST MENU	Total	100			
Burrito, Bean/Ch Brkfst 3.95oz	1 Each	80	222	359	31.39
Cereal:Golden Grahams	1 Each	80	110	220	24.0
Orange Wedges	1 each	50	45	0	11.28
Applesauce, canned 1/2 c	1/2 Cup	50	54	2	14.86
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			437	618	72.78
% of Calories					66.6%
Nutrient Guideline			400-500	540	

Thu - 01/11/2018					
BREAKFAST MENU	Total	100			
EggStravaganza, Sunny Fr	1 Each	90	120	280	1.0
Tortilla Wheat, 6" (i)	1 Each	1	90	125	14.0
Cereal:Corn Flakes, Frosted	1 Each	99	100	190	24.0
Bananas	1 Each	50	90	1	23.07
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			419	597	63.23
% of Calories					60.4%
Nutrient Guideline			400-500	540	

Fri - 01/12/2018					
BREAKFAST MENU	Total	100			
Chicken Patty, Breakfast TYSON	1 Each	80	90	220	6.0
Waffle Sticks, Belgian, WG (2)	Serving	80	116	166	18.62
Syrup, Maple	1 Each	80	120	0	31.0
Cereal Assortment	1 Each	95	110	190	24.25
Kiwi Fruit 1 1/2	1 Each	50	46	2	11.14
Pears: Diced 1/2c	1/2 Cup	50	62	5	16.48
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average % of Calories			541	647	96.74 71.5%
Nutrient Guideline			400-500	540	

Mon - 01/15/2018					
BREAKFAST MENU	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%
Nutrient Guideline			400-500	540	

Tue - 01/16/2018					
BREAKFAST MENU	Total	100			
Breakfast Bar, Bk2Basic CChip	1 Each	50	260	150	44.0
Cereal:Cinnamon Toast Crunch	1 Each	80	110	160	22.0
Juice,Apple 1/2c,	1 Each	50	60	5	14.0
Peaches: canned, 1/2 c	1/2 Cup	50	44	4	10.27
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average % of Calories			392	361	67.13 68.5%
Nutrient Guideline			400-500	540	

Wed - 01/17/2018					
BREAKFAST MENU	Total	100			
Eng Muff w/Egg&Sausage*	1 Each	85	236	475	27.5
Cereal:Golden Grahams	1 Each	95	110	220	24.0
MandarinOranges,Lt Syrup 1/2 c	1/2 Cup	50	80	8	19.16
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 % of Calories			496	771	78.59 63.3%
Nutrient Guideline			400-500	540	

Thu - 01/18/2018					
BREAKFAST MENU	Total	1			
Delayed School Start	1 EACH	1	0	0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%
Nutrient Guideline			400-500	540	

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BREAKFAST MENU

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 01/19/2018					
BREAKFAST MENU	Total	100			
Muffin, Cowgirl 1.8oz	1 Each	90	170	113	28.6
Cereal Assortment	1 Each	95	110	190	24.25
Juice, White-Grape 1/2c AppleEv	1 Each	50	80	10	20.0
Pears: Diced 1/2c	1/2 Cup	50	62	5	16.48
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			450	444	82.42
% of Calories					73.2%
Nutrient Guideline			400-500	540	

Mon - 01/22/2018					
BREAKFAST MENU	Total	100			
Pizza, 3x4 Biscuit Sausage	1 Each	85	180	362	18.61
Cereal:Cinnamon Toast Crunch	1 Each	100	110	160	22.0
Juice, Orange-Tang 1/2c, AppEve	1 Each	50	60	15	15.0
Apricots: 1/2c, canned, diced	1/2 cup	50	62	3	15.78
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			446	631	68.61
% of Calories					61.6%
Nutrient Guideline			400-500	540	

Tue - 01/23/2018					
BREAKFAST MENU	Total	100			
Muffin, Zucchini Carrot 3.3 oz	Each	70	280	280	48.0
Cereal: Cheerios, Honey Nut	Each	85	110	250	22.0
Craisins, Strawberry Invd Box	Box	50	110	0	28.0
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			496	563	89.14
% of Calories					72.0%
Nutrient Guideline			400-500	540	

Wed - 01/24/2018					
BREAKFAST MENU	Total	100			
French Toast Sticks, CinnSFresh	1 Each	80	210	320	28.0
Syrup, Maple	1 Each	80	120	0	31.0
Cereal: Golden Grahams	1 Each	99	110	220	24.0
Pears: Diced 1/2c	1/2 Cup	50	62	5	16.48
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			571	631	106.13
% of Calories					74.4%
Nutrient Guideline			400-500	540	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 01/25/2018					
BREAKFAST MENU	Total	100			
Breakfast, Coffee Cake 4 oz BV	1 Each	80	290	260	44.0
Cereal: Corn Flakes, Frosted	1 Each	80	100	190	24.0
Kiwi Fruit 1 1/2	1 Each	50	46	2	11.14
Applesauce, canned 1/2 c	1/2 Cup	50	54	2	14.86
Milk - 1% White	Half Pint	50	130	160	16.0
Milk, Fat Free White	Half Pint	50	90	130	13.0
Weighted Daily Average			472	507	81.90
% of Calories					69.4%
Nutrient Guideline			400-500	540	

Fri - 01/26/2018					
BREAKFAST MENU	Total	100			
Burrito, Egg/Ch/Pot/TSg	1 Each	95	155	210	15.78
Cereal Assortment	1 Each	95	110	190	24.25
Orange Wedges	1 each	50	45	0	11.28
Peaches: canned, 1/2 c	1/2 Cup	50	44	4	10.27
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			418	535	64.20
% of Calories					61.4%
Nutrient Guideline			400-500	540	

Mon - 01/29/2018					
BREAKFAST MENU	Total	100			
Pancake/Sausage on Stick WG	1 Each	95	176	463	21.8
Cereal: Cinnamon Toast Crunch	1 Each	95	110	160	22.0
Pears: Diced 1/2c	1/2 Cup	50	62	5	16.48
Juice, Fruit Punch 1/2c,	1 Each	50	60	15	15.0
Milk - 1% White	Half Pint	80	130	160	16.0
Milk, Fat Free White	Half Pint	20	90	130	13.0
Weighted Daily Average			455	756	72.75
% of Calories					64.0%
Nutrient Guideline			400-500	540	

Tue - 01/30/2018					
BREAKFAST MENU	Total	100			
Breakfast Wrap, WG SFresh	1 Each	85	180	400	14.0
Cereal: Cheerios, Honey Nut	Each	95	110	250	22.0
Bananas	1 Each	50	90	1	23.07
Mandarin Oranges, Lt Syrup 1/2 c	1/2 Cup	50	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			465	736	69.31
% of Calories					59.7%
Nutrient Guideline			400-500	540	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Wed - 01/31/2018					
BREAKFAST MENU					
	Total	100			
	Cinni Mini (Pillsbury)	1 each	75	240	300
	Cereal:Golden Grahams	1 Each	95	110	220
	Peaches: canned, 1/2 c	1/2 Cup	50	44	4
	Strawberries Frz/Whip Top	1/2 cup, 2 tbsp	50	106	0
	Milk - 1% White	Half Pint	80	130	160
	Milk, Fat Free White	Half Pint	20	90	130
Weighted Daily Average			481	590	83.93
% of Calories					69.7%
Nutrient Guideline			400-500	540	

Weighted Average			475	582	79.61
					67.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	475		400 - 500	100%				
Sodium (mg)	582		540				42	Correction Required - Sodium too High
Carbohydrate (g)	79.61	67.06%						

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