

# Bakersfield City School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

Grab-N-Go Breakfast

Generated on: 12/14/2017 11:25:06 AM

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

Tue - 01/02/2018					
Grab-N-Go Breakfast	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					
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	

Thu - 01/04/2018					
Grab-N-Go Breakfast	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					
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	

Mon - 01/08/2018					
Grab-N-Go Breakfast	Total	100			
PB/Jelly Bar-Pierre	1 Each	65	310	210	31.0
Cereal:Cinnamon Toast Crunch	1 Each	80	110	160	22.0
Juice,Cran-Rasp 1/2c	1 Each	50	60	10	13.0
Strawberry Cup, USDA 4.5oz	1 Each	50	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			481	424	69.12
% of Calories					57.4%
Nutrient Guideline			400-500	540	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
<b>Tue - 01/09/2018</b>					
Grab-N-Go Breakfast	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	70	110	250	22.0
Craisins, Strawberry Invd Box	Box	50	110	0	28.0
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			546	435	108.54
% of Calories					79.5%
Nutrient Guideline			400-500	540	

<b>Wed - 01/10/2018</b>					
Grab-N-Go Breakfast	Total	100			
Cinni Mini (Pillsbury)	1 each	80	240	300	40.0
Cereal:Golden Grahams	1 Each	80	110	220	24.0
Orange,Slices	1 Each	50	50	0	12.0
Applesauce Cup:USDA	4.5 oz.	50	51	2	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			452	571	79.60
% of Calories					70.4%
Nutrient Guideline			400-500	540	

<b>Thu - 01/11/2018</b>					
Grab-N-Go Breakfast	Total	100			
Muffin, Blueberry, Otis Spunkm	1 Each	90	140	140	23.0
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			436	469	82.89
% of Calories					76.1%
Nutrient Guideline			400-500	540	

<b>Fri - 01/12/2018</b>					
Grab-N-Go Breakfast	Total	100			
Breakfast Bar, F.Cat Straw Che	1 Each	65	296	216	51.7
Cereal Assortment	1 Each	85	110	190	24.25
Kiwi Fruit 1 1/2	1 Each	50	46	2	11.14
Juice,Orange-Tang 1/2c, AppEve	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			461	464	82.69
% of Calories					71.7%
Nutrient Guideline			400-500	540	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
<b>Mon - 01/15/2018</b>					
Grab-N-Go Breakfast	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	

<b>Tue - 01/16/2018</b>					
Grab-N-Go Breakfast	Total	100			
Breakfast Bar, Bk2Basic CChip	1 Each	50	260	150	44.0
Cereal: Cheerios, Honey Nut	Each	80	110	250	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	433	67.13 68.5%
Nutrient Guideline			400-500	540	

<b>Wed - 01/17/2018</b>					
Grab-N-Go Breakfast	Total	100			
Muffin, Cran-Orange 1.8oz SkBlu	1 Each	80	130	135	22.0
Cereal: Golden Grahams	1 Each	85	110	220	24.0
Orange, Slices	1 Each	50	50	0	12.0
Grape Escapes	1 Each	50	60	10	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 % of Calories			374	454	66.90 71.5%
Nutrient Guideline			400-500	540	

<b>Thu - 01/18/2018</b>					
Grab-N-Go Breakfast	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	

<b>Fri - 01/19/2018</b>					
Grab-N-Go Breakfast	Total	100			
Muffin, ** Banana 1.8oz FatCat	1 Each	90	163	90	28.3
Cereal Assortment	1 Each	95	110	190	24.25
Juice, Fruit Punch 1/2c,	1 Each	50	60	15	15.0
Strawberry Cup, USDA 4.5oz	1 Each	50	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

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Jan 1, 2018 thru Jan 31, 2018

Grab-N-Go Breakfast

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average			443	423	80.88
% of Calories					73.1%
Nutrient Guideline			400-500	540	

Mon - 01/22/2018					
Grab-N-Go Breakfast	Total	100			
Pancakes, Mini Pillsbury Maple	1 Each	85	220	130	39.0
Cereal:Cinnamon Toast Crunch	1 Each	95	110	160	22.0
Juice,Orange-Tang 1/2c, AppEve	1 Each	50	60	15	15.0
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			498	424	90.95
% of Calories					73.0%
Nutrient Guideline			400-500	540	

Tue - 01/23/2018					
Grab-N-Go Breakfast	Total	100			
Muffin, Zucchini Carrot 3.3 oz	Each	85	280	280	48.0
Cereal:Cheerios,Honey Nut	Each	85	110	250	22.0
Pears,fresh	1 Each	50	95	2	25.28
Kiwi Fruit 1 1/2	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			524	606	93.11
% of Calories					71.1%
Nutrient Guideline			400-500	540	

Wed - 01/24/2018					
Grab-N-Go Breakfast	Total	100			
FrenchToast 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
Apple in a Bag	Bag	50	29	0	8.0
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			554	628	101.89
% of Calories					73.5%
Nutrient Guideline			400-500	540	

Thu - 01/25/2018					
Grab-N-Go Breakfast	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
Orange,Slices	1 Each	50	50	0	12.0
Applesauce Cup:USDA	4.5 oz.	50	51	2	14.0
Milk - 1% White	Half Pint	50	130	160	16.0
Milk, Fat Free White	Half Pint	50	90	130	13.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average % of Calories			472	506	81.90 69.3%
Nutrient Guideline			400-500	540	

Fri - 01/26/2018					
Grab-N-Go Breakfast	Total	100			
PB/Jelly Bar-Pierre	1 Each	60	310	210	31.0
Cereal Assortment	1 Each	90	110	190	24.25
Grape Escapes	1 Each	50	60	10	15.0
Bananas	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 % of Calories			482	457	74.86 62.1%
Nutrient Guideline			400-500	540	

Mon - 01/29/2018					
Grab-N-Go Breakfast	Total	100			
Breakfast Bar, F.Cat BanChoc	1 Each	70	295	215	49.1
Cereal:Cinnamon Toast Crunch	1 Each	90	110	160	22.0
Pears,fresh	1 Each	50	95	2	25.28
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 % of Calories			505	457	89.71 71.1%
Nutrient Guideline			400-500	540	

Tue - 01/30/2018					
Grab-N-Go Breakfast	Total	100			
Cheese, String, Mozzarella	1 Each	85	80	200	1.0
Granola, Rockin'ola Cinnamon	1 Each	85	120	0	21.0
Cereal:Cheerios,Honey Nut	Each	95	110	250	22.0
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 % of Calories			485	563	78.03 64.3%
Nutrient Guideline			400-500	540	

Wed - 01/31/2018					
Grab-N-Go Breakfast	Total	100			
Cinni Mini (Pillsbury)	1 each	80	240	300	40.0
Cereal:Golden Grahams	1 Each	95	110	220	24.0
Peaches: canned, 1/2 c	1/2 Cup	50	44	4	10.27
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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average % of Calories			466	605	80.83 69.5%
Nutrient Guideline			400-500	540	

Weighted Average			473	495	83.07 70.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	473		400 - 500	100%				
Sodium (mg)	495		540					
Carbohydrate (g)	83.07	70.19%						

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