

Bakersfield City School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

SNACK MENU

Generated on: 12/14/2017 11:27:26 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/01/2018					
SNACK MENU	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-650	1230	

Tue - 01/02/2018					
SNACK MENU	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-650	1230	

Wed - 01/03/2018					
SNACK MENU	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-650	1230	

Thu - 01/04/2018					
SNACK MENU	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-650	1230	

Fri - 01/05/2018					
SNACK MENU	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-650	1230	

Mon - 01/08/2018					
SNACK MENU	Total	100			
Muffin, Cran-Orange1.8oz SkBlu	1 Each	100	130	135	22.0
Juice, Fruit Punch Sysco 3/4c	1 EACH	100	100	25	24.0
Weighted Daily Average			230	160	46.00
% of Calories					80.0%
Nutrient Guideline			600-650	1230	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Tue - 01/09/2018					
SNACK MENU	Total	100			
PRETZEL, SOFT WG 2.2 OZ	1 Each	100	140	150	30.0
Cheese Sauce, Cheddar 3oz LOL	3 oz	100	130	550	4.0
Juice, Orange-Tang, Sysco 3/4c	1 EACH	100	100	20	25.0
Weighted Daily Average			370	720	59.00
% of Calories					63.8%
Nutrient Guideline			600-650	1230	

Wed - 01/10/2018					
SNACK MENU	Total	100			
Granola, Rockin'ola Choc/Marsh	1 Each	100	130	45	22.0
Juice, Very Berry, ApplEv 3/4c	1 EACH	100	100	15	24.0
Weighted Daily Average			230	60	46.00
% of Calories					80.0%
Nutrient Guideline			600-650	1230	

Thu - 01/11/2018					
SNACK MENU	Total	100			
Crackers, Goldfish Cheddar	1 Each	100	100	170	14.0
Juice, Apple, AppleEve 3/4c	EACH	100	90	5	21.0
Weighted Daily Average			190	175	35.00
% of Calories					73.7%
Nutrient Guideline			600-650	1230	

Fri - 01/12/2018					
SNACK MENU	Total	100			
Pretzels - Heartzels	1 each	100	80	200	15.0
Cheese, Colby Jack Cubes LOL	1 Each	100	90	180	1.0
Juice, Fruitable, PowPunc3/4	Each	100	90	20	22.0
Weighted Daily Average			260	400	38.00
% of Calories					58.5%
Nutrient Guideline			600-650	1230	

Mon - 01/15/2018					
SNACK MENU	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-650	1230	

Tue - 01/16/2018					
SNACK MENU	Total	1			
Breakfast Bar, ChocChip/Oat BC	1 Each	1	150	120	23.0
Milk - 1% White	Half Pint	1	130	160	16.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average % of Calories			280	280	39.00 55.7%
Nutrient Guideline			600-650	1230	

Wed - 01/17/2018					
SNACK MENU	Total	1			
Cereal Bar, Cinnamon Toast	1 Each	1	150	115	30.0
Milk - 1% White	Half Pint	1	130	160	16.0
Weighted Daily Average % of Calories			280	275	46.00 65.7%
Nutrient Guideline			600-650	1230	

Thu - 01/18/2018					
SNACK MENU	Total	1			
Chips, Sunchips Harvest Chedda	1 Each	1	140	210	18.0
Icee, Sidekick Sunbelive R/O	1 each	1	110	25	26.0
Weighted Daily Average % of Calories			250	235	44.00 70.4%
Nutrient Guideline			600-650	1230	

Fri - 01/19/2018					
SNACK MENU	Total	1			
Chex Mix, Simply Strawberry/Yo	1 Each	1	120	55	23.0
Juice, Apple, AppleEve 3/4c	1 EACH	1	90	5	21.0
Weighted Daily Average % of Calories			210	60	44.00 83.8%
Nutrient Guideline			600-650	1230	

Mon - 01/22/2018					
SNACK MENU	Total	100			
Grahams, Bug Bites	1 Each	100	120	115	21.0
Juice, Fruit Punch Sysco 3/4c	1 EACH	100	100	25	24.0
Weighted Daily Average % of Calories			220	140	45.00 81.8%
Nutrient Guideline			600-650	1230	

Tue - 01/23/2018					
SNACK MENU	Total	100			
Cheeseburger Slider, Single DL	Serving	100	135	178	15.7
Juice, Fruitable, PowPunc3/4	1 Each	100	90	20	22.0
Weighted Daily Average % of Calories			225	198	37.70 67.0%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Wed - 01/24/2018					
SNACK MENU	Total	1			
Yogurt, Trix Raspberry Rainbow	1 Each	1	100	50	20.0
Scooby-Doo Bones WG	1 Each	1	120	115	21.0
Weighted Daily Average			220	165	41.00
% of Calories					74.5%
Nutrient Guideline			600-650	1230	

Thu - 01/25/2018					
SNACK MENU	Total	1			
Breadstick, Cheese Schw Blk(1)	1 Each	1	150	240	15.0
Juice, Fruitable, TropTwist3/4	1 Each	1	90	20	22.0
Weighted Daily Average			240	260	37.00
% of Calories					61.7%
Nutrient Guideline			600-650	1230	

Fri - 01/26/2018					
SNACK MENU	Total	1			
Crackers, Cheez-It, Whole Grain	1 Each	1	100	150	14.0
Apple in a Bag	Bag	1	29	0	8.0
Juice, Very Berry, ApplEv 3/4c	1 EACH	1	100	15	24.0
Weighted Daily Average			229	165	46.00
% of Calories					80.3%
Nutrient Guideline			600-650	1230	

Mon - 01/29/2018					
SNACK MENU	Total	100			
Snack, Cruncky Fries Ext Heat	1 Each	100	110	190	19.0
Juice, Orange-Tang, Sysco 3/4c	1 EACH	100	100	20	25.0
Weighted Daily Average			210	210	44.00
% of Calories					83.8%
Nutrient Guideline			600-650	1230	

Tue - 01/30/2018					
SNACK MENU	Total	100			
Donut Holes, SuperStarPowderWG	1 Each	100	100	150	17.0
Milk, Chocolate, Fat Free	Half Pint	100	120	180	21.0
Weighted Daily Average			220	330	38.00
% of Calories					69.1%
Nutrient Guideline			600-650	1230	

Wed - 01/31/2018					
SNACK MENU	Total	1			
Popcorn, Smartfood Wh Cheddar	1 Each	1	70	110	9.0
Juice, Apple, AppleEve 3/4c	1 EACH	1	90	5	21.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average % of Calories			160	115	30.00 75.0%
Nutrient Guideline			600-650	1230	

Weighted Average			237	232	42.10 71.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	237		600 - 650	39%		363		Correction Required - Calories are Low
Sodium (mg)	232		1230					
Carbohydrate (g)	42.10	71.14%						

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