

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2019 thru Jan 31, 2019

K-12 BREAKFAST CYCLE 1

Generated on: 12/11/2018 2:55:38 PM

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Mon - 01/07/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| BAGEL BLUEBERRY WG 87823       | 1 EACH       | 60        | 8.0       | 52.03    |
| CREAM CHEESE REGULAR 1 OZ      | 1 OZ         | 60        | 1.0       | 1.0      |
| 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     | 35        | 0.0       | 14.0     |
| APPLE, WHOLE 198 COUNT         | 1 EACH       | 35        | 0.26      | 13.95    |
| RAISINS BOX 1.5 OZ             | BOX          | 30        | 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         |              |           | 16.25     | 86.41    |
| % of Calories                  |              |           | 13.7%     | 72.8%    |
| Nutrient Guideline             |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Tue - 01/08/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| PIZZA BRKFST TURKEY SAUSAGE IW | 1 EACH       | 50        | 11.0      | 32.0     |
| MUFFIN BLUEBERRY WG, RF, IW    | EACH 2 OZ    | 20        | 3.0       | 29.0     |
| CEREAL COLD FROSTED FLAKES     | 1 bowl       | 15        | 2.0       | 24.0     |
| GRAHAM CRACKERS 3 PACK         | PACKAGE      | 15        | 2.0       | 17.0     |
| CEREAL FROSTED MINI WHEATS     | 1 bowl       | 15        | 3.0       | 24.0     |
| GRAHAM CRACKERS 3 PACK         | PACKAGE      | 15        | 2.0       | 17.0     |
| JUICE ORANGE 100%              | 4 oz cup     | 30        | 0.0       | 14.0     |
| APPLE, WHOLE 198 COUNT         | 1 EACH       | 30        | 0.26      | 13.95    |
| 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         |              |           | 16.68     | 74.13    |
| % of Calories                  |              |           | 16.0%     | 71.2%    |
| 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Jan 7, 2019 thru Jan 31, 2019

K-12 BREAKFAST CYCLE 1

Generated on: 12/11/2018 2:55:38 PM

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Wed - 01/09/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| CINNAMON BUN WG IW 6070        | 1 EACH       | 60        | 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     | 35        | 0.0       | 14.0     |
| ORANGE FRESH WHOLE 138 COUNT   | 1 EACH       | 35        | 1.25      | 15.66    |
| RAISINS BOX 1.5 OZ             | BOX          | 30        | 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         |              |           | 14.19     | 77.99    |
| % of Calories                  |              |           | 13.4%     | 73.5%    |
| Nutrient Guideline             |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Thu - 01/10/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| LOAF MINI BANANA TROPICAL IW   | EACH 2 OZ    | 60        | 3.0       | 26.0     |
| CEREAL COLD FROSTED FLAKES     | 1 bowl       | 10        | 2.0       | 24.0     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD APPLE JACKS        | 1 bowl       | 10        | 2.03      | 24.3     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD MINI WHEATS        | 1 bowl       | 10        | 3.0       | 24.0     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD CHEERIOS HONEY NUT | 1 bowl       | 10        | 2.03      | 22.27    |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| JUICE ORANGE 100%              | 4 oz cup     | 25        | 0.0       | 14.0     |
| BANANAS:150ct                  | 1 EACH       | 25        | 1.29      | 26.95    |
| RAISINS BOX 1.5 OZ             | BOX          | 50        | 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         |              |           | 14.28     | 72.84    |
| % of Calories                  |              |           | 13.2%     | 67.4%    |
| 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Cotati-Rohnert Park USD**

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

**Jan 7, 2019 thru Jan 31, 2019**

**K-12 BREAKFAST CYCLE 1**

Generated on: 12/11/2018 2:55:38 PM

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| <b>Fri - 01/11/2019</b>        |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| ULTIMATE BREAKFAST ROUND IW    | 1 EACH       | 60        | 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     | 25        | 0.0       | 14.0     |
| ORANGE FRESH WHOLE 138 COUNT   | 1 EACH       | 25        | 1.25      | 15.66    |
| RAISINS BOX 1.5 OZ             | BOX          | 50        | 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         |              |           | 14.27     | 84.82    |
| % of Calories                  |              |           | 12.5%     | 74.4%    |
| Nutrient Guideline             |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| <b>Mon - 01/14/2019</b>        |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| CINNAMON BUN WG IW 6070        | 1 EACH       | 60        | 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 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     | 25        | 0.0       | 14.0     |
| APPLE, WHOLE 198 COUNT         | 1 EACH       | 25        | 0.26      | 13.95    |
| RAISINS BOX 1.5 OZ             | BOX          | 50        | 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         |              |           | 14.02     | 80.79    |
| % of Calories                  |              |           | 12.9%     | 74.2%    |
| 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Jan 7, 2019 thru Jan 31, 2019

K-12 BREAKFAST CYCLE 1

Generated on: 12/11/2018 2:55:38 PM

|                              | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|------------------------------|--------------|-----------|-----------|----------|
| Tue - 01/15/2019             |              |           |           |          |
| K-12 BREAKFAST CYCLE         | Total        | 100       |           |          |
| PANCAKE WRAP TURKEY IW 95127 | EACH 2.85 OZ | 60        | 8.0       | 17.0     |
| BAGELS MINI STRAWBERRY CREAM | PKG          | 10        | 6.0       | 41.0     |
| CEREAL COLD FROSTED FLAKES   | 1 bowl       | 15        | 2.0       | 24.0     |
| CHEESE STRING LOL IW         | 1 EACH       | 15        | 7.0       | 1.0      |
| CEREAL FROSTED MINI WHEATS   | 1 bowl       | 15        | 3.0       | 24.0     |
| CHEESE STRING LOL IW         | 1 EACH       | 15        | 7.0       | 1.0      |
| JUICE ORANGE 100%            | 4 oz cup     | 35        | 0.0       | 14.0     |
| APPLE, WHOLE 198 COUNT       | 1 EACH       | 35        | 0.26      | 13.95    |
| RAISINS BOX 1.5 OZ           | BOX          | 30        | 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       |              |           | 17.39     | 60.13    |
| % of Calories                |              |           | 18.7%     | 64.8%    |
| Nutrient Guideline           |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Wed - 01/16/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| BENEFIT BAR OAT CHOC CHP 40401 | EACH 2.5 OZ  | 60        | 5.0       | 47.0     |
| 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     | 35        | 0.0       | 14.0     |
| ORANGE FRESH WHOLE 138 COUNT   | 1 EACH       | 35        | 1.25      | 15.66    |
| RAISINS BOX 1.5 OZ             | BOX          | 30        | 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         |              |           | 14.19     | 83.39    |
| % of Calories                  |              |           | 12.5%     | 73.4%    |
| 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Jan 7, 2019 thru Jan 31, 2019

K-12 BREAKFAST CYCLE 1

Generated on: 12/11/2018 2:55:38 PM

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Thu - 01/17/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| PAN DULCE IW WPDC260C          | 1 EACH       | 60        | 5.0       | 31.0     |
| CEREAL COLD FROSTED FLAKES     | 1 bowl       | 10        | 2.0       | 24.0     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD APPLE JACKS        | 1 bowl       | 10        | 2.03      | 24.3     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD CHEERIOS HONEY NUT | 1 bowl       | 10        | 2.03      | 22.27    |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD MINI WHEATS        | 1 bowl       | 10        | 3.0       | 24.0     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| JUICE ORANGE 100%              | 4 oz cup     | 30        | 0.0       | 14.0     |
| BANANAS:150ct                  | 1 EACH       | 30        | 1.29      | 26.95    |
| 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         |              |           | 15.44     | 74.79    |
| % of Calories                  |              |           | 14.0%     | 68.0%    |
| Nutrient Guideline             |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Fri - 01/18/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| BAGELS MINI CINNAMON CREAM     | PKG          | 60        | 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 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     | 25        | 0.0       | 14.0     |
| ORANGE FRESH WHOLE 138 COUNT   | 1 EACH       | 25        | 1.25      | 15.66    |
| RAISINS BOX 1.5 OZ             | BOX          | 50        | 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         |              |           | 14.87     | 83.02    |
| % of Calories                  |              |           | 13.6%     | 75.8%    |
| 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**Cotati-Rohnert Park USD**

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

**Jan 7, 2019 thru Jan 31, 2019**

**K-12 BREAKFAST CYCLE 1**

Generated on: 12/11/2018 2:55:38 PM

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| <b>Mon - 01/21/2019</b>        |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| BAGEL BLUEBERRY WG 87823       | 1 EACH       | 60        | 8.0       | 52.03    |
| CREAM CHEESE REGULAR 1 OZ      | 1 OZ         | 60        | 1.0       | 1.0      |
| 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     | 35        | 0.0       | 14.0     |
| APPLE, WHOLE 198 COUNT         | 1 EACH       | 35        | 0.26      | 13.95    |
| RAISINS BOX 1.5 OZ             | BOX          | 30        | 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         |              |           | 16.25     | 86.41    |
| % of Calories                  |              |           | 13.7%     | 72.8%    |
| Nutrient Guideline             |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| <b>Tue - 01/22/2019</b>        |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| PIZZA BRKFST TURKEY SAUSAGE IW | 1 EACH       | 50        | 11.0      | 32.0     |
| MUFFIN BLUEBERRY WG, RF, IW    | EACH 2 OZ    | 20        | 3.0       | 29.0     |
| CEREAL COLD FROSTED FLAKES     | 1 bowl       | 15        | 2.0       | 24.0     |
| GRAHAM CRACKERS 3 PACK         | PACKAGE      | 15        | 2.0       | 17.0     |
| CEREAL FROSTED MINI WHEATS     | 1 bowl       | 15        | 3.0       | 24.0     |
| GRAHAM CRACKERS 3 PACK         | PACKAGE      | 15        | 2.0       | 17.0     |
| JUICE ORANGE 100%              | 4 oz cup     | 30        | 0.0       | 14.0     |
| APPLE, WHOLE 198 COUNT         | 1 EACH       | 30        | 0.26      | 13.95    |
| 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         |              |           | 16.68     | 74.13    |
| % of Calories                  |              |           | 16.0%     | 71.2%    |
| 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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

**Cotati-Rohnert Park USD**

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

**Jan 7, 2019 thru Jan 31, 2019**

**K-12 BREAKFAST CYCLE 1**

Generated on: 12/11/2018 2:55:38 PM

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| <b>Wed - 01/23/2019</b>        |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| CINNAMON BUN WG IW 6070        | 1 EACH       | 60        | 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     | 35        | 0.0       | 14.0     |
| ORANGE FRESH WHOLE 138 COUNT   | 1 EACH       | 35        | 1.25      | 15.66    |
| RAISINS BOX 1.5 OZ             | BOX          | 30        | 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         |              |           | 14.19     | 77.99    |
| % of Calories                  |              |           | 13.4%     | 73.5%    |
| Nutrient Guideline             |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| <b>Thu - 01/24/2019</b>        |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| LOAF MINI BANANA TROPICAL IW   | EACH 2 OZ    | 60        | 3.0       | 26.0     |
| CEREAL COLD FROSTED FLAKES     | 1 bowl       | 10        | 2.0       | 24.0     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD APPLE JACKS        | 1 bowl       | 10        | 2.03      | 24.3     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD MINI WHEATS        | 1 bowl       | 10        | 3.0       | 24.0     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD CHEERIOS HONEY NUT | 1 bowl       | 10        | 2.03      | 22.27    |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| JUICE ORANGE 100%              | 4 oz cup     | 25        | 0.0       | 14.0     |
| BANANAS:150ct                  | 1 EACH       | 25        | 1.29      | 26.95    |
| RAISINS BOX 1.5 OZ             | BOX          | 50        | 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         |              |           | 14.28     | 72.84    |
| % of Calories                  |              |           | 13.2%     | 67.4%    |
| 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Jan 7, 2019 thru Jan 31, 2019

K-12 BREAKFAST CYCLE 1

Generated on: 12/11/2018 2:55:38 PM

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Fri - 01/25/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| ULTIMATE BREAKFAST ROUND IW    | 1 EACH       | 60        | 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     | 25        | 0.0       | 14.0     |
| ORANGE FRESH WHOLE 138 COUNT   | 1 EACH       | 25        | 1.25      | 15.66    |
| RAISINS BOX 1.5 OZ             | BOX          | 50        | 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         |              |           | 14.27     | 84.82    |
| % of Calories                  |              |           | 12.5%     | 74.4%    |
| Nutrient Guideline             |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Mon - 01/28/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| CINNAMON BUN WG IW 6070        | 1 EACH       | 60        | 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 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     | 25        | 0.0       | 14.0     |
| APPLE, WHOLE 198 COUNT         | 1 EACH       | 25        | 0.26      | 13.95    |
| RAISINS BOX 1.5 OZ             | BOX          | 50        | 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         |              |           | 14.02     | 80.79    |
| % of Calories                  |              |           | 12.9%     | 74.2%    |
| 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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 7, 2019 thru Jan 31, 2019

K-12 BREAKFAST CYCLE 1

Generated on: 12/11/2018 2:55:38 PM

|                              | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|------------------------------|--------------|-----------|-----------|----------|
| Tue - 01/29/2019             |              |           |           |          |
| K-12 BREAKFAST CYCLE         | Total        | 100       |           |          |
| PANCAKE WRAP TURKEY IW 95127 | EACH 2.85 OZ | 60        | 8.0       | 17.0     |
| BAGELS MINI STRAWBERRY CREAM | PKG          | 10        | 6.0       | 41.0     |
| CEREAL COLD FROSTED FLAKES   | 1 bowl       | 15        | 2.0       | 24.0     |
| CHEESE STRING LOL IW         | 1 EACH       | 15        | 7.0       | 1.0      |
| CEREAL FROSTED MINI WHEATS   | 1 bowl       | 15        | 3.0       | 24.0     |
| CHEESE STRING LOL IW         | 1 EACH       | 15        | 7.0       | 1.0      |
| JUICE ORANGE 100%            | 4 oz cup     | 35        | 0.0       | 14.0     |
| APPLE, WHOLE 198 COUNT       | 1 EACH       | 35        | 0.26      | 13.95    |
| RAISINS BOX 1.5 OZ           | BOX          | 30        | 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       |              |           | 17.39     | 60.13    |
| % of Calories                |              |           | 18.7%     | 64.8%    |
| Nutrient Guideline           |              |           |           |          |

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Wed - 01/30/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| BENEFIT BAR OAT CHOC CHP 40401 | EACH 2.5 OZ  | 60        | 5.0       | 47.0     |
| 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     | 35        | 0.0       | 14.0     |
| ORANGE FRESH WHOLE 138 COUNT   | 1 EACH       | 35        | 1.25      | 15.66    |
| RAISINS BOX 1.5 OZ             | BOX          | 30        | 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         |              |           | 14.19     | 83.39    |
| % of Calories                  |              |           | 12.5%     | 73.4%    |
| 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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Jan 7, 2019 thru Jan 31, 2019

K-12 BREAKFAST CYCLE 1

Generated on: 12/11/2018 2:55:39 PM

|                                | Portion Size | Reimb Qty | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-----------|----------|
| Thu - 01/31/2019               |              |           |           |          |
| K-12 BREAKFAST CYCLE           | Total        | 100       |           |          |
| PAN DULCE IW WPDC260C          | 1 EACH       | 60        | 5.0       | 31.0     |
| CEREAL COLD FROSTED FLAKES     | 1 bowl       | 10        | 2.0       | 24.0     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD APPLE JACKS        | 1 bowl       | 10        | 2.03      | 24.3     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD CHEERIOS HONEY NUT | 1 bowl       | 10        | 2.03      | 22.27    |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| CEREAL COLD MINI WHEATS        | 1 bowl       | 10        | 3.0       | 24.0     |
| SUNFLOWER SEEDS HONEY ROASTED  | 1 EACH       | 10        | 5.0       | 7.0      |
| JUICE ORANGE 100%              | 4 oz cup     | 30        | 0.0       | 14.0     |
| BANANAS:150ct                  | 1 EACH       | 30        | 1.29      | 26.95    |
| 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         |              |           | 15.44     | 74.79    |
| % of Calories                  |              |           | 14.0%     | 68.0%    |
| Nutrient Guideline             |              |           |           |          |

|                  |  |  |       |       |
|------------------|--|--|-------|-------|
| Weighted Average |  |  | 15.17 | 77.56 |
|                  |  |  | 14.0% | 71.5% |

| Nutrient         | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Protein (g)      | 15.17    | 13.98%    |               |             |           |           |         |                         |
| Carbohydrate (g) | 77.56    | 71.47%    |               |             |           |           |         |                         |

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.