

Menu Name: ELEMENTARY BREAKFAST K-5

Include Cost: Yes

Site:

Use Alternate Menu Name: No

Monday - 11/02/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003142 BREAKFAST PANCAKES WG BUTTERMILK MAPLEINN 2PK	SERVINGS	2000	113	0.33	140	8.00	6.00	2.33	0.00	7	21.33	1.33	2.67	*N/A*	33.3	0.00	0.87	\$5.216
003426 SYRUP PANCAKE & WAFFLE (2 TBSP)	SERVING	2000	67	0.00	30	8.67	8.67	0.00	0.00	0	17.33	0.00	0.00	*N/A*	0.0	*N/A*	*N/A*	\$33.925
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	40	0.00	3	8.67	*N/A*	0.00	0.00	0	9.33	0.67	0.00	*N/A*	4.0	2.53	0.00	\$8.445
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			477	0.49	424	58.67	*19.88	4.97	0.00	14	95.98	3.64	12.94	*N/A*	*464.0	*2.93	*3.59	\$101.787
% of Calories				0.92%		49.20%	*16.67 %	9.4%	0.0%		80.5%		10.9%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Tuesday - 11/03/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003390 EGG AND CHEESE ENGLISH MUFFIN	SERVING	2000	150	2.33	403	2.00	*0.00	6.00	0.00	75	18.00	2.00	7.00	*N/A*	*99.3	*0.00	*0.70	\$21.071
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	2000	57	0.50	120	0.00	*N/A*	3.00	0.00	0	6.33	0.33	0.67	*N/A*	0.0	1.20	0.12	\$43.161
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	2000	46	0.00	1	*N/A*	*N/A*	0.00	0.00	0	11.88	2.26	1.13	*N/A*	39.6	55.32	0.10	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			509	2.99	775	*35.34	*5.22	11.64	0.00	82	84.19	6.24	19.07	*0	*565.6	*56.92	*3.64	\$118.434
% of Calories				5.29%		*27.77 %	*4.10%	20.6%	0.0%		66.2%		15.0%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Wednesday - 11/04/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003198 BURRITO, BRK LOADED BACON	SERVING	2000	351	6.87	721	0.67	*0.00	18.07	*0.00	134	31.00	1.00	13.38	*N/A*	245.7	*1.20	4.32	\$228.343
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	500	15	0.00	0	2.67	*N/A*	0.00	0.00	0	3.33	0.33	0.00	*N/A*	0.0	0.00	0.00	\$1.900
002187 FRUIT, PEACH CUP FROZEN (USDA 100241)	SERVING	500	15	0.00	0	3.17	*N/A*	0.00	0.00	0	3.50	0.33	0.17	*N/A*	*N/A*	*N/A*	*N/A*	\$2.090
003497 FRUIT FROZEN STRAWBERRY FRZ CUP (96/4.5 OZ)	EACH	500	13	0.00	0	2.66	*N/A*	0.00	0.00	0	3.16	0.33	0.17	0	3.3	10.96	0.06	\$2.138
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KICKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			651	7.04	972	42.49	*5.22	20.71	*0.00	141	88.97	3.64	23.99	*0	*675.7	*12.56	*7.10	\$288.672
% of Calories				9.73%		26.11%	*3.21%	28.6%	*0.0%		54.7%		14.7%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Thursday - 11/05/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002896 MUFFIN BREAD CINNAMON APPLE	EA	1000	111	0.54	69	6.29	5.82	4.61	0.00	13	16.22	1.14	1.79	*N/A*	47.2	0.00	0.62	\$57.187
003481 MUFFIN BREAD LEMON ZEST	EA	500	53	0.25	33	322.83	2.65	2.17	0.00	6	7.63	0.48	0.83	*N/A*	17.5	0.00	0.28	\$1.620
003482 MUFFIN BREAD COWGIRL W/STREUSAL	EA	500	61	0.54	33	3.68	2.70	2.60	0.00	7	8.88	0.61	0.94	*N/A*	23.3	0.00	0.37	\$28.594
000837 YOGURT RASPBERRY PEACH (4 OZ) YOPLAIT	SERVING	2000	60	0.00	37	5.33	5.33	0.33	0.00	3	12.00	0.00	2.00	*N/A*	86.7	0.00	0.00	\$63.881
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000068 FRUIT, BANANAS FRESH	EACH	2000	60	0.08	1	8.23	0.00	0.22	0.00	0	15.38	1.75	0.73	2	3.4	5.86	0.18	\$0.000

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			601	1.56	423	379.70	*21.72	12.57	0.00	38	108.09	5.63	16.57	*2	*604.7	*6.26	*4.17	\$205.484
% of Calories				2.34%		252.71 %	*14.46 %	18.8%	0.0%		71.9%		11.0%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Friday - 11/06/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003356 PIZZA PUFF (K-8)	EACH	2000	238	*3.53	542	*1.45	*1.43	4.01	*0.00	*21	*33.16	*1.50	9.54	*0	184.8	*0.56	*1.98	\$35.238
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	500	17	0.00	0	3.17	*N/A*	0.00	0.00	0	4.17	0.67	0.00	*N/A*	3.3	1.40	0.06	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	11	0.00	0	*N/A*	*N/A*	0.00	0.00	0	2.97	0.57	0.28	*N/A*	9.9	13.83	0.03	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	500	15	0.02	0	2.06	0.00	0.06	0.00	0	3.84	0.44	0.18	1	0.8	1.46	0.04	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			537	*3.71	793	*40.01	*6.65	6.70	*0.00	*29	*92.12	*4.81	20.28	*1	*625.5	*17.66	*4.83	\$89.440
% of Calories				*6.22%		*29.80 %	*4.95%	11.2%	*0.0%		*68.6%		15.1%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

Monday - 11/09/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
003478 FRENCH TOAST TRIX MINI	PACKAGE	2000	147	0.67	127	6.67	6.67	4.67	0.00	0	24.00	1.33	2.67	*N/A*	46.7	*N/A*	0.93	\$5.807
003426 SYRUP PANCAKE & WAFFLE (2 TBSP)	SERVING	2000	67	0.00	30	8.67	8.67	0.00	0.00	0	17.33	0.00	0.00	*N/A*	0.0	*N/A*	*N/A*	\$33.925
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	2000	53	0.00	43	3.33	*N/A*	0.33	0.00	0	10.00	0.00	2.67	*N/A*	93.3	0.00	0.00	\$44.559
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	40	0.00	3	8.67	*N/A*	0.00	0.00	0	9.33	0.67	0.00	*N/A*	4.0	2.53	0.00	\$8.445
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			563	0.83	454	60.67	*20.55	7.64	0.00	8	108.65	3.64	15.61	*N/A*	*570.7	*2.93	*3.66	\$146.937
% of Calories				1.33%		43.10%	*14.60 %	12.2%	0.0%		77.2%		11.1%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Tuesday - 11/10/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003483 SAUSAGE & CHEESE ON BAGEL	EACH	2000	187	3.00	513	3.33	*0.00	8.00	0.00	35	21.33	2.67	10.33	*N/A*	79.3	*0.00	0.97	\$20.882
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	2000	57	0.50	120	0.00	*N/A*	3.00	0.00	0	6.33	0.33	0.67	*N/A*	0.0	1.20	0.12	\$43.161
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	2000	46	0.00	1	*N/A*	*N/A*	0.00	0.00	0	11.88	2.26	1.13	*N/A*	39.6	55.32	0.10	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			546	3.66	885	*36.67	*5.22	13.64	0.00	42	87.53	6.91	22.40	*0	*545.6	*56.92	*3.91	\$118.245
% of Calories				6.03%		*26.86 %	*3.82%	22.5%	0.0%		64.1%		16.4%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Thursday - 11/12/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002772 STRAWBERRY MINI BAGELS	EACH	2000	160	1.33	127	6.67	6.67	4.00	0.00	7	28.00	1.33	4.00	*N/A*	0.0	0.00	1.13	\$70.762
001410 YOGURT, DANIMALS CRUSH CUP	EACH 4OZ	2000	40	0.00	47	2.67	2.67	0.00	0.00	0	8.00	0.00	2.67	*N/A*	86.7	0.00	0.00	\$33.280
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000068 FRUIT, BANANAS FRESH	EACH	2000	60	0.08	1	8.23	0.00	0.22	0.00	0	15.38	1.75	0.73	2	3.4	5.86	0.18	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			517	1.57	424	50.90	*14.55	6.86	0.00	14	99.36	4.73	17.67	*2	*516.7	*6.26	*4.03	\$158.244
% of Calories				2.73%		39.38%	*11.26 %	11.9%	0.0%		76.9%		13.7%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Friday - 11/13/2026

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002696 CINNAMON ROLL 2.3 OZ	ROLL	2000	153	0.70	134	*11.58	*6.25	2.39	*0.00	4	29.80	0.67	3.39	*0	3.5	0.02	5.34	\$55.583
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	500	17	0.00	0	3.17	*N/A*	0.00	0.00	0	4.17	0.67	0.00	*N/A*	3.3	1.40	0.06	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	11	0.00	0	*N/A*	*N/A*	0.00	0.00	0	2.97	0.57	0.28	*N/A*	9.9	13.83	0.03	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	500	15	0.02	0	2.06	0.00	0.06	0.00	0	3.84	0.44	0.18	1	0.8	1.46	0.04	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			452	0.88	385	*50.14	*11.46	5.08	*0.00	11	88.76	3.98	14.13	*1	*444.2	*17.11	*8.19	\$109.785
% of Calories				1.75%		*44.37 %	*10.14 %	10.1%	*0.0%		78.5%		12.5%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Monday - 11/16/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003328 CHICKEN SAUSAGE MAPLE WAFFLE SANDWICH	2 MINI SANDWICH	2000	167	2.67	440	2.67	*0.00	32.00	0.00	57	10.00	0.67	10.67	*N/A*	30.5	*0.00	1.00	\$9.118
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	40	0.00	3	8.67	*N/A*	0.00	0.00	0	9.33	0.67	0.00	*N/A*	4.0	2.53	0.00	\$8.445
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			463	2.83	694	44.67	*5.22	34.64	0.00	64	67.31	2.98	20.94	*N/A*	*461.1	*2.93	*3.72	\$71.764
% of Calories				5.50%		38.59%	*4.51%	67.3%	0.0%		58.2%		18.1%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Tuesday - 11/17/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003479 CROISSANT BACON, EGG, CHEESE SANDWICH	EACH	2000	263	7.67	503	2.00	2.00	16.67	*0.00	265	19.33	0.67	10.33	*N/A*	*69.3	*0.00	*1.77	\$121.743
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	2000	57	0.50	120	0.00	*N/A*	3.00	0.00	0	6.33	0.33	0.67	*N/A*	0.0	1.20	0.12	\$43.161
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	2000	46	0.00	1	*N/A*	*N/A*	0.00	0.00	0	11.88	2.26	1.13	*N/A*	39.6	55.32	0.10	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			622	8.33	875	*35.34	*7.22	22.31	*0.00	272	85.53	4.91	22.40	*0	*535.6	*56.92	*4.71	\$219.106
% of Calories				12.05 %		*22.73 %	*4.64%	32.3%	*0.0%		55.0%		14.4%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Wednesday - 11/18/2026

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	2000	133	1.33	220	1.33	*N/A*	4.67	0.00	10	16.67	1.33	6.00	*N/A*	100.0	0.00	1.13	\$109.042
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	500	15	0.00	0	2.67	*N/A*	0.00	0.00	0	3.33	0.33	0.00	*N/A*	0.0	0.00	0.00	\$1.900
002187 FRUIT, PEACH CUP FROZEN (USDA 100241)	SERVING	500	15	0.00	0	3.17	*N/A*	0.00	0.00	0	3.50	0.33	0.17	*N/A*	*N/A*	*N/A*	*N/A*	\$2.090
003497 FRUIT FROZEN STRAWBERRY FRZ CUP (96/4.5 OZ)	EACH	500	13	0.00	0	2.66	*N/A*	0.00	0.00	0	3.16	0.33	0.17	0	3.3	10.96	0.06	\$2.138
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			433	1.49	470	43.16	*5.22	7.31	0.00	18	74.64	3.98	16.60	*0	*530.0	*11.36	*3.92	\$169.371
% of Calories				3.10%		39.87%	*4.82%	15.2%	0.0%		69.0%		15.3%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Thursday - 11/19/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	1000	85	0.94	66	4.92	3.42	2.78	0.00	3	10.08	1.07	1.24	*N/A*	39.4	0.00	0.53	\$42.335
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	500	53	0.60	33	4.84	4.22	1.47	0.00	1	9.72	0.62	0.67	*N/A*	19.8	0.00	0.29	\$1.500
003121 SCONE, WG LEMON DROP 3OZ	SERVING	500	50	0.55	33	3.79	2.03	1.42	0.00	2	8.92	0.58	0.72	*N/A*	17.4	0.00	0.30	\$1.500
003261 YOGURT VANILLA GREEK NON FAT (4OZ)	EACH	2000	53	0.00	27	5.33	4.67	0.00	0.00	3	7.33	0.00	6.00	*N/A*	73.3	*N/A*	0.00	\$1.573
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000068 FRUIT, BANANAS FRESH	EACH	2000	60	0.08	1	8.23	0.00	0.22	0.00	0	15.38	1.75	0.73	2	3.4	5.86	0.18	\$0.000

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			558	2.32	409	60.45	*19.55	8.53	0.00	17	99.42	5.67	19.63	*2	*580.0	*6.26	*4.02	\$101.110
% of Calories				3.74%		43.33%	*14.01 %	13.8%	0.0%		71.3%		14.1%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Friday - 11/20/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003356 PIZZA PUFF (K-8)	EACH	2000	238	*3.53	542	*1.45	*1.43	4.01	*0.00	*21	*33.16	*1.50	9.54	*0	184.8	*0.56	*1.98	\$35.238
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	500	17	0.00	0	3.17	*N/A*	0.00	0.00	0	4.17	0.67	0.00	*N/A*	3.3	1.40	0.06	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	11	0.00	0	*N/A*	*N/A*	0.00	0.00	0	2.97	0.57	0.28	*N/A*	9.9	13.83	0.03	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	500	15	0.02	0	2.06	0.00	0.06	0.00	0	3.84	0.44	0.18	1	0.8	1.46	0.04	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			537	*3.71	793	*40.01	*6.65	6.70	*0.00	*29	*92.12	*4.81	20.28	*1	*625.5	*17.66	*4.83	\$89.440
% of Calories				*6.22%		*29.80 %	*4.95%	11.2%	*0.0%		*68.6%		15.1%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Base Menu Spreadsheet

Yuba City USD

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

Monday - 11/30/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003478 FRENCH TOAST TRIX MINI	PACKAGE	2000	147	0.67	127	6.67	6.67	4.67	0.00	0	24.00	1.33	2.67	*N/A*	46.7	*N/A*	0.93	\$5.807
003426 SYRUP PANCAKE & WAFFLE (2 TBSP)	SERVING	2000	67	0.00	30	8.67	8.67	0.00	0.00	0	17.33	0.00	0.00	*N/A*	0.0	*N/A*	*N/A*	\$33.925
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	2000	53	0.00	43	3.33	*N/A*	0.33	0.00	0	10.00	0.00	2.67	*N/A*	93.3	0.00	0.00	\$44.559
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	15	0.00	20	1.27	1.27	0.00	0.00	0	3.53	0.13	0.20	*N/A*	0.0	*N/A*	0.77	\$0.488
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	200	11	0.00	17	0.53	*N/A*	0.27	0.00	0	2.20	0.13	0.13	*N/A*	8.7	0.00	0.72	\$0.433
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	15	0.00	15	0.80	0.80	0.20	0.00	0	3.13	0.20	0.20	*N/A*	13.3	0.00	0.37	\$6.927
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	14	0.00	29	0.80	*N/A*	0.17	0.00	0	3.00	0.33	0.33	*N/A*	13.3	0.00	0.37	\$6.877
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	15	0.03	23	0.80	0.80	0.40	0.00	0	2.87	0.33	0.20	*N/A*	8.7	0.00	0.33	\$0.377
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	40	0.00	3	8.67	*N/A*	0.00	0.00	0	9.33	0.67	0.00	*N/A*	4.0	2.53	0.00	\$8.445
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	20	0.00	2	4.33	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	33.3	0.00	0.00	\$10.307
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.00	*N/A*	0.00	0.00	0	4.67	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.644
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	20	0.00	3	4.33	*N/A*	0.00	0.00	0	5.00	0.00	0.00	*N/A*	63.3	0.00	0.00	\$10.307
000230 MILK,1% WHITE	CARTON	1000	43	0.00	53	5.00	*N/A*	0.83	0.00	5	5.33	0.00	3.33	*N/A*	133.3	0.40	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	52	0.00	65	8.23	*N/A*	0.00	0.00	2	9.53	0.00	3.90	*N/A*	130.0	0.00	0.16	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	200	8	0.00	7	1.27	0.47	0.00	0.00	0	1.40	0.00	0.60	*N/A*	22.7	0.00	0.00	\$0.000

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	11	0.04	10	0.97	0.88	0.40	0.00	0	1.15	0.18	0.71	*N/A*	*N/A*	*N/A*	*N/A*	\$16.847
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	12	0.08	2	1.00	1.00	0.38	0.00	0	1.50	0.33	0.67	*N/A*	*N/A*	*N/A*	*N/A*	\$0.995
Weighted Daily Average			563	0.83	454	60.67	*20.55	7.64	0.00	8	108.65	3.64	15.61	*N/A*	*570.7	*2.93	*3.66	\$146.937
% of Calories				1.33%		43.10%	*14.60 %	12.2%	0.0%		77.2%		11.1%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		535	*2.82	615	*69.26	*11.66	11.80	*0.00	*52	*92.09	*4.61	18.54	*1	*554.4	*18.51	*4.53	\$142.317
% of Calories			*4.74%		*51.78 %	*8.72%	19.9%	*0.0%		*68.9%		13.9%					

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 - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

NOTICE: The data contained within this report and the Mosaic® 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.