

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 2026

Menu Name:

SUMMER BREAKFAST MENU

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Wednesday - 07/01/2026 Reimbursable Meal Total 5000

	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
000279 YOGURT PARFAIT, STRAWBERRY	SERVING	2500	185	6.65	83	*9.40	*5.34	7.22	0.00	3	27.35	1.66	4.56	*1	160.0	48.80	0.34	\$0.000
001403 SNACK, SCOOPY GRAHAM	PACKAGE	2500	120	1.00	115	*N/A*	*N/A*	4.00	0.00	0	21.00	0.00	2.00	*N/A*	100.0	0.00	0.72	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			531	4.72	426	*50.30	*6.31	9.13	0.00	11	100.96	6.27	15.32	*1	*698.1	*63.31	*4.42	\$8.636
% of Calories				8.00%		*37.89 %	*4.75%	15.5%	0.0%		76.1%		11.5%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Thursday - 07/02/2026

Reimbursable Meal Total 5000

	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
002659 BRKFST, EGG,CH BISCUIT	EACH	2500	380	10.50	780	*0.00	*N/A*	23.00	0.00	145	30.00	2.00	13.00	*N/A*	100.0	0.00	1.08	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			568	6.14	717	*45.61	*3.64	15.02	0.00	82	91.78	6.44	18.54	*1	*618.1	*38.90	*4.43	\$8.636
% of Calories				9.73%		*32.12 %	*2.56%	23.8%	0.0%		64.6%		13.1%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Monday - 07/06/2026

Reimbursable Meal Total 5000

	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
003244 PANCAKE, MINI PUFF MAPLE	PACKAGE	2500	190	1.00	160	10.00	9.00	6.00	*N/A*	*N/A*	33.00	2.00	3.00	*N/A*	60.0	*N/A*	1.00	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	2500	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Cost
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			498	1.39	418	*53.86	*8.14	6.52	*0.00	*10	99.78	6.44	13.54	*1	*598.1	*38.90	*4.39	\$8.636
% of Calories				2.51%		*43.26 %	*6.54%	11.8%	*0.0%		80.1%		10.9%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Tuesday - 07/07/2026

Reimbursable Meal Total 5000

	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	2500	270	4.00	585	3.00	*0.00	13.50	0.00	132	28.00	3.00	12.50	*N/A*	168.0	*0.00	2.05	\$83.908
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			513	2.89	619	*47.11	*3.64	10.27	0.00	76	90.78	6.94	18.29	*1	*652.1	*38.90	*4.92	\$50.590
% of Calories				5.07%		*36.73 %	*2.84%	18.0%	0.0%		70.8%		14.3%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Wednesday - 07/08/2026

Reimbursable Meal Total 5000

	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
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	500	368	3.24	199	22.07	16.20	15.59	0.00	44	53.26	3.64	5.67	*N/A*	140.0	0.00	2.22	\$0.000
003277 MUFFIN, WG DOUBLE COCOA 2G	#8 SCOOP	1000	381	3.10	195	20.60	15.00	19.80	0.00	36	49.10	4.30	5.70	*N/A*	112.4	0.00	2.36	\$0.000
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	500	317	1.50	196	1937.00	15.90	13.00	0.00	38	45.80	2.90	5.00	*N/A*	104.9	0.00	1.66	\$0.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	500	266	1.29	167	15.09	13.98	11.06	0.00	32	38.92	2.74	4.29	*N/A*	113.3	0.00	1.50	\$0.000

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Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	2500	80	0.00	65	5.00	*N/A*	0.50	0.00	0	15.00	0.00	4.00	*N/A*	140.0	0.00	0.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Protrn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			589	2.12	454	*249.64	*11.25	11.70	0.00	29	107.90	7.23	16.68	*1	*696.4	*38.90	*4.90	\$8.636
% of Calories				3.24%		*169.53 %	*7.64%	17.9%	0.0%		73.3%		11.3%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Thursday - 07/09/2026

Reimbursable Meal Total 5000

	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)	Protrn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003140 WAFFLE EMOJI EGGO	SERVINGS	2500	170	1.50	210	5.00	0.00	5.00	0.00	0	27.99	4.00	4.00	*N/A*	259.9	0.00	3.60	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	2500	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			488	1.64	443	*51.35	*3.64	6.02	0.00	10	97.28	7.44	14.04	*1	*698.0	*38.90	*5.69	\$8.636
% of Calories				3.02%		*42.09 %	*2.98%	11.1%	0.0%		79.7%		11.5%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Friday - 07/10/2026

Reimbursable Meal Total 5000

	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
002696 CINNAMON ROLL 2.3 OZ	ROLL	2500	229	1.05	201	*17.37	*9.37	3.58	*0.00	5	44.70	1.00	5.08	*0	5.2	0.02	8.01	\$98.785
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			492	1.42	427	*54.29	*8.33	5.32	*0.00	13	99.13	5.94	14.58	*1	*570.7	*38.92	*7.89	\$58.029
% of Calories				2.60%		*44.14 %	*6.77%	9.7%	*0.0%		80.6%		11.9%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Monday - 07/13/2026

Reimbursable Meal Total 5000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
002259 BRKFST, OMELET COLBY W/TOAST	SERVING	2500	193	3.67	342	*1.00	*N/A*	12.42	*0.00	195	10.50	1.50	10.50	*N/A*	98.0	0.00	1.22	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KICKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Protrn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			475	2.73	497	*46.11	*3.64	9.73	*0.00	107	82.03	6.19	17.29	*1	*617.1	*38.90	*4.50	\$8.636
% of Calories				5.17%		*38.83 %	*3.07%	18.4%	*0.0%		69.1%		14.6%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Tuesday - 07/14/2026

Reimbursable Meal Total 5000

	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)	Protrn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002536 PANCAKE & SAUSAGE ON STICK WG	EACH	2500	187	2.70	412	6.90	*N/A*	8.90	0.00	28	19.80	1.40	7.00	5	17.0	0.00	1.00	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	2500	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			496	2.24	544	*52.31	*3.64	7.97	0.00	24	93.18	6.14	15.54	*4	*576.6	*38.90	*4.39	\$8.636
% of Calories				4.06%		*42.19 %	*2.94%	14.5%	0.0%		75.1%		12.5%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Wednesday - 07/15/2026 Reimbursable Meal Total 5000

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	2000	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$0.000
003326 WOWBUTTER & GRAPE JELLY WG (PEANUT FREE)	EACH	500	540	6.00	390	19.00	16.00	29.00	0.00	0	53.00	8.00	18.00	*N/A*	242.0	*N/A*	4.00	\$0.000
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	2500	80	0.00	65	5.00	*N/A*	0.50	0.00	0	15.00	0.00	4.00	*N/A*	140.0	0.00	0.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			591	2.87	507	*54.40	*9.05	13.17	0.00	10	102.40	7.74	19.56	*1	*680.8	*38.90	*4.72	\$8.636
% of Calories				4.37%		*36.82 %	*6.13%	20.1%	0.0%		69.3%		13.2%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 2026

Thursday - 07/16/2026

Reimbursable Meal Total 5000

	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
002521 EGG & CHEESE ON A CROISSANT	EACH	2500	330	7.50	590	3.00	*0.00	18.00	0.00	145	31.00	2.00	13.00	*N/A*	81.0	0.00	1.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			543	4.64	622	*47.11	*3.64	12.52	0.00	82	92.28	6.44	18.54	*1	*608.6	*38.90	*4.39	\$8.636
% of Calories				7.69%		*34.70 %	*2.68%	20.8%	0.0%		68.0%		13.7%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Friday - 07/17/2026

Reimbursable Meal Total 5000

	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
002696 CINNAMON ROLL 2.3 OZ	ROLL	2500	229	1.05	201	*17.37	*9.37	3.58	*0.00	5	44.70	1.00	5.08	*0	5.2	0.02	8.01	\$98.785
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			492	1.42	427	*54.29	*8.33	5.32	*0.00	13	99.13	5.94	14.58	*1	*570.7	*38.92	*7.89	\$58.029
% of Calories				2.60%		*44.14 %	*6.77%	9.7%	*0.0%		80.6%		11.9%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Monday - 07/20/2026

Reimbursable Meal Total 5000

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002258 EGG, BACON, CHEESE BURRITO	SERVING	2500	300	4.50	550	1.00	*N/A*	14.00	0.00	170	30.00	6.00	13.00	*N/A*	6.0	1.20	6.70	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			528	3.14	602	*46.11	*3.64	10.52	0.00	95	91.78	8.44	18.54	*1	*571.1	*39.50	*7.24	\$8.636
% of Calories				5.35%		*34.93 %	*2.76%	17.9%	0.0%		69.5%		14.0%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Tuesday - 07/21/2026

Reimbursable Meal Total 5000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
003257 FRENCH TOAST HEAT & SERVE .75" THICK (2 PER SVG)	SERVING 2 EACH	2500	360	1.00	840	64.00	9.00	5.00	*N/A*	50	64.00	2.00	11.00	*N/A*	90.0	*N/A*	3.50	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	2500	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KICKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			583	1.39	758	*80.86	*8.14	6.02	*0.00	35	115.28	6.44	17.54	*1	*613.1	*38.90	*5.64	\$8.636
% of Calories				2.15%		*55.48 %	*5.58%	9.3%	*0.0%		79.1%		12.0%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Wednesday - 07/22/2026

Reimbursable Meal Total 5000

	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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
000279 YOGURT PARFAIT, STRAWBERRY	SERVING	2500	185	6.65	83	*9.40	*5.34	7.22	0.00	3	27.35	1.66	4.56	*1	160.0	48.80	0.34	\$0.000
001403 SNACK, SCOOPY GRAHAM	PACKAGE	2500	120	1.00	115	*N/A*	*N/A*	4.00	0.00	0	21.00	0.00	2.00	*N/A*	100.0	0.00	0.72	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			531	4.72	426	*50.30	*6.31	9.13	0.00	11	100.96	6.27	15.32	*1	*698.1	*63.31	*4.42	\$8.636
% of Calories				8.00%		*37.89 %	*4.75%	15.5%	0.0%		76.1%		11.5%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Thursday - 07/23/2026

Reimbursable Meal Total 5000

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002659 BRKFST, EGG,CH BISCUIT	EACH	2500	380	10.50	780	*0.00	*N/A*	23.00	0.00	145	30.00	2.00	13.00	*N/A*	100.0	0.00	1.08	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			568	6.14	717	*45.61	*3.64	15.02	0.00	82	91.78	6.44	18.54	*1	*618.1	*38.90	*4.43	\$8.636
% of Calories				9.73%		*32.12 %	*2.56%	23.8%	0.0%		64.6%		13.1%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Friday - 07/24/2026

Reimbursable Meal Total 5000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
002696 CINNAMON ROLL 2.3 OZ	ROLL	2500	229	1.05	201	*17.37	*9.37	3.58	*0.00	5	44.70	1.00	5.08	*0	5.2	0.02	8.01	\$98.785
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			492	1.42	427	*54.29	*8.33	5.32	*0.00	13	99.13	5.94	14.58	*1	*570.7	*38.92	*7.89	\$58.029
% of Calories				2.60%		*44.14 %	*6.77%	9.7%	*0.0%		80.6%		11.9%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Monday - 07/27/2026

Reimbursable Meal Total 5000

	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)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
003244 PANCAKE, MINI PUFF MAPLE	PACKAGE	2500	190	1.00	160	10.00	9.00	6.00	*N/A*	*N/A*	33.00	2.00	3.00	*N/A*	60.0	*N/A*	1.00	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	2500	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			498	1.39	418	*53.86	*8.14	6.52	*0.00	*10	99.78	6.44	13.54	*1	*598.1	*38.90	*4.39	\$8.636
% of Calories				2.51%		*43.26 %	*6.54%	11.8%	*0.0%		80.1%		10.9%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Tuesday - 07/28/2026

Reimbursable Meal Total 5000

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003390 EGG AND CHEESE ENGLISH MUFFIN	SERVING	2500	270	4.00	585	3.00	*0.00	13.50	0.00	132	28.00	3.00	12.50	*N/A*	168.0	*0.00	2.05	\$83.908
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			513	2.89	619	*47.11	*3.64	10.27	0.00	76	90.78	6.94	18.29	*1	*652.1	*38.90	*4.92	\$50.590
% of Calories				5.07%		*36.73 %	*2.84%	18.0%	0.0%		70.8%		14.3%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Wednesday - 07/29/2026 Reimbursable Meal Total 5000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Cost
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	500	368	3.24	199	22.07	16.20	15.59	0.00	44	53.26	3.64	5.67	*N/A*	140.0	0.00	2.22	\$0.000
003277 MUFFIN, WG DOUBLE COCOA 2G	#8 SCOOP	1000	381	3.10	195	20.60	15.00	19.80	0.00	36	49.10	4.30	5.70	*N/A*	112.4	0.00	2.36	\$0.000
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	500	317	1.50	196	1937.00	15.90	13.00	0.00	38	45.80	2.90	5.00	*N/A*	104.9	0.00	1.66	\$0.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	500	266	1.29	167	15.09	13.98	11.06	0.00	32	38.92	2.74	4.29	*N/A*	113.3	0.00	1.50	\$0.000
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	2500	80	0.00	65	5.00	*N/A*	0.50	0.00	0	15.00	0.00	4.00	*N/A*	140.0	0.00	0.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			589	2.12	454	*249.64	*11.25	11.70	0.00	29	107.90	7.23	16.68	*1	*696.4	*38.90	*4.90	\$8.636
% of Calories				3.24%		*169.53 %	*7.64%	17.9%	0.0%		73.3%		11.3%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Thursday - 07/30/2026

Reimbursable Meal Total 5000

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003140 WAFFLE EMOJI EGGO	SERVINGS	2500	170	1.50	210	5.00	0.00	5.00	0.00	0	27.99	4.00	4.00	*N/A*	259.9	0.00	3.60	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	2500	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Jul 1, 2026 thru Jul 31, 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
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			488	1.64	443	*51.35	*3.64	6.02	0.00	10	97.28	7.44	14.04	*1	*698.0	*38.90	*5.69	\$8.636
% of Calories				3.02%		*42.09 %	*2.98%	11.1%	0.0%		79.7%		11.5%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Friday - 07/31/2026

Reimbursable Meal Total 5000

	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
002696 CINNAMON ROLL 2.3 OZ	ROLL	2500	229	1.05	201	*17.37	*9.37	3.58	*0.00	5	44.70	1.00	5.08	*0	5.2	0.02	8.01	\$98.785
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	500	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$0.000

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 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)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	500	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$75.060
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	1000	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	250	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	2500	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1500	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000230 MILK,1% WHITE	CARTON	2480	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	15	130	0.50	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	150	300.0	0.00	1.10	\$0.000
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
Weighted Daily Average			492	1.42	427	*54.29	*8.33	5.32	*0.00	13	99.13	5.94	14.58	*1	*570.7	*38.92	*7.89	\$58.029
% of Calories				2.60%		*44.14 %	*6.77%	9.7%	*0.0%		80.6%		11.9%					
Weekly Nutrient Guideline			0 - 0	<0			<0											

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 2026

		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		525	2.75	518	*69.99	*6.29	9.02	*0.00	*38	97.75	6.67	16.28	*1	*630.5	*41.15	*5.45	\$21.431
% of Calories			4.71%		*53.33 %	*4.79%	15.5%	*0.0%		74.5%		12.4%					

**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.

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.