

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

Menu Name:

HIGH SCHOOL BREAKFAST YCHS

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 11/02/2026 Reimbursable Meal Total 800

	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)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
003425 CROISSANT HAM AND CHEESE	EACH	50	350	10.50	1010	3.00	*3.00	16.50	*0.00	295	30.00	1.00	18.00	*N/A*	124.0	*N/A*	*1.60	\$135.782
002768 HS-SAUGE & EGG CROISSANT	EACH	50	370	8.50	605	3.00	3.00	22.00	*0.00	400	28.00	1.00	17.00	*N/A*	*39.0	*0.00	2.61	\$132.506
001109 HS-SAUGE, EGG,CHEESE CROISSANT	EACH	50	420	11.00	855	3.00	3.00	26.50	*0.00	412	29.00	1.00	19.50	*N/A*	*104.0	*0.00	2.66	\$158.773
003424 BREAKFAST CHICKEN SAUSAGE BISCUIT SANDWICH	SERVING	50	300	7.00	770	*0.00	*0.00	16.00	0.00	40	28.00	2.00	12.00	*N/A*	100.0	0.00	1.48	\$124.155
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723

Base Menu Spreadsheet

Yuba City USD

Portion 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
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800

Base Menu Spreadsheet

Yuba City USD

Portion 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
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			657	*5.24	749	*119.56	*9.36	14.24	*0.00	*96	*111.98	*5.78	21.74	*1	*566.0	*15.26	*3.26	\$177.419
% of Calories				*7.18%		*72.79 %	*5.70%	19.5%	*0.0%		*68.2%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Tuesday - 11/03/2026

Reimbursable Meal Total 800

Base Menu Spreadsheet

Yuba City USD

Portion 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
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	200	200	2.00	330	2.00	*N/A*	7.00	0.00	15	25.00	2.00	9.00	*N/A*	150.0	0.00	1.70	\$163.563
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319

Base Menu Spreadsheet

Portion 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)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502

Base Menu Spreadsheet

Yuba City USD

Portion 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			617	*3.43	629	*119.49	*8.80	10.93	*0.00	*28	*111.04	*5.97	19.84	*1	*580.5	*15.26	*3.16	\$183.859
% of Calories				*5.00%		*77.47 %	*5.71%	15.9%	*0.0%		*72.0%		12.9%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Wednesday - 11/04/2026

Reimbursable Meal Total 800

	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
001573 HS PIZZA BREAKFAST	SLICES	200	411	*4.80	807	*0.12	*0.00	10.80	*0.05	23	57.55	6.17	19.95	*1	45.8	0.00	*3.10	\$3.081
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290

Base Menu Spreadsheet

Yuba City USD

Portion 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
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434

Base Menu Spreadsheet

Portion 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
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Portion 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	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*	\$11.940
Weighted Daily Average			670	*4.13	748	*119.02	*8.80	11.88	*0.01	*30	*119.18	*7.01	22.58	*1	*554.5	*15.26	*3.51	\$143.738
% of Calories				*5.55%		*71.06 %	*5.25%	16.0%	*0.0%		*71.2%		13.5%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Thursday - 11/05/2026

Reimbursable Meal Total 800

	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
003267 CALI COUNTY BURRITO	SERVING	50	718	14.60	1535	*3.00	*0.00	38.50	*0.00	289	64.00	5.00	26.00	*N/A*	443.0	*6.00	4.82	\$201.800
001527 HS-BREAKFAST BURRITO (SOUTHWEST)	EACH	100	465	10.00	1265	0.00	*0.00	25.00	*0.00	156	40.00	2.00	19.50	*N/A*	255.0	*0.00	3.75	\$132.209
001103 HS-BREAKFAST BURRITO	EACH	50	487	10.02	1328	0.65	*0.00	25.21	*0.00	288	46.25	1.40	22.16	*N/A*	290.0	*1.44	*2.54	\$207.228
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000

Base Menu Spreadsheet

Yuba City USD

Portion 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
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941

Base Menu Spreadsheet

Portion 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
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			700	*5.72	884	*119.22	*8.80	16.29	*0.00	*80	*116.68	*6.12	23.03	*1	*620.7	*15.73	*3.66	\$185.058
% of Calories				*7.35%		*68.13 %	*5.03%	20.9%	*0.0%		*66.7%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

Friday - 11/06/2026

Reimbursable Meal Total 800

	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 (mg)	Vit-C (mg)	Iron (mg)	Cost
000380 BRKFST, CINN ROLL 5 OZ BRGFRD	ROLL	200	282	3.05	717	9.95	*1.07	9.47	0.00	14	42.39	*2.02	*7.49	*0	*71.6	*0.01	*2.02	\$221.926
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496

Base Menu Spreadsheet

Portion 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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518

Base Menu Spreadsheet

Portion 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			637	*3.69	726	*121.48	*9.07	11.55	*0.00	*28	*115.39	*5.97	*19.46	*1	*560.9	*15.26	*3.24	\$198.449
% of Calories				*5.21%		*76.28 %	*5.70%	16.3%	*0.0%		*72.5%		*12.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Monday - 11/09/2026

Reimbursable Meal Total 800

	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
003425 CROISSANT HAM AND CHEESE	EACH	50	350	10.50	1010	3.00	*3.00	16.50	*0.00	295	30.00	1.00	18.00	*N/A*	124.0	*N/A*	*1.60	\$135.782
002768 HS-SAUGE & EGG CROISSANT	EACH	50	370	8.50	605	3.00	3.00	22.00	*0.00	400	28.00	1.00	17.00	*N/A*	*39.0	*0.00	2.61	\$132.506
001109 HS-SAUGE, EGG,CHEESE CROISSANT	EACH	50	420	11.00	855	3.00	3.00	26.50	*0.00	412	29.00	1.00	19.50	*N/A*	*104.0	*0.00	2.66	\$158.773
003424 BREAKFAST CHICKEN SAUSAGE BISCUIT SANDWICH	SERVING	50	300	7.00	770	*0.00	*0.00	16.00	0.00	40	28.00	2.00	12.00	*N/A*	100.0	0.00	1.48	\$124.155

Base Menu Spreadsheet

Yuba City USD

Portion 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)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Cost
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494

Base Menu Spreadsheet

Yuba City USD

Portion 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	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715

	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
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			657	*5.24	749	*119.56	*9.36	14.24	*0.00	*96	*111.98	*5.78	21.74	*1	*566.0	*15.26	*3.26	\$177.419
% of Calories				*7.18%		*72.79 %	*5.70%	19.5%	*0.0%		*68.2%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Tuesday - 11/10/2026

Reimbursable Meal Total 800

	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
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	200	200	2.00	330	2.00	*N/A*	7.00	0.00	15	25.00	2.00	9.00	*N/A*	150.0	0.00	1.70	\$163.563
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290

Base Menu Spreadsheet

Yuba City USD

Portion 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
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434

Base Menu Spreadsheet

Yuba City USD

Portion 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
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion 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	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*	\$11.940
Weighted Daily Average			617	*3.43	629	*119.49	*8.80	10.93	*0.00	*28	*111.04	*5.97	19.84	*1	*580.5	*15.26	*3.16	\$183.859
% of Calories				*5.00%		*77.47 %	*5.71%	15.9%	*0.0%		*72.0%		12.9%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Thursday - 11/12/2026

Reimbursable Meal Total 800

	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
003267 CALI COUNTY BURRITO	SERVING	50	718	14.60	1535	*3.00	*0.00	38.50	*0.00	289	64.00	5.00	26.00	*N/A*	443.0	*6.00	4.82	\$201.800
001527 HS-BREAKFAST BURRITO (SOUTHWEST)	EACH	100	465	10.00	1265	0.00	*0.00	25.00	*0.00	156	40.00	2.00	19.50	*N/A*	255.0	*0.00	3.75	\$132.209
001103 HS-BREAKFAST BURRITO	EACH	50	487	10.02	1328	0.65	*0.00	25.21	*0.00	288	46.25	1.40	22.16	*N/A*	290.0	*1.44	*2.54	\$207.228
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000

Base Menu Spreadsheet

Yuba City USD

Portion 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
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941

Base Menu Spreadsheet

Portion 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
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			700	*5.72	884	*119.22	*8.80	16.29	*0.00	*80	*116.68	*6.12	23.03	*1	*620.7	*15.73	*3.66	\$185.058
% of Calories				*7.35%		*68.13 %	*5.03%	20.9%	*0.0%		*66.7%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

Friday - 11/13/2026

Reimbursable Meal Total 800

	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 (mg)	Vit-C (mg)	Iron (mg)	Cost
000380 BRKFST, CINN ROLL 5 OZ BRGFRD	ROLL	200	282	3.05	717	9.95	*1.07	9.47	0.00	14	42.39	*2.02	*7.49	*0	*71.6	*0.01	*2.02	\$221.926
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496

Base Menu Spreadsheet

Portion 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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518

Base Menu Spreadsheet

Portion 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			637	*3.69	726	*121.48	*9.07	11.55	*0.00	*28	*115.39	*5.97	*19.46	*1	*560.9	*15.26	*3.24	\$198.449
% of Calories				*5.21%		*76.28 %	*5.70%	16.3%	*0.0%		*72.5%		*12.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Monday - 11/16/2026

Reimbursable Meal Total 800

	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
003425 CROISSANT HAM AND CHEESE	EACH	50	350	10.50	1010	3.00	*3.00	16.50	*0.00	295	30.00	1.00	18.00	*N/A*	124.0	*N/A*	*1.60	\$135.782
002768 HS-SAUGE & EGG CROISSANT	EACH	50	370	8.50	605	3.00	3.00	22.00	*0.00	400	28.00	1.00	17.00	*N/A*	*39.0	*0.00	2.61	\$132.506
001109 HS-SAUGE, EGG,CHEESE CROISSANT	EACH	50	420	11.00	855	3.00	3.00	26.50	*0.00	412	29.00	1.00	19.50	*N/A*	*104.0	*0.00	2.66	\$158.773
003424 BREAKFAST CHICKEN SAUSAGE BISCUIT SANDWICH	SERVING	50	300	7.00	770	*0.00	*0.00	16.00	0.00	40	28.00	2.00	12.00	*N/A*	100.0	0.00	1.48	\$124.155

Base Menu Spreadsheet

Yuba City USD

Portion 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
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494

Base Menu Spreadsheet

Portion 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715

Base Menu Spreadsheet

Portion 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
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			657	*5.24	749	*119.56	*9.36	14.24	*0.00	*96	*111.98	*5.78	21.74	*1	*566.0	*15.26	*3.26	\$177.419
% of Calories				*7.18%		*72.79 %	*5.70%	19.5%	*0.0%		*68.2%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Tuesday - 11/17/2026

Reimbursable Meal Total 800

	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
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	200	200	2.00	330	2.00	*N/A*	7.00	0.00	15	25.00	2.00	9.00	*N/A*	150.0	0.00	1.70	\$163.563
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290

Base Menu Spreadsheet

Yuba City USD

Portion 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
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434

Base Menu Spreadsheet

Yuba City USD

Portion 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
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Yuba City USD

Portion 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)	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*	\$11.940
Weighted Daily Average			617	*3.43	629	*119.49	*8.80	10.93	*0.00	*28	*111.04	*5.97	19.84	*1	*580.5	*15.26	*3.16	\$183.859
% of Calories				*5.00%		*77.47 %	*5.71%	15.9%	*0.0%		*72.0%		12.9%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Wednesday - 11/18/2026

Reimbursable Meal Total 800

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001573 HS PIZZA BREAKFAST	SLICES	200	411	*4.80	807	*0.12	*0.00	10.80	*0.05	23	57.55	6.17	19.95	*1	45.8	0.00	*3.10	\$3.081
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723

Base Menu Spreadsheet

Portion 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
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800

Base Menu Spreadsheet

Portion 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
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			670	*4.13	748	*119.02	*8.80	11.88	*0.01	*30	*119.18	*7.01	22.58	*1	*554.5	*15.26	*3.51	\$143.738
% of Calories				*5.55%		*71.06 %	*5.25%	16.0%	*0.0%		*71.2%		13.5%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Thursday - 11/19/2026

Reimbursable Meal Total 800

Base Menu Spreadsheet

Yuba City USD

Portion 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
003267 CALI COUNTY BURRITO	SERVING	50	718	14.60	1535	*3.00	*0.00	38.50	*0.00	289	64.00	5.00	26.00	*N/A*	443.0	*6.00	4.82	\$201.800
001527 HS-BREAKFAST BURRITO (SOUTHWEST)	EACH	100	465	10.00	1265	0.00	*0.00	25.00	*0.00	156	40.00	2.00	19.50	*N/A*	255.0	*0.00	3.75	\$132.209
001103 HS-BREAKFAST BURRITO	EACH	50	487	10.02	1328	0.65	*0.00	25.21	*0.00	288	46.25	1.40	22.16	*N/A*	290.0	*1.44	*2.54	\$207.228
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496

Base Menu Spreadsheet

Portion 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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518

Base Menu Spreadsheet

Portion 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
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*	\$11.940
Weighted Daily Average			700	*5.72	884	*119.22	*8.80	16.29	*0.00	*80	*116.68	*6.12	23.03	*1	*620.7	*15.73	*3.66	\$185.058
% of Calories				*7.35%		*68.13 %	*5.03%	20.9%	*0.0%		*66.7%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Friday - 11/20/2026

Reimbursable Meal Total 800

	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
000380 BRKFST, CINN ROLL 5 OZ BRGFRD	ROLL	200	282	3.05	717	9.95	*1.07	9.47	0.00	14	42.39	*2.02	*7.49	*0	*71.6	*0.01	*2.02	\$221.926
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545

Base Menu Spreadsheet

Portion 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
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434

Base Menu Spreadsheet

Yuba City USD

Portion 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
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion 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	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*	\$11.940
Weighted Daily Average			637	*3.69	726	*121.48	*9.07	11.55	*0.00	*28	*115.39	*5.97	*19.46	*1	*560.9	*15.26	*3.24	\$198.449
% of Calories				*5.21%		*76.28 %	*5.70%	16.3%	*0.0%		*72.5%		*12.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10											

Monday - 11/30/2026

Reimbursable Meal Total 800

	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
003425 CROISSANT HAM AND CHEESE	EACH	50	350	10.50	1010	3.00	*3.00	16.50	*0.00	295	30.00	1.00	18.00	*N/A*	124.0	*N/A*	*1.60	\$135.782
002768 HS-SAUGE & EGG CROISSANT	EACH	50	370	8.50	605	3.00	3.00	22.00	*0.00	400	28.00	1.00	17.00	*N/A*	*39.0	*0.00	2.61	\$132.506
001109 HS-SAUGE, EGG,CHEESE CROISSANT	EACH	50	420	11.00	855	3.00	3.00	26.50	*0.00	412	29.00	1.00	19.50	*N/A*	*104.0	*0.00	2.66	\$158.773
003424 BREAKFAST CHICKEN SAUSAGE BISCUIT SANDWICH	SERVING	50	300	7.00	770	*0.00	*0.00	16.00	0.00	40	28.00	2.00	12.00	*N/A*	100.0	0.00	1.48	\$124.155
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003181 CHEESE, SAUCE NACHO DIP -JTM JALAPENO CHEESE SAUCE	CUP 2OZ.	100	119	5.06	434	1.10	*N/A*	8.79	0.00	31	2.20	0.00	7.69	*N/A*	223.1	0.00	0.00	\$0.000
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	50	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	50	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	25	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006

Base Menu Spreadsheet

Portion 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
003121 SCONE, WG LEMON DROP 3OZ	SERVING	25	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	25	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	25	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	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	25	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	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	25	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	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	150	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	\$66.839
001869 BRKFST, MINI CINNIS	EACH	25	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$6.112
002023 SANDWICH, PB & STRAW WG 2.8OZ	EACH	10	300	2.00	310	*N/A*	*N/A*	16.00	0.00	0	34.00	4.00	10.00	*N/A*	40.0	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	10	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	15	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	15	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	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	25	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	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	25	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	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	25	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
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	25	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	25	270	5.00	260	14.00	13.00	12.00	0.00	0	38.00	4.00	5.00	*N/A*	32.0	*N/A*	2.00	\$10.961

Base Menu Spreadsheet

Yuba City USD

Portion 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
003245 DONUT HOLES POWDER SUGAR WG (SYSCO)	SERVING	25	280	4.50	230	21.00	20.00	12.00	0.00	0	42.00	2.00	4.00	*N/A*	26.0	*N/A*	1.00	\$12.134
002060 POP TART, STRAWBERRY (2)WG	PASTRY	25	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	25	340	1.50	230	28.00	28.00	5.00	0.00	0	73.00	6.00	4.00	*N/A*	260.0	0.00	3.60	\$9.391
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	25	350	2.00	240	29.00	29.00	6.00	0.00	0	73.00	6.00	5.00	*N/A*	260.0	0.00	3.60	\$142.800
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	25	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	25	249	0.80	225	15.00	*N/A*	7.30	0.00	14	43.00	2.70	2.60	*N/A*	4.5	0.00	1.10	\$93.325
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	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
000086 FRUIT, ORANGES FRESH	EACH	100	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
000068 FRUIT, BANANAS FRESH	EACH	150	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
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	400	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	200	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	200	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	340	130	0.00	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	400	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
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	5	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion 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
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*	\$11.940
Weighted Daily Average			657	*5.24	749	*119.56	*9.36	14.24	*0.00	*96	*111.98	*5.78	21.74	*1	*566.0	*15.26	*3.26	\$177.419
% of Calories				*7.18%		*72.79 %	*5.70%	19.5%	*0.0%		*68.2%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	<=640		<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		655	*4.52	747	*119.79	*9.00	13.14	*0.00	*57	*114.37	*6.09	*21.27	*1	*577.3	*15.35	*3.35	\$179.950
% of Calories			*6.21%		*73.15 %	*5.50%	18.1%	*0.0%		*69.8%		*13.0%					

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.