

Menu Name: BREAKFAST BRUNCH 6-8

Include Cost: Yes

Site:

Use Alternate Menu Name: No

Thursday - 10/01/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	500	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
003319 BUN WHEAT WHOLE BREAKFAST 51% IW	SERVING	500	226	1.97	334	9.83	*N/A*	6.88	0.00	0	38.33	2.95	5.90	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	1000	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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
002772 STRAWBERRY MINI BAGELS	EACH	150	240	2.00	190	10.00	10.00	6.00	0.00	10	42.00	2.00	6.00	*N/A*	0.0	0.00	1.70	\$106.143
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	50	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
003319 BUN WHEAT WHOLE BREAKFAST 51% IW	SERVING	75	226	1.97	334	9.83	*N/A*	6.88	0.00	0	38.33	2.95	5.90	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	2000	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
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			525	1.27	460	*51.81	*9.11	7.38	0.00	11	102.10	5.88	15.35	*2	*524.8	*6.26	*3.96	\$121.161
% of Calories				2.18%		*39.47 %	*6.94%	12.7%	0.0%		77.8%		11.7%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Friday - 10/02/2026 Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
003356 PIZZA PUFF (K-8)	EACH	1000	356	*5.30	813	*2.17	*2.15	6.01	*0.00	*32	*49.73	*2.25	14.31	*0	277.2	*0.85	*2.97	\$52.857
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
002771 BRKFST, APPLE FRUDEL	EACH	150	210	1.00	250	10.00	*N/A*	6.00	0.00	0	36.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	50	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
003319 BUN WHEAT WHOLE BREAKFAST 51% IW	SERVING	75	226	1.97	334	9.83	*N/A*	6.88	0.00	0	38.33	2.95	5.90	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	500	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	500	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	500	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			519	*2.47	619	*43.71	*9.32	6.68	*0.00	*18	*95.42	*5.61	17.01	*1	*580.5	*17.38	*4.71	\$95.639
% of Calories				*4.28%		*33.69 %	*7.18%	11.6%	*0.0%		*73.5%		13.1%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Monday - 10/05/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003328 CHICKEN SAUSAGE MAPLE WAFFLE SANDWICH	2 MINI SANDWICH	1000	250	4.00	660	4.00	*0.00	48.00	0.00	85	15.00	1.00	16.00	*N/A*	45.7	*0.00	1.50	\$13.677
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	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	200	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.	200	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
003237 DONUT POWDER SUGAR WG MINI (SYSCO)	SERVING	75	270	4.50	290	19.00	19.00	11.00	0.00	0	41.00	2.00	4.00	*N/A*	27.0	0.00	1.00	\$12.806
003236 DONUT CHOCOLATE CAKE WG MINI (SYSCO)	EACH	75	320	9.00	310	19.00	18.00	16.00	0.00	0	42.00	3.00	5.00	*N/A*	31.0	0.00	2.00	\$15.512
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003320 MILK, NONFAT STRAWBERRY	CARTON	200	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	250	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	250	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			486	2.28	570	*48.34	*9.53	21.01	0.00	36	82.59	4.21	17.05	*N/A*	*494.8	*2.93	*4.12	\$94.065
% of Calories				4.22%		*39.79 %	*7.84%	38.9%	0.0%		68.0%		14.0%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Tuesday - 10/06/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003479 CROISSANT BACON, EGG, CHEESE SANDWICH	EACH	500	395	11.50	755	3.00	3.00	25.00	*0.00	398	29.00	1.00	15.50	*N/A*	*104.0	*0.00	*2.65	\$182.615
002521 EGG & CHEESE ON A CROISSANT	EACH	500	350	10.00	595	3.00	3.00	21.50	*0.00	382	29.00	1.00	12.50	*N/A*	104.0	*0.00	2.65	\$155.140
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	1000	85	0.75	180	0.00	*N/A*	4.50	0.00	0	9.50	0.50	1.00	*N/A*	0.0	1.80	0.18	\$64.742
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	200	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
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	75	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$7.299
003326 WOWBUTTER & GRAPE JELLY WG (PEANUT FREE)	EACH	75	540	6.00	390	19.00	16.00	29.00	0.00	0	53.00	8.00	18.00	*N/A*	242.0	*N/A*	4.00	\$13.559
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	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			567	4.68	634	*39.14	*10.25	14.72	*0.00	138	93.02	6.14	18.30	*0	*555.6	*56.32	*4.72	\$158.748
% of Calories				7.43%		*27.61 %	*7.23%	23.4%	*0.0%		65.6%		12.9%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Wednesday - 10/07/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	1000	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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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	50	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	50	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	50	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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
003207 FRUIT, APRICOT CUP FROZEN (USDA 100261)	SERVINGS	500	125	0.00	0	27.00	*N/A*	0.00	0.00	0	32.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$12.540
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	500	90	0.00	0	16.00	*N/A*	0.00	0.00	0	20.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$11.400
003397 FROZEN JUICE CUP STRAWBERRY POMEGRANATE 4.4OZ	EACH	500	68	0.00	0	0.00	0.00	0.00	0.00	0	19.34	2.90	0.00	*N/A*	48.3	0.00	0.68	\$13.824
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	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			475	1.50	454	*46.11	*9.44	7.25	0.00	13	88.39	5.03	14.71	*N/A*	*533.7	*0.40	*4.29	\$141.727
% of Calories				2.84%		*38.83 %	*7.95%	13.7%	0.0%		74.4%		12.4%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Thursday - 10/08/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	250	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
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	375	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
003121 SCONE, WG LEMON DROP 3OZ	SERVING	375	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
003261 YOGURT VANILLA GREEK NON FAT (4OZ)	EACH	1000	80	0.00	40	8.00	7.00	0.00	0.00	5	11.00	0.00	9.00	*N/A*	110.0	*N/A*	0.00	\$2.359
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
003478 FRENCH TOAST TRIX MINI	PACKAGE	150	220	1.00	190	10.00	10.00	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.40	\$8.710

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000068 FRUIT, BANANAS FRESH	EACH	2000	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
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	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			544	1.83	421	*56.49	*16.98	7.77	0.00	13	103.53	6.10	16.77	*2	*555.4	*6.26	*4.37	\$94.409
% of Calories				3.03%		*41.54 %	*12.49 %	12.9%	0.0%		76.1%		12.3%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Friday - 10/09/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002696 CINNAMON ROLL 2.3 OZ	ROLL	1000	229	1.05	201	*17.37	*9.37	3.58	*0.00	5	44.70	1.00	5.08	*0	5.2	0.02	8.01	\$83.375
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
002771 BRKFST, APPLE FRUDEL	EACH	150	210	1.00	250	10.00	*N/A*	6.00	0.00	0	36.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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	500	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	500	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	500	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
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			478	1.03	412	*48.91	*11.73	5.88	*0.00	10	93.86	5.18	13.85	*1	*489.9	*17.10	*6.42	\$108.145
% of Calories				1.94%		*40.93 %	*9.82%	11.1%	*0.0%		78.5%		11.6%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

Monday - 10/12/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003142 BREAKFAST PANCAKES WG BUTTERMILK MAPLECINN 2PK	SERVINGS	1000	170	0.50	210	12.00	9.00	3.50	0.00	10	32.00	2.00	4.00	*N/A*	50.0	0.00	1.30	\$7.824
003426 SYRUP PANCAKE & WAFFLE (2 TBSP)	SERVING	1000	100	0.00	45	13.00	13.00	0.00	0.00	0	26.00	0.00	0.00	*N/A*	0.0	*N/A*	*N/A*	\$50.887
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
003237 DONUT POWDER SUGAR WG MINI (SYSCO)	SERVING	75	270	4.50	290	19.00	19.00	11.00	0.00	0	41.00	2.00	4.00	*N/A*	27.0	0.00	1.00	\$12.806
003236 DONUT CHOCOLATE CAKE WG MINI (SYSCO)	EACH	75	320	9.00	310	19.00	18.00	16.00	0.00	0	42.00	3.00	5.00	*N/A*	31.0	0.00	2.00	\$15.512
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			492	1.11	435	*55.34	*16.87	6.18	0.00	11	96.92	4.54	13.05	*N/A*	*496.2	*2.93	*4.06	\$109.076
% of Calories				2.03%		*44.99 %	*13.72 %	11.3%	0.0%		78.8%		10.6%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Tuesday - 10/13/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003390 EGG AND CHEESE ENGLISH MUFFIN	SERVING	1000	225	3.50	605	3.00	*0.00	9.00	0.00	112	27.00	3.00	10.50	*N/A*	*149.0	*0.00	*1.05	\$31.606
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	1000	85	0.75	180	0.00	*N/A*	4.50	0.00	0	9.50	0.50	1.00	*N/A*	0.0	1.80	0.18	\$64.742

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	75	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$7.299
003326 WOWBUTTER & GRAPE JELLY WG (PEANUT FREE)	EACH	75	540	6.00	390	19.00	16.00	29.00	0.00	0	53.00	8.00	18.00	*N/A*	242.0	*N/A*	4.00	\$13.559
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			518	2.26	611	*39.14	*9.25	9.97	0.00	46	92.35	6.80	17.14	*0	*570.6	*56.32	*4.19	\$112.991
% of Calories				3.93%		*30.22 %	*7.14%	17.3%	0.0%		71.3%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Wednesday - 10/14/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003198 BURRITO, BRK LOADED BACON	SERVING	1000	526	10.31	1082	1.00	*0.00	27.11	*0.00	200	46.50	1.50	20.08	*N/A*	368.5	*1.80	6.48	\$342.514
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003246 DONUT HOLES BLUEBERRY WG (SYSCO)	SERVING	50	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	50	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	50	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	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
003207 FRUIT, APRICOT CUP FROZEN (USDA 100261)	SERVINGS	500	125	0.00	0	27.00	*N/A*	0.00	0.00	0	32.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$12.540
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	500	90	0.00	0	16.00	*N/A*	0.00	0.00	0	20.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$11.400
003397 FROZEN JUICE CUP STRAWBERRY POMEGRANATE 4.4OZ	EACH	500	68	0.00	0	0.00	0.00	0.00	0.00	0	19.34	2.90	0.00	*N/A*	48.3	0.00	0.68	\$13.824
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000228 MILK, NONFAT CHOCOLATE	CARTON	1300	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	200	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	250	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	250	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			584	4.27	704	*45.78	*9.44	13.96	*0.00	75	95.55	4.86	18.40	*N/A*	*606.6	*1.00	*5.89	\$201.377
% of Calories				6.58%		*31.36 %	*6.47%	21.5%	*0.0%		65.4%		12.6%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Thursday - 10/15/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002896 MUFFIN BREAD CINNAMON APPLE	EA	500	332	1.61	208	18.86	17.47	13.82	0.00	40	48.65	3.43	5.36	*N/A*	141.7	0.00	1.88	\$171.562
003481 MUFFIN BREAD LEMON ZEST	EA	250	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
003482 MUFFIN BREAD COWGIRL W/STREUSAL	EA	250	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	\$171.562
000837 YOGURT RASPBERRY PEACH (4 OZ) YOPLAIT	SERVING	1000	90	0.00	55	8.00	8.00	0.50	0.00	5	18.00	0.00	3.00	*N/A*	130.0	0.00	0.00	\$95.822
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	200	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.	200	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
003478 FRENCH TOAST TRIX MINI	PACKAGE	150	220	1.00	190	10.00	10.00	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.40	\$8.710
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000068 FRUIT, BANANAS FRESH	EACH	2000	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
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	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			561	1.39	428	*215.20	*17.36	9.76	0.00	23	105.72	6.05	15.20	*2	*568.3	*6.26	*4.43	\$156.430
% of Calories				2.23%		*153.44 %	*12.38 %	15.7%	0.0%		75.4%		10.8%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Friday - 10/16/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003356 PIZZA PUFF (K-8)	EACH	1000	356	*5.30	813	*2.17	*2.15	6.01	*0.00	*32	*49.73	*2.25	14.31	*0	277.2	*0.85	*2.97	\$52.857
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
002771 BRKFST, APPLE FRUDEL	EACH	150	210	1.00	250	10.00	*N/A*	6.00	0.00	0	36.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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	500	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	500	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	500	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
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			520	*2.44	616	*43.84	*9.32	6.69	*0.00	*19	*95.54	*5.60	16.93	*1	*580.6	*17.38	*4.74	\$97.972
% of Calories				*4.22%		*33.72 %	*7.17%	11.6%	*0.0%		*73.5%		13.0%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

Monday - 10/19/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
003478 FRENCH TOAST TRIX MINI	PACKAGE	1000	220	1.00	190	10.00	10.00	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.40	\$8.710
003426 SYRUP PANCAKE & WAFFLE (2 TBSP)	SERVING	1000	100	0.00	45	13.00	13.00	0.00	0.00	0	26.00	0.00	0.00	*N/A*	0.0	*N/A*	*N/A*	\$50.887
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	1000	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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
003237 DONUT POWDER SUGAR WG MINI (SYSCO)	SERVING	75	270	4.50	290	19.00	19.00	11.00	0.00	0	41.00	2.00	4.00	*N/A*	27.0	0.00	1.00	\$12.806
003236 DONUT CHOCOLATE CAKE WG MINI (SYSCO)	EACH	75	320	9.00	310	19.00	18.00	16.00	0.00	0	42.00	3.00	5.00	*N/A*	31.0	0.00	2.00	\$15.512
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			536	1.28	450	*56.34	*17.20	7.51	0.00	8	103.25	4.54	14.38	*N/A*	*549.6	*2.93	*4.09	\$131.651
% of Calories				2.15%		*42.04 %	*12.84 %	12.6%	0.0%		77.1%		10.7%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Tuesday - 10/20/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
003483 SAUSAGE & CHEESE ON BAGEL	EACH	500	280	4.50	770	5.00	*0.00	12.00	0.00	52	32.00	4.00	15.50	*N/A*	119.0	*0.00	1.45	\$31.323

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003484 CHEESE ON BAGEL	EACH	500	200	2.50	490	5.00	*0.00	6.00	0.00	12	32.00	4.00	8.50	*N/A*	119.0	*0.00	1.05	\$26.267
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	1000	85	0.75	180	0.00	*N/A*	4.50	0.00	0	9.50	0.50	1.00	*N/A*	0.0	1.80	0.18	\$64.742
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	75	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$7.299
003326 WOWBUTTER & GRAPE JELLY WG (PEANUT FREE)	EACH	75	540	6.00	390	19.00	16.00	29.00	0.00	0	53.00	8.00	18.00	*N/A*	242.0	*N/A*	4.00	\$13.559
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			523	2.26	619	*39.81	*9.25	9.97	0.00	19	94.02	7.14	17.64	*0	*560.6	*56.32	*4.25	\$112.054
% of Calories				3.89%		*30.45 %	*7.07%	17.2%	0.0%		71.9%		13.5%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Wednesday - 10/21/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003494 STUFFED BKFST SAND. EGG, CHEESE, TURKEY SAUSAGE	EACH	1000	160	3.50	300	3.00	1.00	7.00	*N/A*	60	16.00	1.00	9.00	*N/A*	120.0	*N/A*	1.30	\$0.000
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	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	200	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.	200	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	50	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	50	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	50	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	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
003207 FRUIT, APRICOT CUP FROZEN (USDA 100261)	SERVINGS	500	125	0.00	0	27.00	*N/A*	0.00	0.00	0	32.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$12.540
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	500	90	0.00	0	16.00	*N/A*	0.00	0.00	0	20.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$11.400
003397 FROZEN JUICE CUP STRAWBERRY POMEGRANATE 4.4OZ	EACH	500	68	0.00	0	0.00	0.00	0.00	0.00	0	19.34	2.90	0.00	*N/A*	48.3	0.00	0.68	\$13.824
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			462	2.00	444	*46.44	*9.77	7.25	*0.00	28	85.39	4.70	14.71	*N/A*	*523.7	*0.40	*4.16	\$87.206
% of Calories				3.90%		*40.21 %	*8.46%	14.1%	*0.0%		73.9%		12.7%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Thursday - 10/22/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002772 STRAWBERRY MINI BAGELS	EACH	1000	240	2.00	190	10.00	10.00	6.00	0.00	10	42.00	2.00	6.00	*N/A*	0.0	0.00	1.70	\$106.143
003276 YOGURT VANILLA STRAWBERRY (DANNON)	EACH	1000	70	0.00	55	5.00	5.00	0.00	0.00	5	14.00	0.00	4.00	*N/A*	130.0	*N/A*	0.00	\$3.283
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	200	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	200	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.	200	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
003478 FRENCH TOAST TRIX MINI	PACKAGE	150	220	1.00	190	10.00	10.00	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.40	\$8.710
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000068 FRUIT, BANANAS FRESH	EACH	2000	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
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	250	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	250	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			522	1.40	424	*51.13	*14.11	6.91	0.00	13	102.03	5.60	15.76	*2	*524.3	*6.26	*4.36	\$117.264
% of Calories				2.41%		*39.18 %	*10.81 %	11.9%	0.0%		78.2%		12.1%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Monday - 10/26/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003328 CHICKEN SAUSAGE MAPLE WAFFLE SANDWICH	2 MINI SANDWICH	1000	250	4.00	660	4.00	*0.00	48.00	0.00	85	15.00	1.00	16.00	*N/A*	45.7	*0.00	1.50	\$13.677
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
003237 DONUT POWDER SUGAR WG MINI (SYSCO)	SERVING	75	270	4.50	290	19.00	19.00	11.00	0.00	0	41.00	2.00	4.00	*N/A*	27.0	0.00	1.00	\$12.806
003236 DONUT CHOCOLATE CAKE WG MINI (SYSCO)	EACH	75	320	9.00	310	19.00	18.00	16.00	0.00	0	42.00	3.00	5.00	*N/A*	31.0	0.00	2.00	\$15.512

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	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			486	2.28	570	*48.34	*9.53	21.01	0.00	36	82.59	4.21	17.05	*N/A*	*494.8	*2.93	*4.12	\$94.065
% of Calories				4.22%		*39.79 %	*7.84%	38.9%	0.0%		68.0%		14.0%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Tuesday - 10/27/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003479 CROISSANT BACON, EGG, CHEESE SANDWICH	EACH	500	395	11.50	755	3.00	3.00	25.00	*0.00	398	29.00	1.00	15.50	*N/A*	*104.0	*0.00	*2.65	\$182.615
002521 EGG & CHEESE ON A CROISSANT	EACH	500	350	10.00	595	3.00	3.00	21.50	*0.00	382	29.00	1.00	12.50	*N/A*	104.0	*0.00	2.65	\$155.140
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	1000	85	0.75	180	0.00	*N/A*	4.50	0.00	0	9.50	0.50	1.00	*N/A*	0.0	1.80	0.18	\$64.742
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	75	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$7.299

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003326 WOWBUTTER & GRAPE JELLY WG (PEANUT FREE)	EACH	75	540	6.00	390	19.00	16.00	29.00	0.00	0	53.00	8.00	18.00	*N/A*	242.0	*N/A*	4.00	\$13.559
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	2000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	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			567	4.68	634	*39.14	*10.25	14.72	*0.00	138	93.02	6.14	18.30	*0	*555.6	*56.32	*4.72	\$158.748
% of Calories				7.43%		*27.61 %	*7.23%	23.4%	*0.0%		65.6%		12.9%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Wednesday - 10/28/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	1000	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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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	50	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	50	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	50	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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
003207 FRUIT, APRICOT CUP FROZEN (USDA 100261)	SERVINGS	500	125	0.00	0	27.00	*N/A*	0.00	0.00	0	32.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$12.540
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	500	90	0.00	0	16.00	*N/A*	0.00	0.00	0	20.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$11.400
003397 FROZEN JUICE CUP STRAWBERRY POMEGRANATE 4.4OZ	EACH	500	68	0.00	0	0.00	0.00	0.00	0.00	0	19.34	2.90	0.00	*N/A*	48.3	0.00	0.68	\$13.824
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	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			475	1.50	454	*46.11	*9.44	7.25	0.00	13	88.39	5.03	14.71	*N/A*	*533.7	*0.40	*4.29	\$141.727
% of Calories				2.84%		*38.83 %	*7.95%	13.7%	0.0%		74.4%		12.4%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Thursday - 10/29/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	250	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
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	375	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
003121 SCONE, WG LEMON DROP 3OZ	SERVING	375	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
003261 YOGURT VANILLA GREEK NON FAT (4OZ)	EACH	1000	80	0.00	40	8.00	7.00	0.00	0.00	5	11.00	0.00	9.00	*N/A*	110.0	*N/A*	0.00	\$2.359
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
003478 FRENCH TOAST TRIX MINI	PACKAGE	150	220	1.00	190	10.00	10.00	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.40	\$8.710

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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
000068 FRUIT, BANANAS FRESH	EACH	2000	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
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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 Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	250	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			544	1.83	421	*56.49	*16.98	7.77	0.00	13	103.53	6.10	16.77	*2	*555.4	*6.26	*4.37	\$94.409
% of Calories				3.03%		*41.54 %	*12.49 %	12.9%	0.0%		76.1%		12.3%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Friday - 10/30/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003356 PIZZA PUFF (K-8)	EACH	1000	356	*5.30	813	*2.17	*2.15	6.01	*0.00	*32	*49.73	*2.25	14.31	*0	277.2	*0.85	*2.97	\$52.857
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	200	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.	200	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	200	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	200	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.	200	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
002771 BRKFST, APPLE FRUDEL	EACH	150	210	1.00	250	10.00	*N/A*	6.00	0.00	0	36.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000
002060 POP TART, STRAWBERRY (2)WG	PASTRY	150	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	150	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	150	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

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	150	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
001869 BRKFST, MINI CINNIS	EACH	125	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
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	125	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	500	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	500	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	500	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
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	1000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$30.921
003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	*N/A*	0.00	0.00	\$1.933
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	1000	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$30.921
000230 MILK,1% WHITE	CARTON	1000	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	1300	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	200	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	250	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	250	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			520	*2.44	616	*43.84	*9.32	6.69	*0.00	*19	*95.54	*5.60	16.93	*1	*580.6	*17.38	*4.74	\$97.972
% of Calories				*4.22%		*33.72 %	*7.17%	11.6%	*0.0%		*73.5%		13.0%					
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10											

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		519	*2.20	524	*55.31	*11.64	9.83	*0.00	*33	*94.89	*5.48	16.19	*1	*544.5	*16.18	*4.52	\$120.326
% of Calories			*3.82%		*42.63 %	*8.97%	17.0%	*0.0%		*73.1%		12.5%					

**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.