

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 31, 2026

Menu Name:

High School Breakfast

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 10/05/2026Reimbursable Meal Total 3

	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)
990168 Week 2																	
003025 2-Pizza, Breakfast, I/W-Piazza	each	1	407	4.53	611	6.79	0.00	13.58	0.00	23	38.47	4.53	20.37	*N/A*	339.4	8.15	2.44
990635 Bussin' Quesadilla	servings	1	362	8.68	643	3.02	*0.19	18.53	0.00	158	23.92	1.92	21.03	*0	300.4	1.60	3.52
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	320	5.00	260	24.00	0.00	12.00	0.00	5	49.00	3.00	4.00	*N/A*	40.0	0.00	1.40
990697 Cereal, Trix 2oz	bowl	1	220	0.50	320	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	0	160.0	0.00	4.90
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			645	7.24	835	46.24	*4.06	17.37	0.00	75	87.49	4.51	29.16	*0	746.6	27.82	4.21
% of Calories				10.10 %		28.68%	*2.52%	24.2%	0.0%		54.3%		18.1%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Tuesday - 10/06/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
003507 2-Burrito Chorizo Egg & Potato	each	1	520	10.44	759	1.89	*0.00	23.64	0.00	253	42.51	2.36	24.86	*0	263.1	0.19	3.00
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16.37	0.00	5.95	0.00	30	38.20	3.27	3.87	*N/A*	8.4	1.19	1.09
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	281	3.54	542	3.00	0.00	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990632 Cinna Cereal Bites - ONLY	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			631	6.66	705	40.77	*0.67	17.82	0.00	114	86.86	6.14	30.44	*0	605.3	25.75	3.33
% of Calories				9.50%		25.84%	*0.42%	25.4%	0.0%		55.1%		19.3%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Wednesday - 10/07/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
990681 Veggie Scramble	servings	1	389	9.85	530	4.08	0.00	24.08	0.00	345	19.86	3.04	21.73	*0	297.2	40.23	2.66
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36.50	0.00	16.90	0.00	35	73.90	2.00	5.50	*N/A*	160.0	1.80	2.34
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*0	97.0	0.00	2.46
990698 Cereal, Cinn Toast Crunch 2oz	bowl	1	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	0	130.0	0.00	4.90
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			754	9.68	801	56.70	*4.00	26.11	0.00	140	102.97	6.49	29.53	*0	696.7	39.68	4.28
% of Calories				11.55 %		30.08%	*2.12%	31.2%	0.0%		54.6%		15.7%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Thursday - 10/08/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
990537 2-Bagel, Egg & Cheese	each	1	524	12.14	876	3.00	0.00	25.30	0.00	187	48.04	2.00	23.19	*0	405.0	0.00	2.60
001281 2-Cinnamon Roll 2.5oz RICH'S	each	1	275	1.00	210	28.55	0.00	3.50	0.00	0	57.26	1.00	5.00	*N/A*	10.1	0.00	1.80
990183 2-UBR Ultimate Breakfast Round	each	1	250	2.00	200	15.97	0.00	6.99	0.00	5	41.92	5.99	4.99	*N/A*	29.9	0.00	1.60
990696 Cereal, Blueberry Chex 2oz	servings	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	0	130.0	0.00	16.20
990392 Other																	

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk,Strawberry,Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			694	6.38	773	48.84	*3.67	16.43	0.00	77	110.14	4.58	25.35	*0	669.5	24.13	8.50
% of Calories				8.27%		28.15%	*2.12%	21.3%	0.0%		63.5%		14.6%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Friday - 10/09/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
990580 2-Muffin, English w/Sausage, Cheese	each	1	240	4.50	720	0.00	0.00	10.00	0.00	33	25.00	3.00	13.50	*0	155.0	0.06	1.65

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
990544 2-Yogurt w/ Blueberries	serving	1	259	1.00	201	18.32	0.00	4.98	0.00	5	47.76	2.95	7.00	*N/A*	239.0	4.60	2.13
990697 Cereal, Trix 2oz	bowl	1	220	0.50	320	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	0	160.0	0.00	4.90
990392 Other																	
001039 TOTAL																	
003187 2-Applesauce, cup	1/2 cup	1	60	0.00	15	17.94	0.00	0.00	0.00	0	13.95	1.00	0.00	*N/A*	199.3	0.00	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			530	4.33	717	48.09	*8.67	10.66	0.00	38	86.57	3.98	22.50	*0	731.1	25.69	3.51
% of Calories				7.35%		36.29%	*6.54%	18.1%	0.0%		65.3%		17.0%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Monday - 10/12/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)
990386 2-Donut, WG, Chocolate BK 1939	Each	1	330	11.00	240	22.00	0.00	18.00	0.00	20	41.00	3.00	3.00	*N/A*	30.0	0.00	2.00
990454 2-French Toast Sticks, WG	Serving	1	240	1.00	260	12.00	0.00	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	0.00	0.00
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19.00	0.00	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	225	0.50	213	14.65	0.00	4.92	0.00	0	44.53	3.98	2.98	*N/A*	16.0	0.00	2.00
990392 Other																	
001039 TOTAL																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			586	6.33	550	52.05	*0.00	15.47	0.00	28	93.73	4.69	18.66	*0	504.3	24.15	2.79
% of Calories				9.72%		35.53%	*0.00%	23.8%	0.0%		64.0%		12.7%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Tuesday - 10/13/2026

Reimbursable Meal Total 3

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
990167 Week 1																	
990312 2-Cheese & Egg Breakfast Sandwich	each	1	331	6.52	811	4.00	0.00	17.08	0.00	152	34.01	3.00	15.04	*0	330.0	0.00	1.90
990677 Banana Chocolate Chip Muffin	Muffins	1	352	2.58	202	24.64	15.26	14.12	0.00	31	53.71	3.71	4.95	0	93.5	0.00	1.76
990694 Bagel w/ Jalapeno Cream Cheese 3 oz	serving	1	336	6.58	612	3.00	0.00	10.60	0.00	30	50.11	2.57	11.49	*0	27.3	0.36	2.80
990633 Vanilla Bean Cereal Bites - ONLY	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			631	6.92	776	44.23	*5.75	20.03	0.00	86	89.55	6.69	28.01	*0	655.7	25.41	3.26
% of Calories				9.87%		28.04%	*3.65%	28.6%	0.0%		56.8%		17.8%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 2026 thru Oct 31, 2026

Wednesday - 10/14/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990621 2-Egg, Sausage, & Cheese English Muffin	ea	1	301	5.98	785	0.92	0.92	15.99	0.00	159	24.16	1.84	15.22	*0	156.0	0.06	0.97
000840 2-Pancake on a Stick	Each	1	242	4.54	374	5.05	0.00	15.15	0.00	25	18.18	1.01	7.07	*N/A*	30.3	0.00	0.91
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*0	97.0	0.00	2.46
990696 Cereal, Blueberry Chex 2oz	servings	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	0	130.0	0.00	16.20
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			698	6.60	922	47.17	*3.97	23.67	0.00	75	93.83	5.09	28.21	*0	611.8	25.69	7.67
% of Calories				8.51%		27.03%	*2.28%	30.5%	0.0%		53.8%		16.2%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Thursday - 10/15/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990623 2-Pancake Sausage Cheese Sandwich	Serving	1	369	4.00	780	26.77	0.00	13.00	0.00	38	56.68	2.00	12.50	*0	65.0	0.06	0.05
001969 2-Yogurt Parfait, Peach	servings	1	288	0.91	179	28.26	0.00	4.68	0.00	3	57.15	4.44	6.60	*N/A*	162.9	168.00	2.55
990617 2-Banana Muffin-Batter WG	Servings	1	316	1.42	201	20.47	15.61	12.26	0.00	37	48.65	3.34	5.17	0	95.5	0.00	1.73
990493 2-Cereal, Apple Cinnamon Cheerios/ Cracker	serving	1	230	0.50	230	13.00	0.00	5.50	0.00	0	43.00	4.00	4.00	*N/A*	16.0	0.00	2.00
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
990206 2-Syrup-only	each	1	109	0.00	20	20.77	0.00	0.00	0.00	0	28.68	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			702	3.44	708	65.76	*5.20	14.65	0.00	40	123.78	5.85	22.71	*0	591.0	80.15	3.21
% of Calories				4.41%		37.47%	*2.96%	18.8%	0.0%		70.5%		12.9%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Friday - 10/16/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990432 2-Burrito Egg Potato & Cheese	each	1	373	8.67	488	0.83	*0.00	20.44	0.00	240	24.59	1.35	17.32	*0	301.3	*0.00	2.51
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18.36	0.00	5.95	0.00	30	39.69	3.08	3.77	*N/A*	3.5	0.20	0.99
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
990634 Cocoa Cereal Bites - ONLY	each	1	270	2.00	0	7.00	3.00	15.00	0.00	5	28.00	9.00	14.00	0	104.0	0.00	2.70
990392 Other																	

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)
001039 TOTAL																	
990679 Fresh Blueberries	servings	1	42	0.00	1	7.50	0.00	0.25	0.00	0	10.50	1.80	0.55	*N/A*	5.0	7.20	0.18
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			589	6.20	572	38.59	*1.00	18.53	0.00	111	77.55	8.01	29.59	*0	671.2	*27.00	3.15
% of Calories				9.47%		26.21%	*0.68%	28.3%	0.0%		52.7%		20.1%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Monday - 10/19/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
003025 2-Pizza, Breakfast, I/W-Piazza	each	1	407	4.53	611	6.79	0.00	13.58	0.00	23	38.47	4.53	20.37	*N/A*	339.4	8.15	2.44
990635 Bussin' Quesadilla	servings	1	362	8.68	643	3.02	*0.19	18.53	0.00	158	23.92	1.92	21.03	*0	300.4	1.60	3.52
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	320	5.00	260	24.00	0.00	12.00	0.00	5	49.00	3.00	4.00	*N/A*	40.0	0.00	1.40

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
990697 Cereal, Trix 2oz	bowl	1	220	0.50	320	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	0	160.0	0.00	4.90
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			645	7.24	835	46.24	*4.06	17.37	0.00	75	87.49	4.51	29.16	*0	746.6	27.82	4.21
% of Calories				10.10 %		28.68%	*2.52%	24.2%	0.0%		54.3%		18.1%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Tuesday - 10/20/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)
003507 2-Burrito Chorizo Egg & Potato	each	1	520	10.44	759	1.89	*0.00	23.64	0.00	253	42.51	2.36	24.86	*0	263.1	0.19	3.00
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16.37	0.00	5.95	0.00	30	38.20	3.27	3.87	*N/A*	8.4	1.19	1.09
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	281	3.54	542	3.00	0.00	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990632 Cinna Cereal Bites - ONLY	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			631	6.66	705	40.77	*0.67	17.82	0.00	114	86.86	6.14	30.44	*0	605.3	25.75	3.33
% of Calories				9.50%		25.84%	*0.42%	25.4%	0.0%		55.1%		19.3%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Wednesday - 10/21/2026

Reimbursable Meal Total 3

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
990168 Week 2																	
990681 Veggie Scramble	servings	1	389	9.85	530	4.08	0.00	24.08	0.00	345	19.86	3.04	21.73	*0	297.2	40.23	2.66
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36.50	0.00	16.90	0.00	35	73.90	2.00	5.50	*N/A*	160.0	1.80	2.34
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*0	97.0	0.00	2.46
990698 Cereal, Cinn Toast Crunch 2oz	bowl	1	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	0	130.0	0.00	4.90
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			754	9.68	801	56.70	*4.00	26.11	0.00	140	102.97	6.49	29.53	*0	696.7	39.68	4.28
% of Calories				11.55 %		30.08%	*2.12%	31.2%	0.0%		54.6%		15.7%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Thursday - 10/22/2026

Reimbursable Meal Total 3

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)
990168 Week 2																	
990537 2-Bagel, Egg & Cheese	each	1	524	12.14	876	3.00	0.00	25.30	0.00	187	48.04	2.00	23.19	*0	405.0	0.00	2.60
001281 2-Cinnamon Roll 2.5oz RICH'S	each	1	275	1.00	210	28.55	0.00	3.50	0.00	0	57.26	1.00	5.00	*N/A*	10.1	0.00	1.80
990183 2-UBR Ultimate Breakfast Round	each	1	250	2.00	200	15.97	0.00	6.99	0.00	5	41.92	5.99	4.99	*N/A*	29.9	0.00	1.60
990696 Cereal, Blueberry Chex 2oz	servings	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	0	130.0	0.00	16.20
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			694	6.38	773	48.84	*3.67	16.43	0.00	77	110.14	4.58	25.35	*0	669.5	24.13	8.50
% of Calories				8.27%		28.15%	*2.12%	21.3%	0.0%		63.5%		14.6%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Friday - 10/23/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
990580 2-Muffin, English w/Sausage, Cheese	each	1	240	4.50	720	0.00	0.00	10.00	0.00	33	25.00	3.00	13.50	*0	155.0	0.06	1.65
990544 2-Yogurt w/ Blueberries	serving	1	259	1.00	201	18.32	0.00	4.98	0.00	5	47.76	2.95	7.00	*N/A*	239.0	4.60	2.13
990697 Cereal, Trix 2oz	bowl	1	220	0.50	320	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	0	160.0	0.00	4.90
990392 Other																	
001039 TOTAL																	
003187 2-Applesauce, cup	1/2 cup	1	60	0.00	15	17.94	0.00	0.00	0.00	0	13.95	1.00	0.00	*N/A*	199.3	0.00	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			530	4.33	717	48.09	*8.67	10.66	0.00	38	86.57	3.98	22.50	*0	731.1	25.69	3.51
% of Calories				7.35%		36.29%	*6.54%	18.1%	0.0%		65.3%		17.0%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Monday - 10/26/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990386 2-Donut, WG, Chocolate BK 1939	Each	1	330	11.00	240	22.00	0.00	18.00	0.00	20	41.00	3.00	3.00	*N/A*	30.0	0.00	2.00
990454 2-French Toast Sticks, WG	Serving	1	240	1.00	260	12.00	0.00	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	0.00	0.00
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19.00	0.00	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	225	0.50	213	14.65	0.00	4.92	0.00	0	44.53	3.98	2.98	*N/A*	16.0	0.00	2.00
990392 Other																	
001039 TOTAL																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			586	6.33	550	52.05	*0.00	15.47	0.00	28	93.73	4.69	18.66	*0	504.3	24.15	2.79
% of Calories				9.72%		35.53%	*0.00%	23.8%	0.0%		64.0%		12.7%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Tuesday - 10/27/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990312 2-Cheese & Egg Breakfast Sandwich	each	1	331	6.52	811	4.00	0.00	17.08	0.00	152	34.01	3.00	15.04	*0	330.0	0.00	1.90
990677 Banana Chocolate Chip Muffin	Muffins	1	352	2.58	202	24.64	15.26	14.12	0.00	31	53.71	3.71	4.95	0	93.5	0.00	1.76
990694 Bagel w/ Jalapeno Cream Cheese 3 oz	serving	1	336	6.58	612	3.00	0.00	10.60	0.00	30	50.11	2.57	11.49	*0	27.3	0.36	2.80
990633 Vanilla Bean Cereal Bites - ONLY	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)
001039 TOTAL																	
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			631	6.92	776	44.23	*5.75	20.03	0.00	86	89.55	6.69	28.01	*0	655.7	25.41	3.26
% of Calories				9.87%		28.04%	*3.65%	28.6%	0.0%		56.8%		17.8%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Wednesday - 10/28/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990621 2-Egg, Sausage, & Cheese English Muffin	ea	1	301	5.98	785	0.92	0.92	15.99	0.00	159	24.16	1.84	15.22	*0	156.0	0.06	0.97
000840 2-Pancake on a Stick	Each	1	242	4.54	374	5.05	0.00	15.15	0.00	25	18.18	1.01	7.07	*N/A*	30.3	0.00	0.91

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*0	97.0	0.00	2.46
990696 Cereal, Blueberry Chex 2oz	servings	1	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	0	130.0	0.00	16.20
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			698	6.60	922	47.17	*3.97	23.67	0.00	75	93.83	5.09	28.21	*0	611.8	25.69	7.67
% of Calories				8.51%		27.03%	*2.28%	30.5%	0.0%		53.8%		16.2%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Thursday - 10/29/2026

Reimbursable Meal Total 3

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)
990167 Week 1																	
990623 2-Pancake Sausage Cheese Sandwich	Serving	1	369	4.00	780	26.77	0.00	13.00	0.00	38	56.68	2.00	12.50	*0	65.0	0.06	0.05
001969 2-Yogurt Parfait, Peach	servings	1	288	0.91	179	28.26	0.00	4.68	0.00	3	57.15	4.44	6.60	*N/A*	162.9	168.00	2.55
990617 2-Banana Muffin-Batter WG	Servings	1	316	1.42	201	20.47	15.61	12.26	0.00	37	48.65	3.34	5.17	0	95.5	0.00	1.73
990493 2-Cereal, Apple Cinnamon Cheerios/ Cracker	serving	1	230	0.50	230	13.00	0.00	5.50	0.00	0	43.00	4.00	4.00	*N/A*	16.0	0.00	2.00
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk,Strawberry,Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 5, 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)
990206 2-Syrup-only	each	1	109	0.00	20	20.77	0.00	0.00	0.00	0	28.68	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			702	3.44	708	65.76	*5.20	14.65	0.00	40	123.78	5.85	22.71	*0	591.0	80.15	3.21
% of Calories				4.41%		37.47%	*2.96%	18.8%	0.0%		70.5%		12.9%				
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10										

Friday - 10/30/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990432 2-Burrito Egg Potato & Cheese	each	1	373	8.67	488	0.83	*0.00	20.44	0.00	240	24.59	1.35	17.32	*0	301.3	*0.00	2.51
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18.36	0.00	5.95	0.00	30	39.69	3.08	3.77	*N/A*	3.5	0.20	0.99
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
990634 Cocoa Cereal Bites - ONLY	each	1	270	2.00	0	7.00	3.00	15.00	0.00	5	28.00	9.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990679 Fresh Blueberries	servings	1	42	0.00	1	7.50	0.00	0.25	0.00	0	10.50	1.80	0.55	*N/A*	5.0	7.20	0.18
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Oct 5, 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)
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001877 z-Milk, Strawberry, Crystal Cream	8 oz	1	120	0.00	135	20.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.00
Weighted Daily Average			589	6.20	572	38.59	*1.00	18.53	0.00	111	77.55	8.01	29.59	*0	671.2	*27.00	3.15
% of Calories				9.47%		26.21%	*0.68%	28.3%	0.0%		52.7%		20.1%				
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)
Weighted Averages		646	6.38	736	48.84	*3.70	18.07	0.00	78	95.25	5.60	26.42	*0	648.30	*32.55	4.39
% of Calories			8.89%		30.24%	*2.29%	25.2%	0.0%		59.0%		16.4%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
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.