

Menu Name: MIDDLE SCHOOL BREAKFAST

Include Cost: Yes

Site:

Use Alternate Menu Name: No

Monday - 11/02/2026

Reimbursable Meal Total 500

	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)	Protrn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002690 EGG & CHEESE BISCUIT	SERVING	100	360	9.00	845	*0.00	*0.00	22.50	0.00	132	30.00	2.00	12.50	*N/A*	184.0	*0.00	2.13	\$154.387
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	100	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	70	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	20	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	20	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	20	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	20	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	20	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

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
002403 POP TART, FROSTED FUDGE (2)WG	PASTRY	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			608	3.73	603	*61.47	*6.75	11.62	*0.00	*41	111.90	7.40	18.75	*1	*468.6	*23.67	*2.71	\$185.886
% of Calories				5.52%		*40.44 %	*4.44%	17.2%	*0.0%		73.6%		12.3%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Tuesday - 11/03/2026

Reimbursable Meal Total 500

	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
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
001527 HS-BREAKFAST BURRITO (SOUTHWEST)	EACH	100	465	10.00	1265	0.00	*0.00	25.00	*0.00	156	40.00	2.00	19.50	*N/A*	255.0	*0.00	3.75	\$132.209
002754 PARFAIT BLUEBERRY	SERVING	40	146	2.25	70	9.00	9.00	2.92	*0.00	7	25.34	2.00	4.67	*N/A*	191.8	*0.00	*0.00	\$257.030
003439 PARFAIT PEACH	SERVING	30	171	2.25	75	22.01	*9.00	2.92	*0.00	7	30.84	1.00	4.67	*N/A*	192.8	*3.80	*0.00	\$98.930
001403 SNACK, SCOOPY GRAHAM	PACKAGE	70	120	1.00	115	*N/A*	*N/A*	4.00	0.00	0	21.00	0.00	2.00	*N/A*	100.0	0.00	0.72	\$3.294
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	10	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	20	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	20	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	20	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			652	*4.63	736	*62.70	*8.44	11.66	*0.00	*46	*118.14	*6.58	19.96	*1	*566.1	*24.07	*3.60	\$155.658
% of Calories				*6.39%		*38.47 %	*5.18%	16.1%	*0.0%		*72.5%		12.2%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Wednesday - 11/04/2026

Reimbursable Meal Total 500

	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
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003425 CROISSANT HAM AND CHEESE	EACH	100	350	10.50	1010	3.00	*3.00	16.50	*0.00	295	30.00	1.00	18.00	*N/A*	124.0	*N/A*	*1.60	\$135.782
001869 BRKFST, MINI CINNIS	EACH	120	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

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	20	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	20	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	20	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	20	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	20	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	15	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	10	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			634	*4.56	714	*64.05	*10.35	10.41	*0.00	*73	*116.87	*6.70	19.73	*1	*501.0	*23.84	*3.31	\$127.899
% of Calories				*6.47%		*40.41 %	*6.53%	14.8%	*0.0%		*73.7%		12.4%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Thursday - 11/05/2026

Reimbursable Meal Total 500

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003267 CALI COUNTY BURRITO	SERVING	100	718	14.60	1535	*3.00	*0.00	38.50	*0.00	289	64.00	5.00	26.00	*N/A*	443.0	*6.00	4.82	\$201.800
003424 BREAKFAST CHICKEN SAUSAGE BISCUIT SANDWICH	SERVING	70	300	7.00	770	*0.00	*0.00	16.00	0.00	40	28.00	2.00	12.00	*N/A*	100.0	0.00	1.48	\$124.155
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	60	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	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	2	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			702	*5.77	866	*60.27	*6.31	14.92	*0.00	*78	*120.21	*7.13	22.16	*1	*573.0	*25.04	*3.97	\$171.323
% of Calories				*7.40%		*34.34 %	*3.60%	19.1%	*0.0%		*68.5%		12.6%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Friday - 11/06/2026

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000380 BRKFST, CINN ROLL 5 OZ BRGFRD	ROLL	100	282	3.05	717	9.95	*1.07	9.47	0.00	14	42.39	*2.02	*7.49	*0	*71.6	*0.01	*2.02	\$221.926
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	30	266	1.29	167	15.09	13.98	11.06	0.00	32	38.92	2.74	4.29	*N/A*	113.3	0.00	1.50	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	35	317	1.50	196	1937.00	15.90	13.00	0.00	38	45.80	2.90	5.00	*N/A*	104.9	0.00	1.66	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	35	368	3.24	199	22.07	16.20	15.59	0.00	44	53.26	3.64	5.67	*N/A*	140.0	0.00	2.22	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	100	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
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	70	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	60	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	20	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	20	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	20	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	15	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	10	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

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)	Cost
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	2	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			608	2.25	535	*201.11	*9.18	9.27	*0.00	*21	118.82	*6.92	*16.70	*1	*494.3	*23.67	*3.09	\$184.302
% of Calories				3.33%		*132.31 %	*6.04%	13.7%	*0.0%		78.2%		*11.0%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Monday - 11/09/2026

Reimbursable Meal Total 500

	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
002690 EGG & CHEESE BISCUIT	SERVING	100	360	9.00	845	*0.00	*0.00	22.50	0.00	132	30.00	2.00	12.50	*N/A*	184.0	*0.00	2.13	\$154.387
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	100	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	70	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	20	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	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
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	20	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	20	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			608	3.73	603	*61.47	*6.75	11.62	*0.00	*41	111.90	7.40	18.75	*1	*468.6	*23.67	*2.71	\$185.886
% of Calories				5.52%		*40.44 %	*4.44%	17.2%	*0.0%		73.6%		12.3%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Tuesday - 11/10/2026

Reimbursable Meal Total 500

	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
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
001527 HS-BREAKFAST BURRITO (SOUTHWEST)	EACH	100	465	10.00	1265	0.00	*0.00	25.00	*0.00	156	40.00	2.00	19.50	*N/A*	255.0	*0.00	3.75	\$132.209
002754 PARFAIT BLUEBERRY	SERVING	40	146	2.25	70	9.00	9.00	2.92	*0.00	7	25.34	2.00	4.67	*N/A*	191.8	*0.00	*0.00	\$257.030
003439 PARFAIT PEACH	SERVING	30	171	2.25	75	22.01	*9.00	2.92	*0.00	7	30.84	1.00	4.67	*N/A*	192.8	*3.80	*0.00	\$98.930
001403 SNACK, SCOOPY GRAHAM	PACKAGE	70	120	1.00	115	*N/A*	*N/A*	4.00	0.00	0	21.00	0.00	2.00	*N/A*	100.0	0.00	0.72	\$3.294

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	20	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	20	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	20	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			652	*4.63	736	*62.70	*8.44	11.66	*0.00	*46	*118.14	*6.58	19.96	*1	*566.1	*24.07	*3.60	\$155.658
% of Calories				*6.39%		*38.47 %	*5.18%	16.1%	*0.0%		*72.5%		12.2%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Thursday - 11/12/2026

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003267 CALI COUNTY BURRITO	SERVING	100	718	14.60	1535	*3.00	*0.00	38.50	*0.00	289	64.00	5.00	26.00	*N/A*	443.0	*6.00	4.82	\$201.800
003424 BREAKFAST CHICKEN SAUSAGE BISCUIT SANDWICH	SERVING	70	300	7.00	770	*0.00	*0.00	16.00	0.00	40	28.00	2.00	12.00	*N/A*	100.0	0.00	1.48	\$124.155
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	60	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	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	2	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			702	*5.77	866	*60.27	*6.31	14.92	*0.00	*78	*120.21	*7.13	22.16	*1	*573.0	*25.04	*3.97	\$171.323
% of Calories				*7.40%		*34.34 %	*3.60%	19.1%	*0.0%		*68.5%		12.6%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

Friday - 11/13/2026

Reimbursable Meal Total 500

	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
000380 BRKFST, CINN ROLL 5 OZ BRGFRD	ROLL	100	282	3.05	717	9.95	*1.07	9.47	0.00	14	42.39	*2.02	*7.49	*0	*71.6	*0.01	*2.02	\$221.926
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	30	266	1.29	167	15.09	13.98	11.06	0.00	32	38.92	2.74	4.29	*N/A*	113.3	0.00	1.50	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	35	317	1.50	196	1937.00	15.90	13.00	0.00	38	45.80	2.90	5.00	*N/A*	104.9	0.00	1.66	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	35	368	3.24	199	22.07	16.20	15.59	0.00	44	53.26	3.64	5.67	*N/A*	140.0	0.00	2.22	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIx (SYSCO)	SERVING	100	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
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	70	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	60	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	20	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	20	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	20	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	15	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

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
001869 BRKFST, MINI CINNIS	EACH	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	2	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			608	2.25	535	*201.11	*9.18	9.27	*0.00	*21	118.82	*6.92	*16.70	*1	*494.3	*23.67	*3.09	\$184.302
% of Calories				3.33%		*132.31 %	*6.04%	13.7%	*0.0%		78.2%		*11.0%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Monday - 11/16/2026

Reimbursable Meal Total 500

	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
002690 EGG & CHEESE BISCUIT	SERVING	100	360	9.00	845	*0.00	*0.00	22.50	0.00	132	30.00	2.00	12.50	*N/A*	184.0	*0.00	2.13	\$154.387
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	100	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	70	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	20	260	4.00	230	18.00	17.00	11.00	0.00	0	39.00	2.00	4.00	*N/A*	37.0	*N/A*	1.00	\$10.434

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	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
003247 DONUT HOLES CHOCOLATE WG (SYSCO)	SERVING	20	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	20	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			608	3.73	603	*61.47	*6.75	11.62	*0.00	*41	111.90	7.40	18.75	*1	*468.6	*23.67	*2.71	\$185.886
% of Calories				5.52%		*40.44 %	*4.44%	17.2%	*0.0%		73.6%		12.3%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Tuesday - 11/17/2026

Reimbursable Meal Total 500

	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
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
001527 HS-BREAKFAST BURRITO (SOUTHWEST)	EACH	100	465	10.00	1265	0.00	*0.00	25.00	*0.00	156	40.00	2.00	19.50	*N/A*	255.0	*0.00	3.75	\$132.209
002754 PARFAIT BLUEBERRY	SERVING	40	146	2.25	70	9.00	9.00	2.92	*0.00	7	25.34	2.00	4.67	*N/A*	191.8	*0.00	*0.00	\$257.030
003439 PARFAIT PEACH	SERVING	30	171	2.25	75	22.01	*9.00	2.92	*0.00	7	30.84	1.00	4.67	*N/A*	192.8	*3.80	*0.00	\$98.930
001403 SNACK, SCOOPY GRAHAM	PACKAGE	70	120	1.00	115	*N/A*	*N/A*	4.00	0.00	0	21.00	0.00	2.00	*N/A*	100.0	0.00	0.72	\$3.294

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc'm (mg)	Vit-C (mg)	Iron (mg)	Cost
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	20	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	20	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	20	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			652	*4.63	736	*62.70	*8.44	11.66	*0.00	*46	*118.14	*6.58	19.96	*1	*566.1	*24.07	*3.60	\$155.658
% of Calories				*6.39%		*38.47 %	*5.18%	16.1%	*0.0%		*72.5%		12.2%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Wednesday - 11/18/2026

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003425 CROISSANT HAM AND CHEESE	EACH	100	350	10.50	1010	3.00	*3.00	16.50	*0.00	295	30.00	1.00	18.00	*N/A*	124.0	*N/A*	*1.60	\$135.782
001869 BRKFST, MINI CINNIS	EACH	120	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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	20	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	20	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	20	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	20	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	20	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	15	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	10	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	*N/A*	200.0	0.00	3.60	\$143.036
000781 BAR BUTTERMILK TWIN WG 2.5 OZ	PACKAGE	10	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

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			634	*4.56	714	*64.05	*10.35	10.41	*0.00	*73	*116.87	*6.70	19.73	*1	*501.0	*23.84	*3.31	\$127.899
% of Calories				*6.47%		*40.41 %	*6.53%	14.8%	*0.0%		*73.7%		12.4%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Thursday - 11/19/2026

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003355 PIZZA PUFF (HIGH SCHOOL)	EACH	100	362	*5.33	814	*2.17	*2.15	6.10	*0.00	*32	*50.20	*2.59	15.02	*0	277.8	*0.85	*3.04	\$58.187
003267 CALI COUNTY BURRITO	SERVING	100	718	14.60	1535	*3.00	*0.00	38.50	*0.00	289	64.00	5.00	26.00	*N/A*	443.0	*6.00	4.82	\$201.800
003424 BREAKFAST CHICKEN SAUSAGE BISCUIT SANDWICH	SERVING	70	300	7.00	770	*0.00	*0.00	16.00	0.00	40	28.00	2.00	12.00	*N/A*	100.0	0.00	1.48	\$124.155
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	60	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	20	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	*N/A*	200.0	0.00	3.60	\$144.941

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003384 POP TART BLUEBERRY WG (2 CT)	2 COUNT PACKAGE	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	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

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	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	2	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			702	*5.77	866	*60.27	*6.31	14.92	*0.00	*78	*120.21	*7.13	22.16	*1	*573.0	*25.04	*3.97	\$171.323
% of Calories				*7.40%		*34.34 %	*3.60%	19.1%	*0.0%		*68.5%		12.6%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Friday - 11/20/2026

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000380 BRKFST, CINN ROLL 5 OZ BRGFRD	ROLL	100	282	3.05	717	9.95	*1.07	9.47	0.00	14	42.39	*2.02	*7.49	*0	*71.6	*0.01	*2.02	\$221.926
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	30	266	1.29	167	15.09	13.98	11.06	0.00	32	38.92	2.74	4.29	*N/A*	113.3	0.00	1.50	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	35	317	1.50	196	1937.00	15.90	13.00	0.00	38	45.80	2.90	5.00	*N/A*	104.9	0.00	1.66	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	35	368	3.24	199	22.07	16.20	15.59	0.00	44	53.26	3.64	5.67	*N/A*	140.0	0.00	2.22	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	100	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
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	70	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$6.494

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	10	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	10	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.	10	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	60	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	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	2	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			608	2.25	535	*201.11	*9.18	9.27	*0.00	*21	118.82	*6.92	*16.70	*1	*494.3	*23.67	*3.09	\$184.302
% of Calories				3.33%		*132.31 %	*6.04%	13.7%	*0.0%		78.2%		*11.0%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Monday - 11/30/2026

Reimbursable Meal Total 500

	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
002690 EGG & CHEESE BISCUIT	SERVING	100	360	9.00	845	*0.00	*0.00	22.50	0.00	132	30.00	2.00	12.50	*N/A*	184.0	*0.00	2.13	\$154.387
003377 PIZZA NADA (POCKET, TURKEY PIZZA 5 OZ)	EACH	100	300	2.00	430	2.00	*N/A*	9.00	0.00	25	40.00	5.00	15.00	*N/A*	*N/A*	*N/A*	*N/A*	\$303.545

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
000626 BREAD, BAGEL PLAIN W/CRM CH	BAGEL	70	201	3.04	382	6.01	*N/A*	6.06	0.00	15	33.02	4.00	8.02	*N/A*	94.5	0.00	1.00	\$26.290
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	10	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.	10	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	10	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	10	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.	10	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	20	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	20	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	20	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	20	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	20	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	20	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	15	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	10	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	10	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
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	5	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	5	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	5	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	5	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	5	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	250	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	150	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002857 JUICE, APPLE 6.75 OZ SUNCUP	CARTON	250	90	0.00	10	21.00	*N/A*	0.00	0.00	0	23.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$63.518
002858 JUICE, GRAPE 6.75 OZ SUNCUP	CARTON	100	130	0.00	20	21.00	*N/A*	0.00	0.00	0	33.00	0.00	0.00	*N/A*	20.0	0.00	0.00	\$51.502
002859 JUICE, BERRY VERY 6.75 OZ SUNCUP	CARTON	150	100	0.00	20	24.00	*N/A*	0.00	0.00	0	26.00	0.00	0.00	*N/A*	17.0	0.00	0.00	\$68.715
000230 MILK,1% WHITE	CARTON	100	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	345	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	50	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	3	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	5	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			608	3.73	603	*61.47	*6.75	11.62	*0.00	*41	111.90	7.40	18.75	*1	*468.6	*23.67	*2.71	\$185.886
% of Calories				5.52%		*40.44 %	*4.44%	17.2%	*0.0%		73.6%		12.3%					
Weekly Nutrient Guideline			400 - 550	<10	<=600		<10											

Base Menu Spreadsheet

Portion Values

Nov 1, 2026 thru Nov 30, 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		639	*4.13	683	*89.75	*7.97	11.66	*0.00	*50	*116.86	*6.99	*19.39	*1	*518.4	*24.05	*3.30	\$168.879
% of Calories			*5.82%		*56.18 %	*4.99%	16.4%	*0.0%		*73.2%		*12.1%					

**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.