

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

Menu Name:	Frazier Mountain 9-12 HS - MENU SUBJECT TO CHANGE	Include Cost:	Yes
Site:	All Sites		
Use Alternate Menu Name:	No		

Wednesday - 08/13/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000405 Beef, Hamburger- Don Lee	4.60 oz	150	28.79	\$0.171
000667 Potatoes, French Fries, Lamb W	5 oz	150	21.43	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			110.58	\$0.497
% of Calories			67.2%	

Weekly Nutrient Guideline

Thursday - 08/14/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000844 Pasta with Meatballs2	8.41 oz	150	62.54	\$0.307
000875 Lettuce Salad- Romaine	CUP	150	1.60	\$0.000

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El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
990073 Goldfish Vanilla Grahams	EACH	150	20.36	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			144.86	\$0.633
% of Calories			72.9%	

Weekly Nutrient Guideline

Friday - 08/15/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000752 Corn Dog-34072	4 oz	150	29.79	\$0.316
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001463 Chips, Potato, Oven Baked-Lays	0.875 oz	150	20.36	\$0.297
000717 Green Beans	1/2 CUP	150	4.29	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

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Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			114.79	\$0.939
% of Calories			71.6%	
Weekly Nutrient Guideline				

Monday - 08/18/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000678 Taco Nada, Turkey Taco Pocket	4.5 oz	150	33.21	\$0.589
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000249 Beans, Veggie	1/2 CUP	150	37.73	\$0.146
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			131.31	\$1.061
% of Calories			75.0%	
Weekly Nutrient Guideline				

Tuesday - 08/19/2025

Reimbursable Meal Total 140

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El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000787 Chicken, Mandarin Orange	4 oz	150	22.62	\$0.000
000909 Broccoli, Fresh	4 oz	150	8.07	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000869 Rice, Brown	1/2 CUP	150	24.16	\$0.000
990073 Goldfish Vanilla Grahams	EACH	150	20.36	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			135.56	\$0.326
% of Calories			77.0%	

Weekly Nutrient Guideline

Wednesday - 08/20/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001439 Pizza, 4" Galaxy Pepperoni	4.51	150	27.86	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000717 Green Beans	1/2 CUP	150	4.29	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041

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Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			92.51	\$0.326
% of Calories			63.9%	

Weekly Nutrient Guideline

Thursday - 08/21/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001419 Chicken, Drumsticks, bread-Tys	4.4 oz	150	5.36	\$0.000
000350 Potatoes, Mashed	1/2 cup	150	2.95	\$0.088
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000454 Roll, Whole Wheat, Shannon	1 oz	150	17.14	\$0.142
000717 Green Beans	1/2 CUP	150	4.29	\$0.000
990073 Goldfish Vanilla Grahams	EACH	150	20.36	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

Base Menu Spreadsheet

El Tejon Unified School District
Aug 13, 2025 thru Aug 29, 2025

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			110.45	\$0.556
% of Calories			63.1%	
Weekly Nutrient Guideline				

Friday - 08/22/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				
000885 Romaine Salad	CUP	150	1.66	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			62.02	\$0.326
% of Calories			99.2%	
Weekly Nutrient Guideline				

Monday - 08/25/2025

Reimbursable Meal Total 140

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000377 CUCUMBER,RAW	4 OZ	150	2.62	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			62.99	\$0.326
% of Calories			99.2%	

Weekly Nutrient Guideline

Tuesday - 08/26/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				
001262 Potato Salad	6 oz	150	18.19	\$0.048
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			78.55	\$0.374
% of Calories			95.5%	
Weekly Nutrient Guideline				

Wednesday - 08/27/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000784 Tamale, Chicken Pocket	5 oz	150	27.91	\$0.801
001349 Tamale, Grn Chili Pocket	5 oz	150	31.13	\$0.801
000885 Romaine Salad	CUP	150	1.66	\$0.000
000767 Beans, Pinto	4 oz	150	19.14	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			140.19	\$1.929
% of Calories			52.7%	
Weekly Nutrient Guideline				

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

Thursday - 08/28/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				
001301 Lettuce Ro & Tomato:1 leaf,2 sl	1 lf,2 slc	150	0.40	\$0.000
000967 CHOICE OF VEGETABLE				
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000377 CUCUMBER,RAW	4 OZ	150	2.62	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			63.38	\$0.326
% of Calories			99.0%	

Weekly Nutrient Guideline

Friday - 08/29/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001080 Ham and Cheese Sandwich				
	each	150	28.45	\$0.185
000726 Carrots, Baby - Grimmway				
	PKG	150	8.57	\$0.000

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000267 CELERY STICKS	4 oz	150	1.91	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
001463 Chips, Potato, Oven Baked-Lays	0.875 oz	150	20.36	\$0.297
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			111.08	\$0.808
% of Calories			69.9%	

Weekly Nutrient Guideline

	Carb (g)	Cost
Weighted Averages	104.48	\$0.648
% of Calories	71.8%	

NA* - denotes a nutrient that is either missing or incomplete for an individual ingredient
denotes combined nutrient totals with either missing or incomplete nutrient data
denotes required nutrient values

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.

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

Menu Name:	Breakfast Menu K-12 - MENU SUBJECT TO CHANGE	Include Cost:	Yes
Site:			
Use Alternate Menu Name:	No		

Wednesday - 08/13/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Carb (g)	Cost
001214 Cooks Choice - Breakfast				
000970 FRUIT Choice X 2	2 EACH	100	48.08	\$0.038
000969 CHOICE OF MILK				
Weighted Daily Average			48.08	\$0.295
% of Calories			101.8%	
Weekly Nutrient Guideline				

Thursday - 08/14/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Carb (g)	Cost
000945 Cereal Bowl, Cheerios Multigrain, 1oz	EACH	100	21.08	\$0.171
000970 FRUIT Choice X 2	2 EACH	100	48.08	\$0.038

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El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000969 CHOICE OF MILK				
Weighted Daily Average			69.16	\$0.466
% of Calories			95.4%	
Weekly Nutrient Guideline				

Friday - 08/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Carb (g)	Cost
001440 Muffin, Mini Breakfast Cluster	2.75	100	38.00	\$0.348
000970 FRUIT Choice X 2	2 EACH	100	48.08	\$0.038
000969 CHOICE OF MILK				
Weighted Daily Average			86.08	\$0.643
% of Calories			76.7%	
Weekly Nutrient Guideline				

Monday - 08/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Carb (g)	Cost
001221 Muffin, Choc Chip, 3.2oz	EACH	100	46.00	\$0.350
000970 FRUIT Choice X 2	2 EACH	100	48.08	\$0.038

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El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000969 CHOICE OF MILK				
Weighted Daily Average			94.08	\$0.645
% of Calories			82.0%	
Weekly Nutrient Guideline				

Tuesday - 08/19/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001214 Cooks Choice - Breakfast				
000763 Potatoes, Breakfast	4 oz	100	2927.24	\$0.000
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			7735.09	\$29.462
% of Calories			91.8%	
Weekly Nutrient Guideline				

Wednesday - 08/20/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001358 Muffin, Blueberry, mini	1.6 oz	100	2299.98	\$21.900

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Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			7107.83	\$51.362
% of Calories			86.5%	
Weekly Nutrient Guideline				

Thursday - 08/21/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001214 Cooks Choice - Breakfast				
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			4807.85	\$29.462
% of Calories			101.9%	
Weekly Nutrient Guideline				

Friday - 08/22/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001214 Cooks Choice - Breakfast				

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			4807.85	\$29.462
% of Calories			101.9%	
Weekly Nutrient Guideline				

Monday - 08/25/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000903 Yogurt, small, Yoplait-IW	4 oz	100	1100.00	\$40.300
000822 Snack, Granola Bar, Honey & Oa	.74 oz	100	1499.99	\$16.800
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			7407.84	\$86.562
% of Calories			87.5%	
Weekly Nutrient Guideline				

Tuesday - 08/26/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

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Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000948 Cereal Bar, Golden Grah	40 gr	100	3000.00	\$24.500
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			7807.85	\$53.962
% of Calories			92.2%	
Weekly Nutrient Guideline				

Wednesday - 08/27/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000880 Cereal Bowl, Lucky Charms, 1oz	EACH	100	2328.71	\$17.100
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			7136.56	\$46.562
% of Calories			95.1%	
Weekly Nutrient Guideline				

Thursday - 08/28/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000452 Biscuit, Easy Split	57	100	2400.00	\$0.000
000556 Gravy, Country	2 oz	100	2834.95	\$0.000
990073 Goldfish Vanilla Grahams	EACH	100	1900.00	\$0.000
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			11942.8 0	\$29.462
% of Calories			63.4%	
Weekly Nutrient Guideline				

Friday - 08/29/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001357 Muffin, Cinnamon Crumb Cake, 3oz	EACH	100	4300.00	\$36.500
990073 Goldfish Vanilla Grahams	EACH	100	1900.00	\$0.000
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			11007.8 5	\$65.962
% of Calories			78.8%	
Weekly Nutrient Guideline				

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 13, 2025 thru Aug 29, 2025

	Carb (g)	Cost
Weighted Averages	5389.15	\$32.639
% of Calories	83.7%	

/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
denotes required nutrient values

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