

Base Menu Spreadsheet

Weighted Values

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

Wednesday - 10/01/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
990079 Bagels Strawberry Cream Cheese	2.6 oz	100	3931.69	\$0.000
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			8778.54	\$30.908
% of Calories			86.3%	

Weekly Nutrient Guideline

Thursday - 10/02/2025Reimbursable 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				

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			4846.85	\$30.908
% of Calories			101.3%	
Weekly Nutrient Guideline				

Friday - 10/03/2025

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				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			4846.85	\$30.908
% of Calories			101.3%	
Weekly Nutrient Guideline				

Monday - 10/06/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000880 Cereal Bowl, Lucky Charms, 1oz	EACH	100	2328.71	\$17.100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			7175.56	\$48.008
% of Calories			94.8%	
Weekly Nutrient Guideline				

Tuesday - 10/07/2025

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				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			7774.09	\$30.908
% of Calories			91.5%	
Weekly Nutrient Guideline				

Wednesday - 10/08/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
001221 Muffin, Choc Chip, 3.2oz	EACH	100	4600.00	\$35.000
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			9446.85	\$65.908
% of Calories			81.9%	

Weekly Nutrient Guideline

Thursday - 10/09/2025

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				

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			7446.84	\$88.008
% of Calories			87.3%	
Weekly Nutrient Guideline				

Friday - 10/10/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001441 Muffin, Banana Slice, 3.4oz	EACH	100	4500.00	\$44.000
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			9346.85	\$74.908
% of Calories			84.7%	
Weekly Nutrient Guideline				

Monday - 10/13/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000880 Cereal Bowl, Lucky Charms, 1oz	EACH	100	2328.71	\$17.100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			7175.56	\$48.008
% of Calories			94.8%	
Weekly Nutrient Guideline				

Tuesday - 10/14/2025

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				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			4846.85	\$30.908
% of Calories			101.3%	
Weekly Nutrient Guideline				

Wednesday - 10/15/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
001357 Muffin, Cinnamon Crumb Cake, 3oz	EACH	100	4300.00	\$36.500
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
Weighted Daily Average			9107.85	\$65.962
% of Calories			83.0%	
Weekly Nutrient Guideline				

Thursday - 10/16/2025

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 - 10/17/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

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

Monday - 10/20/2025

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				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			7175.56	\$48.008
% of Calories			94.8%	
Weekly Nutrient Guideline				

Tuesday - 10/21/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
001390 French Toast, Cinnamon Glazed	2.9 oz	100	2800.03	\$0.000
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
990073 Goldfish Vanilla Grahams	EACH	100	1900.00	\$0.000
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	1	13.00	\$0.482
Weighted Daily Average			9520.88	\$29.944
% of Calories			73.3%	
Weekly Nutrient Guideline				

Wednesday - 10/22/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001221 Muffin, Choc Chip, 3.2oz	EACH	100	4600.00	\$35.000
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				

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			11346.85	\$65.908
% of Calories			78.1%	
Weekly Nutrient Guideline				

Thursday - 10/23/2025 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				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			4846.85	\$30.908
% of Calories			101.3%	
Weekly Nutrient Guideline				

Friday - 10/24/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001455 Cheese, String, Mozzarell-USDA	1 oz	100	0.00	\$0.000

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
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				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			6746.85	\$30.908
% of Calories			67.2%	
Weekly Nutrient Guideline				

Monday - 10/27/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Carb (g)	Cost
000880 Cereal Bowl, Lucky Charms, 1oz	EACH	100	23.29	\$0.171
000970 FRUIT Choice X 2	2 EACH	100	48.08	\$0.038
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.39	\$0.014
Weighted Daily Average			71.76	\$0.480
% of Calories			94.7%	
Weekly Nutrient Guideline				

Tuesday - 10/28/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	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				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			7446.84	\$88.008
% of Calories			87.3%	

Weekly Nutrient Guideline

Wednesday - 10/29/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001440 Muffin, Mini Breakfast Cluster	2.75	100	3799.98	\$34.800
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			8646.83	\$65.708
% of Calories			76.6%	
Weekly Nutrient Guideline				

Thursday - 10/30/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001214 Cooks Choice - Breakfast				
000340 Pork, Sausage Patty	1.2 oz	100	50.01	\$0.000
000970 FRUIT Choice X 2	2 EACH	100	4807.85	\$3.795
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			4896.86	\$30.908
% of Calories			77.6%	
Weekly Nutrient Guideline				

Friday - 10/31/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	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				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			4846.85	\$30.908
% of Calories			101.3%	
Weekly Nutrient Guideline				
			Carb (g)	Cost
Weighted Averages			6880.63	\$45.559
% of Calories			86.0%	

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- denotes combined nutrient totals with either missing or incomplete nutrient data
- 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

Weighted Values

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

Wednesday - 10/01/2025 Reimbursable Meal Total 140

	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
990071 Lettuce Salad- Romaine *RESIZED*	4 oz	150	4.00	\$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			66.98	\$0.326
% of Calories			97.8%	
Weekly Nutrient Guideline				

Thursday - 10/02/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001445 Pizza, 4x6 Cheese-Tony R	5.2	150	35.36	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
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			133.45	\$0.472
% of Calories			70.3%	
Weekly Nutrient Guideline				

Friday - 10/03/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000885 Romaine Salad	CUP	150	1.66	\$0.000
000270 CORN: canned, yellow	1/2 CUP	150	18.22	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			80.24	\$0.326
% of Calories			95.5%	
Weekly Nutrient Guideline				

Monday - 10/06/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001425 Hot Dog, Turkey	4 oz	150	27.86	\$0.246
001061 Scratch-Beef, Chili and Beans	1 cup	150	23.47	\$0.247
000763 Potatoes, Breakfast	4 oz	150	31.36	\$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			143.05	\$0.819
% of Calories			63.1%	
Weekly Nutrient Guideline				

Tuesday - 10/07/2025 Reimbursable Meal Total 140

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
001410 Soup, Chicken Posole	4 oz	150	6.98	\$0.612
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000270 CORN: canned, yellow	1/2 CUP	150	18.22	\$0.000
001465 Cabbage, Green	2 oz	150	5.36	\$0.000
001329 Tortilla Chips, 0.875 oz	.875 oz	150	19.28	\$0.296
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			110.20	\$1.234
% of Calories			67.1%	

Weekly Nutrient Guideline

Wednesday - 10/08/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000790 Pizza, Cheese Stuffed Sticks,	2 EACH	150	4500.00	\$0.000
000717 Green Beans	1/2 CUP	150	600.00	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			13550.78	\$45.639
% of Calories			66.9%	
Weekly Nutrient Guideline				

Thursday - 10/09/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990063 Chicken, Patty Sandwich-66210 *RESIZED*	5.35 oz	150	47.27	\$0.198
001382 Chicken, Hot & Spicy San-Tyson	5.53 oz	100	31.05	\$0.114
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001301 Lettuce Ro &Tomato:1 leaf,2 sl	1 lf,2 slc	150	0.40	\$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

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
990071 Lettuce Salad- Romaine *RESIZED*	4 oz	1	0.03	\$0.000
Weighted Daily Average			159.46	\$0.638
% of Calories			58.6%	
Weekly Nutrient Guideline				

Friday - 10/10/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001291 Pizza, French Bread, Garlic-Sc	4.29 oz	150	32.14	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001476 FMHS Salad Choice				
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				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			96.79	\$0.326
% of Calories			64.4%	
Weekly Nutrient Guideline				

Monday - 10/13/2025

Reimbursable Meal Total 140

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000469 Burrito, Bean and Cheese-61300	EACH	150	33.63	\$0.000
000760 Burrito, Beef Bean & Red Chili	5.20 oz	150	41.91	\$0.573
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000270 CORN: canned, yellow	1/2 CUP	150	18.22	\$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			154.13	\$0.899
% of Calories			71.2%	
Weekly Nutrient Guideline				

Tuesday - 10/14/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000992 Beef, Cheeseburger-Don Lee	5.10 oz	150	30.93	\$0.171
001301 Lettuce Ro & Tomato:1 leaf,2 sl	1 lf,2 slc	150	0.40	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000667 Potatoes, French Fries, Lamb W	5 oz	150	21.43	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
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
000829 Snack, Goldfish, Cheddar	.75 oz	150	15.00	\$0.219
Weighted Daily Average			128.12	\$0.716
% of Calories			57.8%	
Weekly Nutrient Guideline				

Wednesday - 10/15/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000754 PB & J Uncrustable-2.6oz	2.6 oz	150	34.29	\$0.520
990071 Lettuce Salad-Romaine *RESIZED*	4 oz	150	4.00	\$0.000
000377 CUCUMBER,RAW	4 OZ	150	2.62	\$0.000
001463 Chips, Potato, Oven Baked-Lays	0.875 oz	150	20.36	\$0.297
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			121.63	\$1.142
% of Calories			68.1%	
Weekly Nutrient Guideline				

Thursday - 10/16/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001278 Beef, Meatball with Gravy	4.0 oz	150	7.37	\$0.101
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000350 Potatoes, Mashed	1/2 cup	150	2.95	\$0.088
000909 Broccoli, Fresh	4 oz	150	8.07	\$0.000
000829 Snack, Goldfish, Cheddar	.75 oz	150	15.00	\$0.219
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000454 Roll, Whole Wheat, Shannon	1 oz	150	17.14	\$0.142
000969 CHOICE OF MILK				

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			110.89	\$0.876
% of Calories			66.2%	
Weekly Nutrient Guideline				

Friday - 10/17/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001302 Chicken, Salad (no bread)	4 oz	150	0.80	\$0.094
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000267 CELERY STICKS	4 oz	150	1.91	\$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			83.43	\$0.420
% of Calories			47.7%	
Weekly Nutrient Guideline				

Monday - 10/20/2025

Reimbursable Meal Total 140

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000678 Taco Nada, Turkey Taco Pocket	4.5 oz	150	33.21	\$0.589
990076 Refried Beans, Canned	1/2 CUP	150	17.41	\$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			110.99	\$0.915
% of Calories			69.4%	

Weekly Nutrient Guideline

Tuesday - 10/21/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990078 Chicken Dumplings	4 oz	150	*N/A*	\$0.000
000877 Vegetables, Stir Fry2	4 oz	150	7.14	\$0.389
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000869 Rice, Brown	1/2 CUP	150	24.16	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041

Base Menu Spreadsheet

El Tejon Unified School District

Oct 1, 2025 thru Oct 31, 2025

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
990073 Goldfish Vanilla Grahams	EACH	150	20.36	\$0.000
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			112.02	\$0.714
% of Calories			83.9%	
Weekly Nutrient Guideline				

Wednesday - 10/22/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000524 Chicken, Popcorn WG-69160	3.08	150	13.93	\$0.298
000667 Potatoes, French Fries, Lamb W	5 oz	150	21.43	\$0.000
990071 Lettuce Salad- Romaine *RESIZED*	4 oz	150	4.00	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001463 Chips, Potato, Oven Baked-Lays	0.875 oz	150	20.36	\$0.297
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			120.07	\$0.921
% of Calories			65.8%	
Weekly Nutrient Guideline				

Thursday - 10/23/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				
000967 CHOICE OF VEGETABLE				
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
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			64.65	\$0.326
% of Calories			96.5%	
Weekly Nutrient Guideline				

Friday - 10/24/2025 Reimbursable Meal Total 140

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
001420 Chicken, Sriracha Honey Wings	144 gr	150	23.57	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001466 Corn, Mexican Style	4 oz	150	16.60	\$0.017
000967 CHOICE OF VEGETABLE				
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			100.53	\$0.343
% of Calories			63.0%	
Weekly Nutrient Guideline				

Monday - 10/27/2025

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
990071 Lettuce Salad- Romaine *RESIZED*	4 oz	150	4.00	\$0.000
000717 Green Beans	1/2 CUP	150	4.29	\$0.000

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000600 Fruit, Fruit Salad	1/2 cup	150	15.00	\$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			113.43	\$0.642
% of Calories			75.9%	
Weekly Nutrient Guideline				

Tuesday - 10/28/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000797 Turkey & Gravy- 782	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
000717 Green Beans	1/2 CUP	150	4.29	\$0.000
000454 Roll, Whole Wheat, Shannon	1 oz	150	17.14	\$0.142
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			90.10	\$0.556
% of Calories			71.1%	
Weekly Nutrient Guideline				

Wednesday - 10/29/2025

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000986 Pretzel, WG King& Nacho Cheese	7 oz	150	45.00	\$0.829
001101 Nachos, Cheese/ Chips	4 ounces	150	22.53	\$0.000
000377 CUCUMBER,RAW	4 OZ	150	2.62	\$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			149.65	\$1.155
% of Calories			61.5%	
Weekly Nutrient Guideline				

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

Thursday - 10/30/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001419 Chicken, Drumsticks, bread-Tys	4.4 oz	150	5.36	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001476 FMHS Salad Choice				
000249 Beans, Veggie	1/2 CUP	150	37.73	\$0.146
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
990073 Goldfish Vanilla Grahams	EACH	150	20.36	\$0.000
000454 Roll, Whole Wheat, Shannon	1 oz	150	17.14	\$0.142
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			140.95	\$0.614
% of Calories			67.4%	

Weekly Nutrient Guideline

Friday - 10/31/2025 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				

Base Menu Spreadsheet

Weighted Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Carb (g)	Cost
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

	Carb (g)	Cost
Weighted Averages	695.85	\$2.624
% of Calories	67.0%	

- V/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

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.