

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 1, 2026 thru Aug 31, 2026

Menu Name: Frazier Mountain 9-12 HS - MENU
SUBJECT TO CHANGE

Include Cost: Yes

Site:

Use Alternate Menu Name: No

Wednesday - 08/12/2026 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000790 Pizza, Cheese Stuffed Sticks,	2 EACH	150	32.14	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000967 CHOICE OF VEGETABLE				
000566 Marinara Sauce Cup	2.5 oz	150	7.49	\$0.281
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			99.99	\$0.607
% of Calories			67.2%	

Weekly Nutrient Guideline

Thursday - 08/13/2026 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001338 Chicken Strips, Asian Style	4 oz	150	*N/A*	\$0.000

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Aug 1, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
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
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			62.27	\$0.326
% of Calories			99.2%	
Weekly Nutrient Guideline				

Friday - 08/14/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000044 Potato, Baked	EACH	150	45.77	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

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Weighted Values

Aug 1, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			106.14	\$0.326
% of Calories			95.8%	
Weekly Nutrient Guideline				

Monday - 08/17/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001356 Pizza, Cheese 4X6, Bulk, Schw	4.50 oz	150	5099.91	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000967 CHOICE OF VEGETABLE				
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			13550.6 8	\$45.639
% of Calories			68.8%	
Weekly Nutrient Guideline				

Tuesday - 08/18/2026

Reimbursable Meal Total 140

Base Menu Spreadsheet

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Weighted Values

Aug 1, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
001072 Pasta, Spaghetti, Italian	1 Cup	150	7.66	\$0.262
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000053 Vegetables, Capri Blend	4 oz	150	3.57	\$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			71.60	\$0.588
% of Calories			78.7%	

Weekly Nutrient Guideline

Wednesday - 08/19/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001349 Tamale, Grn Chili Pocket	5 oz	150	31.13	\$0.801
000784 Tamale, Chicken Pocket	5 oz	150	27.91	\$0.801
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
990076 Refried Beans, Canned	1/2 CUP	150	17.41	\$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 1, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			136.81	\$1.929
% of Calories			50.7%	
Weekly Nutrient Guideline				

Thursday - 08/20/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001352 Chicken, Patty Sandw w/chz	5.35 oz	150	43.93	\$0.180
001382 Chicken, Hot & Spicy San-Tyson	5.53 oz	150	46.57	\$0.171
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
000772 Potatoes, French Fries, Crinkl	2 oz	150	14.29	\$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			165.55	\$0.677
% of Calories			54.5%	
Weekly Nutrient Guideline				

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El Tejon Unified School District

Weighted Values

Aug 1, 2026 thru Aug 31, 2026

Friday - 08/21/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000751 Grilled Cheese Sandwich-Integr	4.19 oz	150	33.17	\$0.625
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000885 Romaine Salad	CUP	150	1.66	\$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			95.19	\$0.951
% of Calories			69.1%	

Weekly Nutrient Guideline

Monday - 08/24/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001435 Burrito, Bean & Cheese, Bulk	5.4	150	6567.74	\$24.750
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000885 Romaine Salad	CUP	150	231.94	\$0.000
000970 FRUIT Choice X 2 2 EACH		150	7211.78	\$5.693

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Weighted Values

Aug 1, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			15250.4 6	\$70.389
% of Calories			74.2%	
Weekly Nutrient Guideline				

Tuesday - 08/25/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001276 Pork, BBQ Rib	2.25 oz	150	19.07	\$0.019
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000885 Romaine Salad	CUP	150	1.66	\$0.000
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			81.09	\$0.345
% of Calories			76.5%	
Weekly Nutrient Guideline				

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El Tejon Unified School District

Weighted Values

Aug 1, 2026 thru Aug 31, 2026

Wednesday - 08/26/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000166 Beef, Cheeseburger Sliders	4.55 oz	150	4695.00	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
001463 Chips, Potato, Oven Baked-Lays	0.875 oz	150	2850.00	\$41.550
000967 CHOICE OF VEGETABLE				
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			15995.7 8	\$87.189
% of Calories			70.2%	

Weekly Nutrient Guideline

Thursday - 08/27/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001072 Pasta, Spaghetti, Italian	1 Cup	150	7.66	\$0.262
000809 Pasta with Meatballs	1 Cup	150	37.51	\$0.256
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Aug 1, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000717 Green Beans	1/2 CUP	150	4.29	\$0.000
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			109.82	\$0.844
% of Calories			66.2%	

Weekly Nutrient Guideline

Friday - 08/28/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000523 Chicken, Nuggets, WG Br-61210	3.4 oz	150	1800.00	\$36.450
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000249 Beans, Veggie	1/2 CUP	150	5282.30	\$20.430
001006 Scratch-Coleslaw Dressing	1 Oz. servings	150	1424.31	\$0.074
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693
000969 CHOICE OF MILK				

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Weighted Values

Aug 1, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			16957.3 8	\$102.593
% of Calories			61.3%	

Weekly Nutrient Guideline

Monday - 08/31/2026

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
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			60.36	\$0.326
% of Calories			99.8%	

Weekly Nutrient Guideline

	Carb (g)	Cost
Weighted Averages	4481.65	\$22.338

Weighted Values

Aug 1, 2026 thru Aug 31, 2026

% of Calories 68.1%

**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.

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.