

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

Menu Name: NORTHFIELD BREAKFAST

Include Cost: Yes

Site:

Report Style: Detailed

Tuesday - 12/01/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990079 Bread, WG Mini Loaf	each	50	180	1.00	170	17	6.00	0.00	10	30.00	2.00	3.00	0	0.0	0.00	8.00	\$0.000
990080 Bread, WG Banana Bread Slice	each	50	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	2	8.0	0.00	6.00	\$0.000
990081 Bread, WG Zucchini Bread Slice	each	50	270	2.00	220	25	10.00	0.00	0	43.00	2.00	5.00	2	10.0	2.00	6.00	\$0.000
990093 Crescent, Grape Filled	each	50	210	1.00	260	9	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			525	*3.42	480	*43	*14.21	*0.05	*11	88.28	5.23	14.04	886	269.5	13.19	9.20	\$0.000
% of Calories				*5.86%		*32.8%	*24.4%	*0.1%		67.3%		10.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Wednesday - 12/02/2020

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001124 Cold breakfast, K-12	-serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			189	*1.20	159	*17	*2.39	*0.05	*7	34.88	2.32	7.46	895	257.9	16.98	1.43	\$0.000
% of Calories				*5.71%		*36.0%	*11.4%	*0.2%		73.8%		15.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Thursday - 12/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000875 Frudel Pillsbury Apple , WG	Package	25	210	1.50	280	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	*N/A*	1.08	\$0.000
000876 Frudel Cherry Pillsbury	Pkg	25	210	1.50	280	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08	\$0.000
001124 Cold breakfast, K-12	-serving	50	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	75	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	75	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	75	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			378	*2.10	391	*23	*6.13	*0.13	*8	71.24	5.22	12.05	1416	306.9	*23.20	4.05	\$0.000
% of Calories				*5.00%		*24.3%	*14.6%	*0.3%		75.4%		12.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Friday - 12/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000551 Muffin Variety 2 oz	2 oz	75	155	1.00	185	*N/A*	5.00	*0.00	35	25.50	2.00	3.00	1000	200.0	0.60	3.60	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			387	*2.39	354	*24	*7.03	*0.06	*36	70.61	5.78	12.64	2427	503.1	29.31	4.78	\$0.000
% of Calories				*5.56%		*24.8%	*16.3%	*0.1%		73.0%		13.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Monday - 12/07/2020

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70	\$0.000
001223 Brekkie Round, 51% WW, 3 oz	each	50	350	8.00	270	25	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			439	*5.29	349	*34	*10.98	*0.05	*19	74.96	5.80	11.39	971	286.3	30.16	3.20	\$0.000
% of Calories				*10.85%		*31.0%	*22.5%	*0.1%		68.3%		10.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Tuesday - 12/08/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001190 Mini Bagel Cinn Cream Cheese	each	50	240	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.44	\$0.000
001191 Mini Bagel Straw Creamy Cheese	each	50	230	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.08	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			336	*3.05	290	*25	*6.78	*0.05	*15	58.59	3.37	11.78	927	269.2	12.04	2.28	\$0.000
% of Calories				*8.17%		*29.8%	*18.2%	*0.1%		69.8%		14.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Wednesday - 12/09/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			189	*1.20	159	*17	*2.39	*0.05	*7	34.88	2.32	7.46	895	257.9	16.98	1.43	\$0.000
% of Calories				*5.71%		*36.0%	*11.4%	*0.2%		73.8%		15.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Thursday - 12/10/2020

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990079 Bread, WG Mini Loaf	each	50	180	1.00	170	17	6.00	0.00	10	30.00	2.00	3.00	0	0.0	0.00	8.00	\$0.000
990080 Bread, WG Banana Bread Slice	each	50	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	2	8.0	0.00	6.00	\$0.000
990081 Bread, WG Zucchini Bread Slice	each	50	270	2.00	220	25	10.00	0.00	0	43.00	2.00	5.00	2	10.0	2.00	6.00	\$0.000
990093 Crescent, Grape Filled	each	50	210	1.00	260	9	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			525	*3.42	480	*43	*14.21	*0.05	*11	88.28	5.23	14.04	886	269.5	13.19	9.20	\$0.000
% of Calories				*5.86%		*32.8%	*24.4%	*0.1%		67.3%		10.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Friday - 12/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000979 Mini Cinnis Pillsbury	Pkg	100	240	2.00	300	*N/A*	7.00	0.00	0	40.00	2.00	5.00	0	20.0	0.00	1.44	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			511	*3.64	515	*24	*10.28	*0.06	*10	91.48	6.28	15.39	1677	373.1	28.86	3.52	\$0.000
% of Calories				*6.41%		*18.8%	*18.1%	*0.1%		71.6%		12.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Monday - 12/14/2020

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			423	*3.70	362	*16	*9.74	*0.05	*24	72.15	4.85	11.97	955	291.9	13.45	2.94	\$0.000
% of Calories				*7.87%		*15.1%	*20.7%	*0.1%		68.2%		11.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Tuesday - 12/15/2020

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990079 Bread, WG Mini Loaf	each	50	180	1.00	170	17	6.00	0.00	10	30.00	2.00	3.00	0	0.0	0.00	8.00	\$0.000
990080 Bread, WG Banana Bread Slice	each	50	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	2	8.0	0.00	6.00	\$0.000
990081 Bread, WG Zucchini Bread Slice	each	50	270	2.00	220	25	10.00	0.00	0	43.00	2.00	5.00	2	10.0	2.00	6.00	\$0.000
990093 Crescent, Grape Filled	each	50	210	1.00	260	9	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			525	*3.42	480	*43	*14.21	*0.05	*11	88.28	5.23	14.04	886	269.5	13.19	9.20	\$0.000
% of Calories				*5.86%		*32.8%	*24.4%	*0.1%		67.3%		10.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Wednesday - 12/16/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			189	*1.20	159	*17	*2.39	*0.05	*7	34.88	2.32	7.46	895	257.9	16.98	1.43	\$0.000
% of Calories				*5.71%		*36.0%	*11.4%	*0.2%		73.8%		15.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Thursday - 12/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000875 Frudel Pillsbury Apple , WG	Package	25	210	1.50	280	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	*N/A*	1.08	\$0.000
000876 Frudel Cherry Pillsbury	Pkg	25	210	1.50	280	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08	\$0.000
001124 Cold breakfast, K-12	serving	50	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	75	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	75	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	75	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			378	*2.10	391	*23	*6.13	*0.13	*8	71.24	5.22	12.05	1416	306.9	*23.20	4.05	\$0.000
% of Calories				*5.00%		*24.3%	*14.6%	*0.3%		75.4%		12.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Friday - 12/18/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000551 Muffin Variety 2 oz	2 oz	75	155	1.00	185	*N/A*	5.00	*0.00	35	25.50	2.00	3.00	1000	200.0	0.60	3.60	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			387	*2.39	354	*24	*7.03	*0.06	*36	70.61	5.78	12.64	2427	503.1	29.31	4.78	\$0.000
% of Calories				*5.56%		*24.8%	*16.3%	*0.1%		73.0%		13.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Monday - 12/21/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70	\$0.000
001223 Brekkie Round, 51% WW, 3 oz	each	50	350	8.00	270	25	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			439	*5.29	349	*34	*10.98	*0.05	*19	74.96	5.80	11.39	971	286.3	30.16	3.20	\$0.000
% of Calories				*10.85%		*31.0%	*22.5%	*0.1%		68.3%		10.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

Tuesday - 12/22/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001190 Mini Bagel Cinn Cream Cheese	each	50	240	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.44	\$0.000
001191 Mini Bagel Straw Creamy Cheese	each	50	230	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.08	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			336	*3.05	290	*25	*6.78	*0.05	*15	58.59	3.37	11.78	927	269.2	12.04	2.28	\$0.000
% of Calories				*8.17%		*29.8%	*18.2%	*0.1%		69.8%		14.0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			385	*2.93	348	*27	*8.23	*0.06	*15	67.74	4.63	11.72	1216	311	*20.14	4.19	

Base Menu Spreadsheet

Portion Values

Dec 1, 2020 thru Dec 22, 2020

% of Calories				*6.85%		*28.1%	*19.2%	*0.1%		70.4%		12.2%				
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**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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.