

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 30, 2026

Menu Name:	NORTHFIELD BREAKFAST	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Tuesday - 09/08/2026Reimbursable Meal Total 125

	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)
990307 Yogurt Parfait Pro RS 6/64oz GenMills	4 oz	25	80	0.33	67	9.34	5.34	0.67	0.00	0	14.68	0.00	4.00	*N/A*	166.8	*N/A*	0.00
000708 Granola Homemade	1/4 cup	25	105	0.28	4	*5.78	*5.34	1.89	*0.00	0	19.71	2.03	3.20	*0	15.0	1.68	0.98
000709 Yogurt Parfait	serving	25	283	1.49	174	*17.31	*0.00	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			345	*0.53	247	*35.12	*2.13	*4.64	*0.05	*9	65.77	4.27	11.91	*8	*372.3	*35.44	*2.23
% of Calories				*1.38%		*40.72 %	*2.47%	*12.1%	*0.1%		76.3%		13.8%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Wednesday - 09/09/2026Reimbursable Meal Total 70

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 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)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*1.89	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*3.05%		*26.69 %	*0.00%	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Thursday - 09/10/2026

Reimbursable Meal Total 135

	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)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	24.99	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 8, 2026 thru Sep 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)
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			463	*4.18	372	*35.77	*0.00	*11.08	*0.05	*19	80.62	6.43	11.89	*7	*295.7	*31.81	*3.39
% of Calories				*8.13%		*30.90 %	*0.00%	*21.5%	*0.1%		69.7%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Friday - 09/11/2026

Reimbursable Meal Total 250

	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)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17.00	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25.00	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25.00	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9.00	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990316 Crescent, Chocolate Filled	each	50	240	2.00	280	11.00	*N/A*	8.00	0.00	0	38.00	3.00	6.00	*N/A*	40.0	0.00	2.00
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 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)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			351	*1.65	328	*27.35	*0.00	*9.33	*0.03	*6	59.98	3.91	9.13	*3	*159.7	*8.91	*5.51
% of Calories				*4.23%		*31.17 %	*0.00%	*23.9%	*0.1%		68.4%		10.4%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Monday - 09/14/2026

Reimbursable Meal Total 100

	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)
000541 Cheese Omelet	serving 2.1 oz	25	130	4.00	300	*N/A*	*N/A*	10.00	0.00	180	2.00	0.00	7.00	*N/A*	80.0	0.00	0.70
000558 Potato Choice	1/2 cup	25	128	0.45	186	*N/A*	*N/A*	4.62	*0.00	*0	19.97	2.07	2.00	*N/A*	*4.8	*5.35	*0.40
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			379	*1.26	369	*35.80	*0.00	*7.12	*0.06	*55	66.85	4.20	13.31	*10	*390.4	*44.28	*2.60
% of Calories				*2.99%		*37.78 %	*0.00%	*16.9%	*0.1%		70.6%		14.0%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 30, 2026

Tuesday - 09/15/2026 Reimbursable Meal Total 175

	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)
001242 smoothie, blenderless	8 oz	100	139	0.34	68	*9.34	*5.34	0.70	0.00	0	29.08	*0.65	4.45	*N/A*	170.6	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20.00	0.00	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			354	*0.42	236	*33.35	*3.05	*2.93	*0.04	*6	76.05	*4.11	11.98	*8	*322.4	*21.13	*2.30
% of Calories				*1.07%		*37.68 %	*3.45%	*7.4%	*0.1%		85.9%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Wednesday - 09/16/2026 Reimbursable Meal Total 70

	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)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 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)
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*1.89	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*3.05%		*26.69 %	*0.00%	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Thursday - 09/17/2026

Reimbursable Meal Total 150

	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)
990325 Breakfast Bar, Mini Benefit Bar	each	25	140	1.50	115	10.00	0.00	4.00	0.00	0	24.00	3.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
000548 Yogurt	4 oz	25	90	0.00	50	14.00	*N/A*	0.00	0.00	3	19.00	0.00	3.00	*N/A*	300.0	1.20	0.00
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 8, 2026 thru Sep 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)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			230	*0.33	192	*20.58	*0.00	*2.89	*0.04	*7	43.81	3.35	8.05	*5	*290.2	*14.39	*1.48
% of Calories				*1.29%		*35.79 %	*0.00%	*11.3%	*0.2%		76.2%		14.0%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Friday - 09/18/2026

Reimbursable Meal Total 150

	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)
990303 muffin top, WG BA Blueberry	each	25	200	4.00	140	13.00	12.00	10.00	0.00	30	26.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	121	1.37	181	*9.76	*0.67	3.13	*0.00	3	22.32	0.94	1.88	*N/A*	*21.8	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	214	2.43	318	*20.27	*4.36	5.48	*0.00	6	40.09	1.38	2.56	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 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)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			386	*2.48	400	*26.52	*2.84	*8.39	*0.04	*16	69.08	4.88	11.58	*9	*284.1	*22.26	*1.99
% of Calories				*5.78%		*27.48 %	*2.94%	*19.6%	*0.1%		71.6%		12.0%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Monday - 09/21/2026

Reimbursable Meal Total 75

	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)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	7.50	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	0.56	0.00	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			572	*1.66	512	*40.70	*0.00	*11.98	*0.05	*76	96.43	7.36	19.94	*35	*575.1	*39.06	*3.61
% of Calories				*2.61%		*28.46 %	*0.00%	*18.8%	*0.1%		67.4%		13.9%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Tuesday - 09/22/2026

Reimbursable Meal Total 125

	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)
990307 Yogurt Parfait Pro RS 6/64oz GenMills	4 oz	25	80	0.33	67	9.34	5.34	0.67	0.00	0	14.68	0.00	4.00	*N/A*	166.8	*N/A*	0.00
000708 Granola Homemade	1/4 cup	25	105	0.28	4	*5.78	*5.34	1.89	*0.00	0	19.71	2.03	3.20	*0	15.0	1.68	0.98
000709 Yogurt Parfait	serving	25	283	1.49	174	*17.31	*0.00	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			345	*0.53	247	*35.12	*2.13	*4.64	*0.05	*9	65.77	4.27	11.91	*8	*372.3	*35.44	*2.23
% of Calories				*1.38%		*40.72 %	*2.47%	*12.1%	*0.1%		76.3%		13.8%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Wednesday - 09/23/2026

Reimbursable Meal Total 70

	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)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 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)
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*1.89	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*3.05%		*26.69 %	*0.00%	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Thursday - 09/24/2026

Reimbursable Meal Total 135

	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)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	24.99	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 8, 2026 thru Sep 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)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			463	*4.18	372	*35.77	*0.00	*11.08	*0.05	*19	80.62	6.43	11.89	*7	*295.7	*31.81	*3.39
% of Calories				*8.13%		*30.90 %	*0.00%	*21.5%	*0.1%		69.7%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Friday - 09/25/2026

Reimbursable Meal Total 250

	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)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17.00	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25.00	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25.00	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9.00	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990316 Crescent, Chocolate Filled	each	50	240	2.00	280	11.00	*N/A*	8.00	0.00	0	38.00	3.00	6.00	*N/A*	40.0	0.00	2.00
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 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)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			351	*1.65	328	*27.35	*0.00	*9.33	*0.03	*6	59.98	3.91	9.13	*3	*159.7	*8.91	*5.51
% of Calories				*4.23%		*31.17 %	*0.00%	*23.9%	*0.1%		68.4%		10.4%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Monday - 09/28/2026

Reimbursable Meal Total 100

	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)
000541 Cheese Omelet	serving 2.1 oz	25	130	4.00	300	*N/A*	*N/A*	10.00	0.00	180	2.00	0.00	7.00	*N/A*	80.0	0.00	0.70
000558 Potato Choice	1/2 cup	25	128	0.45	186	*N/A*	*N/A*	4.62	*0.00	*0	19.97	2.07	2.00	*N/A*	*4.8	*5.35	*0.40
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			379	*1.26	369	*35.80	*0.00	*7.12	*0.06	*55	66.85	4.20	13.31	*10	*390.4	*44.28	*2.60
% of Calories				*2.99%		*37.78 %	*0.00%	*16.9%	*0.1%		70.6%		14.0%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 30, 2026

Tuesday - 09/29/2026 Reimbursable Meal Total 175

	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)
001242 smoothie, blenderless	8 oz	100	139	0.34	68	*9.34	*5.34	0.70	0.00	0	29.08	*0.65	4.45	*N/A*	170.6	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20.00	0.00	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			354	*0.42	236	*33.35	*3.05	*2.93	*0.04	*6	76.05	*4.11	11.98	*8	*322.4	*21.13	*2.30
% of Calories				*1.07%		*37.68 %	*3.45%	*7.4%	*0.1%		85.9%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

Wednesday - 09/30/2026 Reimbursable Meal Total 70

	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)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Sep 8, 2026 thru Sep 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)
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	0.00	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*1.89	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*3.05%		*26.69 %	*0.00%	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10	<=30									

		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)
Weighted Averages		424	*1.65	408	*33.60	*0.78	*8.06	*0.05	*28	74.99	*5.39	14.83	*9	*378.1	*28.28	*3.17
% of Calories			*3.50%		*31.70 %	*0.74%	*17.1%	*0.1%		70.7%		14.0%				

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
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.