

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

**Menu Name:** NORTHFIELD BREAKFAST  
**Site:**  
**Use Alternate Menu Name:** No

**Include Cost:** No  
**Report Style:** Detailed

**Monday - 09/02/2024 Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 09/03/2024 Reimbursable Meal Total 125**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	1 serving	100	250	1.44	170	*12	*N/A*	6.28	*0.00	6	41.55	3.03	7.83	*75	*198.4	*2.32	0.73
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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			447	*2.47	334	*38	*N/A*	*7.79	*0.05	*13	81.26	5.24	15.04	*1038	*454.1	*36.21	2.45
% of Calories				*4.97%		*34.0%	*N/A*	*15.7%	*0.1%		72.7%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 09/04/2024**

**Reimbursable Meal Total 70**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	101	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			540	*4.04	680	*34	*N/A*	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*N/A*	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Thursday - 09/05/2024**

**Reimbursable Meal Total 150**

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	100	219	3.99	568	*N/A*	*N/A*	9.97	0.00	10	23.92	1.00	8.97	299	149.5	0.00	1.79
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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			363	*3.75	545	*20	*N/A*	*8.96	*0.04	*13	58.95	4.15	13.46	1343	347.5	26.29	2.86
% of Calories				*9.30%		*22.0%	*N/A*	*22.2%	*0.1%		65.0%		14.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Friday - 09/06/2024**

**Reimbursable Meal Total 250**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	each	50	180	1.00	170	17	*N/A*	6.00	0.00	10	30.00	2.00	3.00	0	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	each	50	280	2.00	220	25	*N/A*	10.00	0.00	0	44.00	2.00	5.00	2	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	each	50	270	2.00	220	25	*N/A*	10.00	0.00	0	43.00	2.00	5.00	2	10.0	2.00	6.00
990093 Crescent, Grape Filled	each	50	210	1.00	260	9	*N/A*	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	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	0	40.0	0.00	0.72

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	-serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*N/A*	*7.73	*0.03	*6	51.32	3.17	7.87	488	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*N/A*	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 09/09/2024**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	-serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			378	*3.08	324	*15	*N/A*	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*N/A*	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 09/10/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0	*N/A*	7.00	0.00	25	43.00	4.00	5.00	0	0.0	0.00	0.00
000789 Waffles, Snack'n Maple, Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	0	20.0	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			432	*2.64	387	*35	*N/A*	*7.46	*0.06	*22	79.52	5.02	13.47	1223	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*N/A*	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

# Base Menu Spreadsheet

## Portion Values

Sep 2, 2024 thru Sep 30, 2024

### Wednesday - 09/11/2024

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	33.89	*13.14	3.95	516	128.7	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	each	100	130	0.00	70	20	0	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
001193 Nature Valley Thin Crisps	pkg	25	150	0.50	140	9	*N/A*	5.00	0.00	0	25.00	2.00	3.00	45	0.0	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			360	*1.30	236	*28	*0	*3.12	*0.04	*7	78.13	*11.20	11.88	*1273	*284.1	*21.13	*2.30
% of Calories				*3.25%		*31.1%	*0%	*7.8%	*0.1%		86.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 09/12/2024

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	0	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	each	50	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80

# Base Menu Spreadsheet

## Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000548	Yogurt	4 oz	50	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	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	0	40.0	0.00	0.72
001124	Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571	Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803	Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246	JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000445	MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average				492	*5.29	390	*40	*N/A*	*11.08	*0.05	*20	86.67	6.31	12.94	980	406.8	32.25	3.39
% of Calories					*9.68%		*32.5%	*N/A*	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=30									

### Friday - 09/13/2024

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990097	Muffin, Fruit and Yogurt - Homemade, WG	each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*71	*16.6	*0.25	*0.03
990096	Muffin, Spiced - Homemade, WG	each	25	216	2.44	318	*20	*N/A*	5.49	*0.00	6	40.40	1.90	2.58	*22	*9.0	*0.01	*0.03
000876	Frudel Cherry Pillsbury	Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08
000875	Frudel Pillsbury Apple , WG	Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	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	0	40.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*N/A*	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*N/A*	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 09/16/2024

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	300	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42



**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			535	*3.65	510	*33	*N/A*	*11.92	*0.05	*76	87.67	6.82	19.56	1842	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*N/A*	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 09/17/2024**

**Reimbursable Meal Total 125**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	100	250	1.44	170	*12	*N/A*	6.28	*0.00	6	41.55	3.03	7.83	*75	*198.4	*2.32	0.73
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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			447	*2.47	334	*38	*N/A*	*7.79	*0.05	*13	81.26	5.24	15.04	*1038	*454.1	*36.21	2.45
% of Calories				*4.97%		*34.0%	*N/A*	*15.7%	*0.1%		72.7%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 09/18/2024**

**Reimbursable Meal Total 70**

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	101	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			540	*4.04	680	*34	*N/A*	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*N/A*	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Thursday - 09/19/2024**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	100	219	3.99	568	*N/A*	*N/A*	9.97	0.00	10	23.92	1.00	8.97	299	149.5	0.00	1.79
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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			363	*3.75	545	*20	*N/A*	*8.96	*0.04	*13	58.95	4.15	13.46	1343	347.5	26.29	2.86
% of Calories				*9.30%		*22.0%	*N/A*	*22.2%	*0.1%		65.0%		14.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Friday - 09/20/2024**

**Reimbursable Meal Total 250**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	each	50	180	1.00	170	17	*N/A*	6.00	0.00	10	30.00	2.00	3.00	0	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	each	50	280	2.00	220	25	*N/A*	10.00	0.00	0	44.00	2.00	5.00	2	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	each	50	270	2.00	220	25	*N/A*	10.00	0.00	0	43.00	2.00	5.00	2	10.0	2.00	6.00
990093 Crescent, Grape Filled	each	50	210	1.00	260	9	*N/A*	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

# Base Menu Spreadsheet

## Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*N/A*	*7.73	*0.03	*6	51.32	3.17	7.87	488	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*N/A*	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 09/23/2024

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			378	*3.08	324	*15	*N/A*	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*N/A*	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Tuesday - 09/24/2024

Reimbursable Meal Total 100

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0	*N/A*	7.00	0.00	25	43.00	4.00	5.00	0	0.0	0.00	0.00
000789 Waffles, Snack'n Maple, Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	0	20.0	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			432	*2.64	387	*35	*N/A*	*7.46	*0.06	*22	79.52	5.02	13.47	1223	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*N/A*	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 09/25/2024**

**Reimbursable Meal Total 175**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	33.89	*13.14	3.95	516	128.7	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	each	100	130	0.00	70	20	0	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
001193 Nature Valley Thin Crisps	pkg	25	150	0.50	140	9	*N/A*	5.00	0.00	0	25.00	2.00	3.00	45	0.0	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	0	40.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	-serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			360	*1.30	236	*28	*0	*3.12	*0.04	*7	78.13	*11.20	11.88	*1273	*284.1	*21.13	*2.30
% of Calories				*3.25%		*31.1%	*0%	*7.8%	*0.1%		86.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 09/26/2024

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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	0	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	each	50	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80
000548 Yogurt	4 oz	50	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	-serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24

# Base Menu Spreadsheet

## Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*N/A*	*11.08	*0.05	*20	86.67	6.31	12.94	980	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*N/A*	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 09/27/2024

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*71	*16.6	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	each	25	216	2.44	318	*20	*N/A*	5.49	*0.00	6	40.40	1.90	2.58	*22	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08
000875 Frudel Pillsbury Apple, WG	Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	*N/A*	1.08
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
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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

**Base Menu Spreadsheet**

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*N/A*	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*N/A*	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 09/30/2024**

**Reimbursable Meal Total 75**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	300	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	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	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			535	*3.65	510	*33	*N/A*	*11.92	*0.05	*76	87.67	6.82	19.56	1842	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*N/A*	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									



# Base Menu Spreadsheet

## Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	419	*3.09	406	*29	*0	*8.39	*0.04	*24	74.08	*5.85	13.94	*1188	*367.5	*26.56	*3.05
% of Calories		*6.64%		*27.7%	*0%	*18.0%	*0.1%		70.7%		13.3%				

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.**