

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2022 thru Sep 30, 2022

**Menu Name:** NORTHFIELD BREAKFAST

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 09/05/2022

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Tuesday - 09/06/2022

#### Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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	6.28	*0.00	6	41.55	3.03	7.83	*75	*198.4	*2.32	0.73
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			395	*2.29	286	*34	*7.12	*0.05	*12	70.57	4.34	13.48	*952	*411.1	*31.88	2.07
% of Calories				*5.22%		*34.4%	*16.2%	*0.1%		71.5%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Wednesday - 09/07/2022

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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	245	3.77	616	5	12.02	0.00	58	23.01	3.00	13.54	101	84.0	*1.20	*4.40
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
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
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
Weighted Daily Average			436	*4.37	616	*28	*11.17	*0.05	*48	65.14	5.45	20.66	1584	492.3	*22.47	*4.31
% of Calories				*9.02%		*25.7%	*23.1%	*0.1%		59.8%		19.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Thursday - 09/08/2022

Reimbursable Meal Total 135

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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)
990151 Fruit Nest, Berry	1 each	50	235	5.03	491	5	8.35	0.50	5	34.57	4.77	5.44	*30	*9.2	*6.40	*0.28
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*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	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
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
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
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
Weighted Daily Average			311	*3.73	381	*27	*6.67	*0.23	*12	52.78	3.86	11.00	*908	*304.5	*32.53	*1.63
% of Calories				*10.79%		*34.7%	*19.3%	*0.7%		67.9%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Friday - 09/09/2022

### Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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	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	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	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	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08
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

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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)
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
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
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
Weighted Daily Average			405	*2.64	370	*33	*10.96	*0.04	*9	68.10	4.03	10.83	683	207.9	10.18	7.09
% of Calories				*5.87%		*32.6%	*24.4%	*0.1%		67.3%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Monday - 09/12/2022

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80
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
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
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
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
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
% of Calories				*7.87%		*15.1%	*20.7%	*0.1%		68.2%		11.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Tuesday - 09/13/2022

Reimbursable Meal Total 135

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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)
990156 Omelet Cup (Homemade)	each	100	105	3.44	313	*1	5.55	*0.00	26	1.90	0.00	12.34	294	149.6	0.51	1.38
990137 Toast,Wheat	1 slice	25	60	0.00	120	*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	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
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
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
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
Weighted Daily Average			298	*3.76	414	*26	*6.67	*0.05	*27	43.79	2.46	17.19	1114	382.3	30.53	2.68
% of Calories				*11.36%		*34.9%	*20.1%	*0.2%		58.8%		23.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Wednesday - 09/14/2022

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	0.78	0.00	2	33.89	*13.14	3.95	516	128.7	*3.65	1.41
990187 Cheerios, Mini Cinni Donut O's	1 cup	75	221	5.17	142	14	9.52	*0.00	15	33.98	3.22	4.08	*240	*13.4	*0.02	*0.21
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
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

**Base Menu Spreadsheet**

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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)
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
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
Weighted Daily Average			338	*3.44	218	*20	*6.40	*0.04	*14	63.35	*11.34	9.94	*1356	*281.1	*18.59	*2.09
% of Calories				*9.16%		*23.7%	*17.0%	*0.1%		75.0%		11.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

**Thursday - 09/15/2022**

**Reimbursable Meal Total 125**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	100	219	3.99	568	*N/A*	9.97	0.00	10	23.92	1.00	8.97	299	149.5	0.00	1.79
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
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
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
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
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
Weighted Daily Average			405	*4.50	628	*22	*10.63	*0.05	*16	63.45	4.28	15.59	1592	404.7	27.98	3.15
% of Calories				*10.00%		*21.7%	*23.6%	*0.1%		62.7%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

**Friday - 09/16/2022**

**Reimbursable Meal Total 125**

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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	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	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*	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*	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*	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	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
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
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
Weighted Daily Average			385	*3.38	426	*25	*7.95	*0.05	*13	68.43	5.11	12.60	*1360	*327.6	*23.14	*2.11
% of Calories				*7.90%		*26.0%	*18.6%	*0.1%		71.1%		13.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

### Monday - 09/19/2022

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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	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	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2022 thru Sep 30, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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)
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
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
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
Weighted Daily Average			484	*3.65	467	*30	*11.72	*0.05	*76	75.52	5.65	18.63	1810	550.2	24.95	3.07
% of Calories				*6.79%		*24.8%	*21.8%	*0.1%		62.4%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	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	388	*3.55	417	*26	*8.90	*0.07	*25	64.33	*5.14	14.19	*1231	*365.4	*23.57	*3.11
% of Calories		*8.23%		*26.8%	*20.6%	*0.2%		66.3%		14.6%				

\*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.**