

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

**Menu Name:** NORTHFIELD BREAKFAST

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

### Monday - 09/02/2019

#### 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)	Cost
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	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Tuesday - 09/03/2019

#### 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)	Cost
990104 Pancake, Mini Maple WG DWFL	each	50	200	0.50	280	13	4.00	0.00	5	36.02	4.00	5.00	200	60.0	*N/A*	1.40	\$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

Northfield Public Schools ISD 659

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Vlt-A (IU)	Calc <sup>m</sup> (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			298	*1.28	313	*24	*4.11	*0.10	*8	57.00	4.98	9.64	1213	269.6	*18.56	3.37	\$0.000
% of Calories				*3.87%		*32.2%	*12.4%	*0.3%		76.5%		12.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Wednesday - 09/04/2019

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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$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			426	*2.47	309	*37	*7.68	*0.05	*13	76.21	4.69	14.56	*1028	*444.0	*34.43	2.24	\$0.000
% of Calories				*5.22%		*34.7%	*16.2%	*0.1%		71.6%		13.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Thursday - 09/05/2019

Reimbursable Meal Total 125

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
990138 Maple Cinnamon Dippers	each	50	90	1.00	105	2	2.50	0.00	0	15.13	1.09	2.01	*0	*1.6	*0.01	*0.01	\$0.000
990139 Cottage Cheese, 1%	1/2 CUP	50	80	0.00	320	4	1.00	0.00	10	6.00	0.00	11.00	*N/A*	*N/A*	*N/A*	*N/A*	\$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			259	*1.70	340	*19	*3.94	*0.05	*12	43.00	2.88	13.17	*955	*276.6	*13.45	*1.50	\$0.000
% of Calories				*5.91%		*29.3%	*13.7%	*0.2%		66.4%		20.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Friday - 09/06/2019

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)	Cost
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	\$0.000
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	\$0.000
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	\$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

Northfield Public Schools ISD 659

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	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			301	*2.78	314	*25	*5.55	*0.05	*13	54.03	4.31	10.60	*1360	*327.6	*23.14	*1.68	\$0.000
% of Calories				*8.31%		*33.2%	*16.6%	*0.1%		71.8%		14.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Monday - 09/09/2019

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)	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 - 09/10/2019

Reimbursable Meal Total 105

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000541 Cheese Omelet	serving 2.1 oz	50	130	4.00	300	*N/A*	10.00	0.00	180	2.00	0.00	7.00	300	80.0	0.00	0.70	\$0.000
990114 Sausage Link, Chkn, Jones	2 each	50	80	2.00	270	0	6.00	0.00	40	0.00	0.00	6.00	0	0.0	0.00	0.00	\$0.000
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	76	0.23	141	1	1.02	0.26	0	12.79	1.88	4.07	1	32.5	0.00	0.74	\$0.000
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	\$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			324	*4.42	481	*18	*10.68	*0.10	*114	40.66	3.05	16.11	1231	361.5	15.54	1.70	\$0.000
% of Calories				*12.28%		*22.2%	*29.7%	*0.3%		50.2%		19.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Wednesday - 09/11/2019

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)	Cost
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	\$0.000
001193 Nature Valley Thin Crisps	pkg	75	150	0.50	140	9	5.00	0.00	0	25.00	2.00	3.00	45	0.0	0.00	0.72	\$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

Sep 1, 2019 thru Sep 30, 2019

	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)	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			307	*1.44	218	*18	*4.46	*0.04	*7	59.50	*10.81	9.48	1272	275.4	*18.58	2.30	\$0.000
% of Calories				*4.22%		*23.5%	*13.1%	*0.1%		77.5%		12.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Thursday - 09/12/2019

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)	Cost
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	\$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			392	*4.50	627	*20	*10.60	*0.05	*16	60.32	4.22	15.49	1581	402.1	23.09	3.10	\$0.000
% of Calories				*10.33%		*20.4%	*24.3%	*0.1%		61.6%		15.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Friday - 09/13/2019

Reimbursable Meal Total 175

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	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
000545 Cheese Stick	1 oz stick	100	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	\$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			451	*4.64	490	*33	*14.39	*0.04	*17	68.68	4.03	14.83	*683	322.2	*10.18	7.09	\$0.000
% of Calories				*9.26%		*29.3%	*28.7%	*0.1%		60.9%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Monday - 09/16/2019

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)	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

# Base Menu Spreadsheet

Northfield Public Schools ISD 659

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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			474	*5.71	376	*37	*11.86	*0.05	*20	80.96	6.26	12.30	1049	309.2	32.57	3.45	\$0.000
% of Calories				*10.84%		*31.2%	*22.5%	*0.1%		68.3%		10.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

## Tuesday - 09/17/2019

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)	Cost
990104 Pancake, Mini Maple WG DWFL	each	50	200	0.50	280	13	4.00	0.00	5	36.02	4.00	5.00	200	60.0	*N/A*	1.40	\$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			298	*1.28	313	*24	*4.11	*0.10	*8	57.00	4.98	9.64	1213	269.6	*18.56	3.37	\$0.000
% of Calories				*3.87%		*32.2%	*12.4%	*0.3%		76.5%		12.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

### Wednesday - 09/18/2019

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)	Cost
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	\$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			426	*2.47	309	*37	*7.68	*0.05	*13	76.21	4.69	14.56	*1028	*444.0	*34.43	2.24	\$0.000
% of Calories				*5.22%		*34.7%	*16.2%	*0.1%		71.6%		13.7%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Thursday - 09/19/2019

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)	Cost
990138 Maple Cinnamon Dippers	each	50	90	1.00	105	2	2.50	0.00	0	15.13	1.09	2.01	*0	*1.6	*0.01	*0.01	\$0.000
990139 Cottage Cheese, 1%	1/2 CUP	50	80	0.00	320	4	1.00	0.00	10	6.00	0.00	11.00	*N/A*	*N/A*	*N/A*	*N/A*	\$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

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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			259	*1.70	340	*19	*3.94	*0.05	*12	43.00	2.88	13.17	*955	*276.6	*13.45	*1.50	\$0.000
% of Calories				*5.91%		*29.3%	*13.7%	*0.2%		66.4%		20.3%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Friday - 09/20/2019

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)	Cost
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	\$0.000
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	\$0.000
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	\$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			301	*2.78	314	*25	*5.55	*0.05	*13	54.03	4.31	10.60	*1360	*327.6	*23.14	*1.68	\$0.000
% of Calories				*8.31%		*33.2%	*16.6%	*0.1%		71.8%		14.1%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

# Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 1, 2019 thru Sep 30, 2019

## Monday - 09/23/2019

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)	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 - 09/24/2019

Reimbursable Meal Total 105

	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)	Cost
000541 Cheese Omelet	serving 2.1 oz	50	130	4.00	300	*N/A*	10.00	0.00	180	2.00	0.00	7.00	300	80.0	0.00	0.70	\$0.000
990114 Sausage Link, Chkn, Jones	2 each	50	80	2.00	270	0	6.00	0.00	40	0.00	0.00	6.00	0	0.0	0.00	0.00	\$0.000
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	25	76	0.23	141	1	1.02	0.26	0	12.79	1.88	4.07	1	32.5	0.00	0.74	\$0.000
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	\$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

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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			324	*4.42	481	*18	*10.68	*0.10	*114	40.66	3.05	16.11	1231	361.5	15.54	1.70	\$0.000
% of Calories				*12.28%		*22.2%	*29.7%	*0.3%		50.2%		19.9%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Wednesday - 09/25/2019

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)	Cost
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	\$0.000
001193 Nature Valley Thin Crisps	pkg	75	150	0.50	140	9	5.00	0.00	0	25.00	2.00	3.00	45	0.0	0.00	0.72	\$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			307	*1.44	218	*18	*4.46	*0.04	*7	59.50	*10.81	9.48	1272	275.4	*18.58	2.30	\$0.000
% of Calories				*4.22%		*23.5%	*13.1%	*0.1%		77.5%		12.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Thursday - 09/26/2019

Reimbursable Meal Total 125

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$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			392	*4.50	627	*20	*10.60	*0.05	*16	60.32	4.22	15.49	1581	402.1	23.09	3.10	\$0.000
% of Calories				*10.33%		*20.4%	*24.3%	*0.1%		61.6%		15.8%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Friday - 09/27/2019

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)	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
000545 Cheese Stick	1 oz stick	100	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	\$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

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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			451	*4.64	490	*33	*14.39	*0.04	*17	68.68	4.03	14.83	*683	322.2	*10.18	7.09	\$0.000
% of Calories				*9.26%		*29.3%	*28.7%	*0.1%		60.9%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

### Monday - 09/30/2019

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)	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

Sep 1, 2019 thru Sep 30, 2019

	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)	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			474	*5.71	376	*37	*11.86	*0.05	*20	80.96	6.26	12.30	1049	309.2	32.57	3.45	\$0.000
% of Calories				*10.84%		*31.2%	*22.5%	*0.1%		68.3%		10.4%					
Weekly Nutrient Guideline			450 - 500	<10	540		<=30										

\*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.**