

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

Menu Name: NORTHFIELD BREAKFAST **Include Cost:** Yes
Site: **Report Style:** Detailed

Thursday - 09/09/2021 Reimbursable Meal Total 135

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

Friday - 09/10/2021 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000979 Mini Cinnis Pillsbury | Pkg | 100 | 240 | 2.00 | 300 | *N/A* | 7.00 | 0.00 | 0 | 40.00 | 2.00 | 5.00 | 0 | 20.0 | 0.00 | 1.44 | \$0.000 |
| 001124 Cold breakfast, K-12 | serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 100 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 511 | *3.64 | 515 | *24 | *10.28 | *0.06 | *10 | 91.48 | 6.28 | 15.39 | 1677 | 373.1 | 28.86 | 3.52 | \$0.000 |
| % of Calories | | | | *6.41% | | *18.8% | *18.1% | *0.1% | | 71.6% | | 12.0% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Monday - 09/13/2021

Reimbursable Meal Total 125

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-----------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000915 Breakfast Bar | Servings | 100 | 290 | 3.00 | 240 | *N/A* | 9.00 | 0.00 | 20 | 47.00 | 3.00 | 5.00 | 0 | 20.0 | 0.00 | 1.80 | \$0.000 |
| 001124 Cold breakfast, K-12 | serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 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 - 09/14/2021

Reimbursable Meal Total 135

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

Wednesday - 09/15/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 09/16/2021

Reimbursable Meal Total 125

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001030 Mini pancakes, WG maple | serving | 100 | 170 | 0.50 | 200 | *N/A* | 5.00 | 0.00 | 5 | 30.00 | 2.00 | 4.00 | 0 | 40.0 | 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 | 50 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 311 | *1.69 | 329 | *16 | *6.53 | *0.05 | *12 | 54.48 | 3.64 | 11.12 | 922 | 306.7 | 13.00 | 2.03 | \$0.000 |
| % of Calories | | | | *4.89% | | *20.6% | *18.9% | *0.1% | | 70.1% | | 14.3% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Friday - 09/17/2021

Reimbursable Meal Total 100

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

Monday - 09/20/2021

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Tuesday - 09/21/2021

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Wednesday - 09/22/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 09/23/2021

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Friday - 09/24/2021

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Monday - 09/27/2021

Reimbursable Meal Total 125

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

Tuesday - 09/28/2021

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Wednesday - 09/29/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$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 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 09/30/2021

Reimbursable Meal Total 125

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 001030 Mini pancakes, WG maple | serving | 100 | 170 | 0.50 | 200 | *N/A* | 5.00 | 0.00 | 5 | 30.00 | 2.00 | 4.00 | 0 | 40.0 | 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 | 50 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 311 | *1.69 | 329 | *16 | *6.53 | *0.05 | *12 | 54.48 | 3.64 | 11.12 | 922 | 306.7 | 13.00 | 2.03 | \$0.000 |
| % of Calories | | | | *4.89% | | *20.6% | *18.9% | *0.1% | | 70.1% | | 14.3% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Friday - 10/01/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Monday - 10/04/2021

Reimbursable Meal Total 135

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Tuesday - 10/05/2021

Reimbursable Meal Total 100

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

Wednesday - 10/06/2021

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | -serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 10/07/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990079 Bread, WG Mini Loaf | each | 50 | 180 | 1.00 | 170 | 17 | 6.00 | 0.00 | 10 | 30.00 | 2.00 | 3.00 | 0 | 0.0 | 0.00 | 8.00 | \$0.000 |
| 990080 Bread, WG Banana Bread Slice | each | 50 | 280 | 2.00 | 220 | 25 | 10.00 | 0.00 | 0 | 44.00 | 2.00 | 5.00 | 2 | 8.0 | 0.00 | 6.00 | \$0.000 |
| 990081 Bread, WG Zucchini Bread Slice | each | 50 | 270 | 2.00 | 220 | 25 | 10.00 | 0.00 | 0 | 43.00 | 2.00 | 5.00 | 2 | 10.0 | 2.00 | 6.00 | \$0.000 |
| 990093 Crescent, Grape Filled | each | 50 | 210 | 1.00 | 260 | 9 | 6.00 | 0.00 | 0 | 35.00 | 2.00 | 5.00 | 0 | 20.0 | 0.00 | 1.08 | \$0.000 |
| 001124 Cold breakfast, K-12 | -serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 525 | *3.42 | 480 | *43 | *14.21 | *0.05 | *11 | 88.28 | 5.23 | 14.04 | 886 | 269.5 | 13.19 | 9.20 | \$0.000 |
| % of Calories | | | | *5.86% | | *32.8% | *24.4% | *0.1% | | 67.3% | | 10.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Friday - 10/08/2021

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000979 Mini Cinnis Pillsbury | Pkg | 100 | 240 | 2.00 | 300 | *N/A* | 7.00 | 0.00 | 0 | 40.00 | 2.00 | 5.00 | 0 | 20.0 | 0.00 | 1.44 | \$0.000 |
| 001124 Cold breakfast, K-12 | serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 100 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 511 | *3.64 | 515 | *24 | *10.28 | *0.06 | *10 | 91.48 | 6.28 | 15.39 | 1677 | 373.1 | 28.86 | 3.52 | \$0.000 |
| % of Calories | | | | *6.41% | | *18.8% | *18.1% | *0.1% | | 71.6% | | 12.0% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Monday - 10/11/2021

Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Tuesday - 10/12/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990079 Bread, WG Mini Loaf | each | 50 | 180 | 1.00 | 170 | 17 | 6.00 | 0.00 | 10 | 30.00 | 2.00 | 3.00 | 0 | 0.0 | 0.00 | 8.00 | \$0.000 |
| 990080 Bread, WG Banana Bread Slice | each | 50 | 280 | 2.00 | 220 | 25 | 10.00 | 0.00 | 0 | 44.00 | 2.00 | 5.00 | 2 | 8.0 | 0.00 | 6.00 | \$0.000 |
| 990081 Bread, WG Zucchini Bread Slice | each | 50 | 270 | 2.00 | 220 | 25 | 10.00 | 0.00 | 0 | 43.00 | 2.00 | 5.00 | 2 | 10.0 | 2.00 | 6.00 | \$0.000 |
| 990093 Crescent, Grape Filled | each | 50 | 210 | 1.00 | 260 | 9 | 6.00 | 0.00 | 0 | 35.00 | 2.00 | 5.00 | 0 | 20.0 | 0.00 | 1.08 | \$0.000 |
| 001124 Cold breakfast, K-12 | serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 525 | *3.42 | 480 | *43 | *14.21 | *0.05 | *11 | 88.28 | 5.23 | 14.04 | 886 | 269.5 | 13.19 | 9.20 | \$0.000 |
| % of Calories | | | | *5.86% | | *32.8% | *24.4% | *0.1% | | 67.3% | | 10.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Wednesday - 10/13/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 10/14/2021

Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001030 Mini pancakes, WG maple | -serving | 100 | 170 | 0.50 | 200 | *N/A* | 5.00 | 0.00 | 5 | 30.00 | 2.00 | 4.00 | 0 | 40.0 | 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 | 50 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 311 | *1.69 | 329 | *16 | *6.53 | *0.05 | *12 | 54.48 | 3.64 | 11.12 | 922 | 306.7 | 13.00 | 2.03 | \$0.000 |
| % of Calories | | | | *4.89% | | *20.6% | *18.9% | *0.1% | | 70.1% | | 14.3% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Friday - 10/15/2021

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-----------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000551 Muffin Variety 2 oz | 2 oz | 75 | 155 | 1.00 | 185 | *N/A* | 5.00 | *0.00 | 35 | 25.50 | 2.00 | 3.00 | 1000 | 200.0 | 0.60 | 3.60 | \$0.000 |
| 001124 Cold breakfast, K-12 | -serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 100 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 387 | *2.39 | 354 | *24 | *7.03 | *0.06 | *36 | 70.61 | 5.78 | 12.64 | 2427 | 503.1 | 29.31 | 4.78 | \$0.000 |
| % of Calories | | | | *5.56% | | *24.8% | *16.3% | *0.1% | | 73.0% | | 13.1% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Monday - 10/18/2021

Reimbursable Meal Total 135

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

Tuesday - 10/19/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Wednesday - 10/20/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 10/21/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 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 | | | | | | | | | | |

Friday - 10/22/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 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 | | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

Monday - 10/25/2021

Reimbursable Meal Total 125

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

Tuesday - 10/26/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990079 Bread, WG Mini Loaf | each | 50 | 180 | 1.00 | 170 | 17 | 6.00 | 0.00 | 10 | 30.00 | 2.00 | 3.00 | 0 | 0.0 | 0.00 | 8.00 | \$0.000 |
| 990080 Bread, WG Banana Bread Slice | each | 50 | 280 | 2.00 | 220 | 25 | 10.00 | 0.00 | 0 | 44.00 | 2.00 | 5.00 | 2 | 8.0 | 0.00 | 6.00 | \$0.000 |
| 990081 Bread, WG Zucchini Bread Slice | each | 50 | 270 | 2.00 | 220 | 25 | 10.00 | 0.00 | 0 | 43.00 | 2.00 | 5.00 | 2 | 10.0 | 2.00 | 6.00 | \$0.000 |
| 990093 Crescent, Grape Filled | each | 50 | 210 | 1.00 | 260 | 9 | 6.00 | 0.00 | 0 | 35.00 | 2.00 | 5.00 | 0 | 20.0 | 0.00 | 1.08 | \$0.000 |
| 001124 Cold breakfast, K-12 | serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 525 | *3.42 | 480 | *43 | *14.21 | *0.05 | *11 | 88.28 | 5.23 | 14.04 | 886 | 269.5 | 13.19 | 9.20 | \$0.000 |
| % of Calories | | | | *5.86% | | *32.8% | *24.4% | *0.1% | | 67.3% | | 10.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Wednesday - 10/27/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

Thursday - 10/28/2021

Reimbursable Meal Total 125

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001030 Mini pancakes, WG maple | serving | 100 | 170 | 0.50 | 200 | *N/A* | 5.00 | 0.00 | 5 | 30.00 | 2.00 | 4.00 | 0 | 40.0 | 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 | 50 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 311 | *1.69 | 329 | *16 | *6.53 | *0.05 | *12 | 54.48 | 3.64 | 11.12 | 922 | 306.7 | 13.00 | 2.03 | \$0.000 |
| % of Calories | | | | *4.89% | | *20.6% | *18.9% | *0.1% | | 70.1% | | 14.3% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Friday - 10/29/2021

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-----------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000551 Muffin Variety 2 oz | 2 oz | 75 | 155 | 1.00 | 185 | *N/A* | 5.00 | *0.00 | 35 | 25.50 | 2.00 | 3.00 | 1000 | 200.0 | 0.60 | 3.60 | \$0.000 |
| 001124 Cold breakfast, K-12 | serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 100 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 387 | *2.39 | 354 | *24 | *7.03 | *0.06 | *36 | 70.61 | 5.78 | 12.64 | 2427 | 503.1 | 29.31 | 4.78 | \$0.000 |
| % of Calories | | | | *5.56% | | *24.8% | *16.3% | *0.1% | | 73.0% | | 13.1% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Monday - 11/01/2021

Reimbursable Meal Total 135

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

Tuesday - 11/02/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Wednesday - 11/03/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 11/04/2021

Reimbursable Meal Total 135

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

Friday - 11/05/2021

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000979 Mini Cinnis Pillsbury | Pkg | 100 | 240 | 2.00 | 300 | *N/A* | 7.00 | 0.00 | 0 | 40.00 | 2.00 | 5.00 | 0 | 20.0 | 0.00 | 1.44 | \$0.000 |
| 001124 Cold breakfast, K-12 | serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 100 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 511 | *3.64 | 515 | *24 | *10.28 | *0.06 | *10 | 91.48 | 6.28 | 15.39 | 1677 | 373.1 | 28.86 | 3.52 | \$0.000 |
| % of Calories | | | | *6.41% | | *18.8% | *18.1% | *0.1% | | 71.6% | | 12.0% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Monday - 11/08/2021

Reimbursable Meal Total 125

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-----------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000915 Breakfast Bar | Servings | 100 | 290 | 3.00 | 240 | *N/A* | 9.00 | 0.00 | 20 | 47.00 | 3.00 | 5.00 | 0 | 20.0 | 0.00 | 1.80 | \$0.000 |
| 001124 Cold breakfast, K-12 | serving | 25 | 222 | 0.40 | 286 | 16 | 2.15 | *0.26 | 0 | 46.82 | 3.23 | 5.62 | 508 | 134.7 | 4.97 | 6.24 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 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 - 11/09/2021

Reimbursable Meal Total 135

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

Wednesday - 11/10/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | -serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 11/11/2021

Reimbursable Meal Total 125

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001030 Mini pancakes, WG maple | -serving | 100 | 170 | 0.50 | 200 | *N/A* | 5.00 | 0.00 | 5 | 30.00 | 2.00 | 4.00 | 0 | 40.0 | 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 | 50 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 311 | *1.69 | 329 | *16 | *6.53 | *0.05 | *12 | 54.48 | 3.64 | 11.12 | 922 | 306.7 | 13.00 | 2.03 | \$0.000 |
| % of Calories | | | | *4.89% | | *20.6% | *18.9% | *0.1% | | 70.1% | | 14.3% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Friday - 11/12/2021

Reimbursable Meal Total 100

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

Monday - 11/15/2021

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Tuesday - 11/16/2021

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Wednesday - 11/17/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 11/18/2021

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Friday - 11/19/2021

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Monday - 11/22/2021

Reimbursable Meal Total 125

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

Tuesday - 11/23/2021

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Wednesday - 11/24/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 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 | | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

Thursday - 11/25/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (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 | | | | | | | | | | |

Friday - 11/26/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (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 | | | | | | | | | | |

Monday - 11/29/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (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 |

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Tuesday - 11/30/2021

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Wednesday - 12/01/2021

Reimbursable Meal Total 135

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 001124 Cold breakfast, K-12 | serving | 100 | 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 |
| 000388 Cereal Bar Cinnamon Toast Crun | BAR 1.6 OZ | 35 | 180 | 2.00 | 140 | *N/A* | 4.00 | 0.00 | 0 | 32.00 | 1.00 | 3.00 | 750 | 250.0 | 9.00 | 5.40 | \$0.000 |
| 000571 Fruit Choice | 1/2 cup | 100 | 41 | 0.00 | 4 | *0 | 0.04 | *0.00 | 0 | 10.17 | 1.02 | 0.12 | 83 | 2.9 | 1.12 | 0.11 | \$0.000 |
| 000803 Fruit Fresh Choice | Serving 1/2cup | 50 | 65 | *0.03 | 4 | *8 | *0.20 | *0.00 | *0 | 16.60 | 2.45 | 0.87 | 967 | 16.5 | 24.09 | 0.42 | \$0.000 |
| 000246 JUICE FRUIT ASSORTED | 4 fl.oz. | 25 | 64 | 0.02 | 5 | 13 | 0.17 | 0.00 | 0 | 15.62 | 0.28 | 0.47 | 59 | 13.1 | 24.46 | 0.24 | \$0.000 |
| 000445 MILK (skim, 1% and NF Choc) | 8 oz | 100 | 110 | 1.50 | 135 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 359 | *1.95 | 354 | *26 | *4.62 | *0.19 | *7 | 69.19 | 4.37 | 11.36 | 1372 | 397.5 | 22.08 | 6.30 | \$0.000 |
| % of Calories | | | | *4.89% | | *29.0% | *11.6% | *0.5% | | 77.1% | | 12.7% | | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <=30 | | | | | | | | | | |

Thursday - 12/02/2021

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

Friday - 12/03/2021

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Sep 9, 2021 thru Dec 3, 2021

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

| | | | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-------------------|--|--|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|------|
| Weighted Averages | | | 425 | *3.00 | 399 | *28 | *8.98 | *0.09 | *14 | 75.52 | 5.10 | 12.58 | 1273 | 337 | *20.82 | 5.19 | |
| % of Calories | | | | *6.35% | | *26.4% | *19.0% | *0.2% | | 71.1% | | 11.8% | | | | | |

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.