

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

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

Monday - 09/01/2025Reimbursable Meal Total 1

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

Tuesday - 09/02/2025Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	25	283	1.49	174	*17	*0	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990303 muffin top, WG BA Blueberry	each	25	200	4.00	140	13	12	10.00	0.00	30	26.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			344	*2.41	260	*34	*2	*6.13	*0.05	*15	63.03	3.93	11.00	*8	*336.0	*35.10	*2.03
% of Calories				*6.31%		*39.5%	*2.3%	*16.0%	*0.1%		73.3%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 09/03/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	*10	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 09/04/2025 Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
000548 Yogurt	4 oz	50	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	*N/A*	300.0	1.20	0.00
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*0	*11.08	*0.05	*20	86.67	6.31	12.94	*7	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*0%	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 09/05/2025

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*0	*7.73	*0.03	*6	51.32	3.17	7.87	*3	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*0%	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 09/08/2025

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990304 Burrito breakfast, Egg/Tky saus WG IW BA Minion	each	25	210	3.50	310	1	*N/A*	8.00	0.00	40	22.00	3.00	11.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			438	*3.51	420	*30	*0	*7.31	*0.05	*29	75.87	6.23	18.36	*10	*495.4	*29.69	*2.29
% of Calories				*7.21%		*27.4%	*0%	*15.0%	*0.1%		69.3%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 09/09/2025 Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	*5	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 09/10/2025 Reimbursable Meal Total 175

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	32.89	*13.14	3.95	*N/A*	128.7	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20	0	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			356	*1.37	232	*27	*0	*2.98	*0.04	*7	76.71	*11.06	11.60	*8	*298.4	*21.13	*2.30
% of Calories				*3.46%		*30.3%	*0%	*7.5%	*0.1%		86.2%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 09/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24

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Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			432	*2.64	387	*35	*0	*7.46	*0.06	*22	79.52	5.02	13.47	*10	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*0%	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 09/12/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*N/A*	*16.6	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	216	2.44	318	*20	*4	5.49	*0.00	6	40.40	1.90	2.58	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*1	*6.73	*0.04	*11	63.10	4.84	10.97	*9	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*1.2%	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 09/15/2025

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	0	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			535	*3.65	510	*33	*0	*11.92	*0.05	*76	87.67	6.82	19.56	*34	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*0%	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

Tuesday - 09/16/2025 Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	25	283	1.49	174	*17	*0	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990303 muffin top, WG BA Blueberry	each	25	200	4.00	140	13	12	10.00	0.00	30	26.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			344	*2.41	260	*34	*2	*6.13	*0.05	*15	63.03	3.93	11.00	*8	*336.0	*35.10	*2.03
% of Calories				*6.31%		*39.5%	*2.3%	*16.0%	*0.1%		73.3%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 09/17/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	*10	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 09/18/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
000548 Yogurt	4 oz	50	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	*N/A*	300.0	1.20	0.00
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*0	*11.08	*0.05	*20	86.67	6.31	12.94	*7	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*0%	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 09/19/2025

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*0	*7.73	*0.03	*6	51.32	3.17	7.87	*3	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*0%	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 09/22/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990304 Burrito breakfast, Egg/Tky saus WG IW BA Minion	each	25	210	3.50	310	1	*N/A*	8.00	0.00	40	22.00	3.00	11.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			438	*3.51	420	*30	*0	*7.31	*0.05	*29	75.87	6.23	18.36	*10	*495.4	*29.69	*2.29
% of Calories				*7.21%		*27.4%	*0%	*15.0%	*0.1%		69.3%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 09/23/2025 Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	*5	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 09/24/2025 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	32.89	*13.14	3.95	*N/A*	128.7	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20	0	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			356	*1.37	232	*27	*0	*2.98	*0.04	*7	76.71	*11.06	11.60	*8	*298.4	*21.13	*2.30
% of Calories				*3.46%		*30.3%	*0%	*7.5%	*0.1%		86.2%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 09/25/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			432	*2.64	387	*35	*0	*7.46	*0.06	*22	79.52	5.02	13.47	*10	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*0%	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 09/26/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*N/A*	*16.6	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	216	2.44	318	*20	*4	5.49	*0.00	6	40.40	1.90	2.58	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*1	*6.73	*0.04	*11	63.10	4.84	10.97	*9	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*1.2%	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 09/29/2025

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	0	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			535	*3.65	510	*33	*0	*11.92	*0.05	*76	87.67	6.82	19.56	*34	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*0%	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 09/30/2025

Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	25	283	1.49	174	*17	*0	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990303 muffin top, WG BA Blueberry	each	25	200	4.00	140	13	12	10.00	0.00	30	26.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			344	*2.41	260	*34	*2	*6.13	*0.05	*15	63.03	3.93	11.00	*8	*336.0	*35.10	*2.03
% of Calories				*6.31%		*39.5%	*2.3%	*16.0%	*0.1%		73.3%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 10/01/2025

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	*10	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 10/02/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
000548 Yogurt	4 oz	50	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	*N/A*	300.0	1.20	0.00
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*0	*11.08	*0.05	*20	86.67	6.31	12.94	*7	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*0%	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 10/03/2025

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*0	*7.73	*0.03	*6	51.32	3.17	7.87	*3	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*0%	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 10/06/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990304 Burrito breakfast, Egg/Tky saus WG IW BA Minion	each	25	210	3.50	310	1	*N/A*	8.00	0.00	40	22.00	3.00	11.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			438	*3.51	420	*30	*0	*7.31	*0.05	*29	75.87	6.23	18.36	*10	*495.4	*29.69	*2.29
% of Calories				*7.21%		*27.4%	*0%	*15.0%	*0.1%		69.3%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 10/07/2025 Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	*5	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 10/08/2025 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	32.89	*13.14	3.95	*N/A*	128.7	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20	0	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			356	*1.37	232	*27	*0	*2.98	*0.04	*7	76.71	*11.06	11.60	*8	*298.4	*21.13	*2.30
% of Calories				*3.46%		*30.3%	*0%	*7.5%	*0.1%		86.2%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 10/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			432	*2.64	387	*35	*0	*7.46	*0.06	*22	79.52	5.02	13.47	*10	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*0%	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 10/10/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*N/A*	*16.6	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	216	2.44	318	*20	*4	5.49	*0.00	6	40.40	1.90	2.58	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*1	*6.73	*0.04	*11	63.10	4.84	10.97	*9	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*1.2%	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 10/13/2025

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	0	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			535	*3.65	510	*33	*0	*11.92	*0.05	*76	87.67	6.82	19.56	*34	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*0%	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 10/14/2025

Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	25	283	1.49	174	*17	*0	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990303 muffin top, WG BA Blueberry	each	25	200	4.00	140	13	12	10.00	0.00	30	26.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			344	*2.41	260	*34	*2	*6.13	*0.05	*15	63.03	3.93	11.00	*8	*336.0	*35.10	*2.03
% of Calories				*6.31%		*39.5%	*2.3%	*16.0%	*0.1%		73.3%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 10/15/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	*10	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 10/16/2025

Reimbursable Meal Total 1

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

Friday - 10/17/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

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

Monday - 10/20/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990304 Burrito breakfast, Egg/Tky saus WG IW BA Minion	each	25	210	3.50	310	1	*N/A*	8.00	0.00	40	22.00	3.00	11.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			438	*3.51	420	*30	*0	*7.31	*0.05	*29	75.87	6.23	18.36	*10	*495.4	*29.69	*2.29
% of Calories				*7.21%		*27.4%	*0%	*15.0%	*0.1%		69.3%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 10/21/2025 Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	*5	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 10/22/2025 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	32.89	*13.14	3.95	*N/A*	128.7	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20	0	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			356	*1.37	232	*27	*0	*2.98	*0.04	*7	76.71	*11.06	11.60	*8	*298.4	*21.13	*2.30
% of Calories				*3.46%		*30.3%	*0%	*7.5%	*0.1%		86.2%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 10/23/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			432	*2.64	387	*35	*0	*7.46	*0.06	*22	79.52	5.02	13.47	*10	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*0%	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 10/24/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*N/A*	*16.6	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	216	2.44	318	*20	*4	5.49	*0.00	6	40.40	1.90	2.58	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*1	*6.73	*0.04	*11	63.10	4.84	10.97	*9	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*1.2%	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 10/27/2025

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	0	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			535	*3.65	510	*33	*0	*11.92	*0.05	*76	87.67	6.82	19.56	*34	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*0%	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 10/28/2025

Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	25	283	1.49	174	*17	*0	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990303 muffin top, WG BA Blueberry	each	25	200	4.00	140	13	12	10.00	0.00	30	26.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			344	*2.41	260	*34	*2	*6.13	*0.05	*15	63.03	3.93	11.00	*8	*336.0	*35.10	*2.03
% of Calories				*6.31%		*39.5%	*2.3%	*16.0%	*0.1%		73.3%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 10/29/2025

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	*10	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 10/30/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
000548 Yogurt	4 oz	50	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	*N/A*	300.0	1.20	0.00
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*0	*11.08	*0.05	*20	86.67	6.31	12.94	*7	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*0%	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 10/31/2025 Reimbursable Meal Total 1

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

Monday - 11/03/2025 Reimbursable Meal Total 1

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

Tuesday - 11/04/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	*5	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 11/05/2025

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	32.89	*13.14	3.95	*N/A*	128.7	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20	0	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			356	*1.37	232	*27	*0	*2.98	*0.04	*7	76.71	*11.06	11.60	*8	*298.4	*21.13	*2.30
% of Calories				*3.46%		*30.3%	*0%	*7.5%	*0.1%		86.2%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 11/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			432	*2.64	387	*35	*0	*7.46	*0.06	*22	79.52	5.02	13.47	*10	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*0%	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 11/07/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*N/A*	*16.6	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	216	2.44	318	*20	*4	5.49	*0.00	6	40.40	1.90	2.58	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*1	*6.73	*0.04	*11	63.10	4.84	10.97	*9	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*1.2%	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 11/10/2025 Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	0	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			535	*3.65	510	*33	*0	*11.92	*0.05	*76	87.67	6.82	19.56	*34	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*0%	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 11/11/2025 Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	25	283	1.49	174	*17	*0	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990303 muffin top, WG BA Blueberry	each	25	200	4.00	140	13	12	10.00	0.00	30	26.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			344	*2.41	260	*34	*2	*6.13	*0.05	*15	63.03	3.93	11.00	*8	*336.0	*35.10	*2.03
% of Calories				*6.31%		*39.5%	*2.3%	*16.0%	*0.1%		73.3%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 11/12/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	*10	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 11/13/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
000548 Yogurt	4 oz	50	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	*N/A*	300.0	1.20	0.00
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*0	*11.08	*0.05	*20	86.67	6.31	12.94	*7	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*0%	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 11/14/2025

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*0	*7.73	*0.03	*6	51.32	3.17	7.87	*3	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*0%	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 11/17/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990304 Burrito breakfast, Egg/Tky saus WG IW BA Minion	each	25	210	3.50	310	1	*N/A*	8.00	0.00	40	22.00	3.00	11.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			438	*3.51	420	*30	*0	*7.31	*0.05	*29	75.87	6.23	18.36	*10	*495.4	*29.69	*2.29
% of Calories				*7.21%		*27.4%	*0%	*15.0%	*0.1%		69.3%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 11/18/2025 Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	*5	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 11/19/2025 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	32.89	*13.14	3.95	*N/A*	128.7	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20	0	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			356	*1.37	232	*27	*0	*2.98	*0.04	*7	76.71	*11.06	11.60	*8	*298.4	*21.13	*2.30
% of Calories				*3.46%		*30.3%	*0%	*7.5%	*0.1%		86.2%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Thursday - 11/20/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			432	*2.64	387	*35	*0	*7.46	*0.06	*22	79.52	5.02	13.47	*10	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*0%	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Friday - 11/21/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*N/A*	*16.6	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	216	2.44	318	*20	*4	5.49	*0.00	6	40.40	1.90	2.58	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*1	*6.73	*0.04	*11	63.10	4.84	10.97	*9	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*1.2%	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 11/24/2025

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	0	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			535	*3.65	510	*33	*0	*11.92	*0.05	*76	87.67	6.82	19.56	*34	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*0%	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Tuesday - 11/25/2025

Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	25	283	1.49	174	*17	*0	6.78	*0.00	6	49.04	4.61	8.13	*2	*203.0	*3.74	0.85
990303 muffin top, WG BA Blueberry	each	25	200	4.00	140	13	12	10.00	0.00	30	26.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	*N/A*	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8	*0	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	0	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			344	*2.41	260	*34	*2	*6.13	*0.05	*15	63.03	3.93	11.00	*8	*336.0	*35.10	*2.03
% of Calories				*6.31%		*39.5%	*2.3%	*16.0%	*0.1%		73.3%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Wednesday - 11/26/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2025 thru Nov 28, 2025

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

Thursday - 11/27/2025

Reimbursable Meal Total 1

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

Friday - 11/28/2025

Reimbursable Meal Total 1

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

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		417	*3.05	386	*30	*0	*7.98	*0.05	*26	74.14	*5.96	14.10	*11	*376.3	*27.41	*2.87
% of Calories			*6.58%		*28.8%	*0%	*17.2%	*0.1%		71.1%		13.5%				

**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

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.