

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

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

Include Cost: Yes
Report Style: Detailed

Monday - 04/01/2024

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 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	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%		0%						
Weekly Nutrient Guideline			450 - 500	<10	540			<=30											

Tuesday - 04/02/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001223 Brekkie Round, 51% WW, 3 oz	each	25	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80	\$0.000
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	25	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			487	*4.39	387	*44	*0	*9.21	*0.06	*18	88.52	6.02	14.22	1273	459.2	43.24	3.45	\$0.000
% of Calories				*8.11%		*36.1%	*0%	*17.0%	*0.1%		72.7%		11.7%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 04/03/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	101	84.0	*1.20	*2.20	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70	\$0.000
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 04/04/2024

Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990184 Stromboli - Sweet Cream	each	25	210	2.00	190	*N/A*	*N/A*	4.00	0.00	0	38.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990223 Boli Strawberry Sweet Cream WG IW	each	25	250	2.50	320	15	14	6.00	0.00	5	42.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			293	*1.85	251	*23	*2	*3.98	*0.04	*8	56.33	3.82	*8.48	*1143	*247.9	*26.29	*1.66	\$0.000
% of Calories				*5.68%		*31.4%	*2.7%	*12.2%	*0.1%		76.9%		*11.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 04/05/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000979 Mini Cinnis Pillsbury	Pkg	25	240	2.00	300	*N/A*	*N/A*	7.00	0.00	0	40.00	2.00	5.00	0	20.0	0.00	1.44	\$0.000
990222 Mini Cinnis - Caramel	1 each	25	210	1.00	280	10	8	6.00	0.00	0	35.00	2.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			259	*1.58	260	*17	*1	*4.39	*0.04	*7	47.36	3.29	8.78	*811	*243.5	*14.19	*1.72	\$0.000
% of Calories				*5.49%		*26.3%	*1.5%	*15.3%	*0.1%		73.1%		13.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Monday - 04/08/2024

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 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*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	-serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68	\$0.000
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Tuesday - 04/09/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990230 donut, mini cake cinnamon sugar WG	3 each	25	180	4.00	240	7	6	10.00	0.00	15	20.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			377	*2.64	319	*40	*2	*5.96	*0.06	*14	69.77	3.77	12.47	*1223	*444.2	*43.24	*2.33	\$0.000
% of Calories				*6.30%		*42.4%	*2.1%	*14.2%	*0.1%		74.0%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

Wednesday - 04/10/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	33.89	*13.14	3.95	516	128.7	*3.65	1.41	\$0.000
001193 Nature Valley Thin Crisps	pkg	25	150	0.50	140	9	*N/A*	5.00	0.00	0	25.00	2.00	3.00	45	0.0	0.00	0.72	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			286	*1.30	196	*17	*0	*3.12	*0.04	*7	57.56	*10.74	9.03	1273	284.1	*21.13	2.30	\$0.000
% of Calories				*4.09%		*23.8%	*0%	*9.8%	*0.1%		80.5%		12.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 04/11/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	100	219	3.99	568	*N/A*	*N/A*	9.97	0.00	10	23.92	1.00	8.97	299	149.5	0.00	1.79	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000

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Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			363	*3.75	545	*20	*0	*8.96	*0.04	*13	58.95	4.15	13.46	1343	347.5	26.29	2.86	\$0.000
% of Calories				*9.30%		*22.0%	*0%	*22.2%	*0.1%		65.0%		14.8%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 04/12/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990097 Muffin, Fruit and Yogurt - Homemade, WG	each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*71	*16.6	*0.25	*0.03	\$0.000
990096 Muffin, Spiced - Homemade, WG	each	25	216	2.44	318	*20	*N/A*	5.49	*0.00	6	40.40	1.90	2.58	*22	*9.0	*0.01	*0.03	\$0.000
000876 Frudel Cherry Pillsbury	Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08	\$0.000
000875 Frudel Pillsbury Apple , WG	Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	*N/A*	1.08	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
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	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			346	*2.82	377	*23	*0	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99	\$0.000
% of Calories				*7.34%		*26.6%	*0%	*17.5%	*0.1%		72.9%		12.7%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Monday - 04/15/2024

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 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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08	\$0.000
000545 Cheese Stick	1 oz stick	50	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	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			315	*2.55	314	*24	*0	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11	\$0.000
% of Calories				*7.29%		*30.5%	*0%	*25.5%	*0.1%		65.4%		11.8%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Tuesday - 04/16/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001223 Brekkie Round, 51% WW, 3 oz	each	25	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80	\$0.000
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	25	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			487	*4.39	387	*44	*0	*9.21	*0.06	*18	88.52	6.02	14.22	1273	459.2	43.24	3.45	\$0.000
% of Calories				*8.11%		*36.1%	*0%	*17.0%	*0.1%		72.7%		11.7%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 04/17/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	101	84.0	*1.20	*2.20	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70	\$0.000
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 04/18/2024

Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990184 Stromboli - Sweet Cream	each	25	210	2.00	190	*N/A*	*N/A*	4.00	0.00	0	38.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990223 Boli Strawberry Sweet Cream WG IW	each	25	250	2.50	320	15	14	6.00	0.00	5	42.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			293	*1.85	251	*23	*2	*3.98	*0.04	*8	56.33	3.82	*8.48	*1143	*247.9	*26.29	*1.66	\$0.000
% of Calories				*5.68%		*31.4%	*2.7%	*12.2%	*0.1%		76.9%		*11.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 04/19/2024

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 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	25	240	2.00	300	*N/A*	*N/A*	7.00	0.00	0	40.00	2.00	5.00	0	20.0	0.00	1.44	\$0.000
990222 Mini Cinnis - Caramel	1 each	25	210	1.00	280	10	8	6.00	0.00	0	35.00	2.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			259	*1.58	260	*17	*1	*4.39	*0.04	*7	47.36	3.29	8.78	*811	*243.5	*14.19	*1.72	\$0.000
% of Calories				*5.49%		*26.3%	*1.5%	*15.3%	*0.1%		73.1%		13.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Monday - 04/22/2024

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 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*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68	\$0.000
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

Tuesday - 04/23/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990230 donut, mini cake cinnamon sugar WG	3 each	25	180	4.00	240	7	6	10.00	0.00	15	20.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			377	*2.64	319	*40	*2	*5.96	*0.06	*14	69.77	3.77	12.47	*1223	*444.2	*43.24	*2.33	\$0.000
% of Calories				*6.30%		*42.4%	*2.1%	*14.2%	*0.1%		74.0%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 04/24/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	33.89	*13.14	3.95	516	128.7	*3.65	1.41	\$0.000
001193 Nature Valley Thin Crisps	pkg	25	150	0.50	140	9	*N/A*	5.00	0.00	0	25.00	2.00	3.00	45	0.0	0.00	0.72	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			286	*1.30	196	*17	*0	*3.12	*0.04	*7	57.56	*10.74	9.03	1273	284.1	*21.13	2.30	\$0.000
% of Calories				*4.09%		*23.8%	*0%	*9.8%	*0.1%		80.5%		12.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 04/25/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	100	219	3.99	568	*N/A*	*N/A*	9.97	0.00	10	23.92	1.00	8.97	299	149.5	0.00	1.79	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			363	*3.75	545	*20	*0	*8.96	*0.04	*13	58.95	4.15	13.46	1343	347.5	26.29	2.86	\$0.000
% of Calories				*9.30%		*22.0%	*0%	*22.2%	*0.1%		65.0%		14.8%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 04/26/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990097 Muffin, Fruit and Yogurt - Homemade, WG	each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*71	*16.6	*0.25	*0.03	\$0.000
990096 Muffin, Spiced - Homemade, WG	each	25	216	2.44	318	*20	*N/A*	5.49	*0.00	6	40.40	1.90	2.58	*22	*9.0	*0.01	*0.03	\$0.000
000876 Frudel Cherry Pillsbury	Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08	\$0.000
000875 Frudel Pillsbury Apple, WG	Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	*N/A*	1.08	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
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	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			346	*2.82	377	*23	*0	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99	\$0.000
% of Calories				*7.34%		*26.6%	*0%	*17.5%	*0.1%		72.9%		12.7%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Monday - 04/29/2024

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 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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08	\$0.000
000545 Cheese Stick	1 oz stick	50	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	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			315	*2.55	314	*24	*0	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11	\$0.000
% of Calories				*7.29%		*30.5%	*0%	*25.5%	*0.1%		65.4%		11.8%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Tuesday - 04/30/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001223 Brekkie Round, 51% WW, 3 oz	each	25	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80	\$0.000
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	25	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			487	*4.39	387	*44	*0	*9.21	*0.06	*18	88.52	6.02	14.22	1273	459.2	43.24	3.45	\$0.000
% of Calories				*8.11%		*36.1%	*0%	*17.0%	*0.1%		72.7%		11.7%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 05/01/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	101	84.0	*1.20	*2.20	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70	\$0.000
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 05/02/2024

Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990184 Stromboli - Sweet Cream	each	25	210	2.00	190	*N/A*	*N/A*	4.00	0.00	0	38.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990223 Boli Strawberry Sweet Cream WG IW	each	25	250	2.50	320	15	14	6.00	0.00	5	42.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			293	*1.85	251	*23	*2	*3.98	*0.04	*8	56.33	3.82	*8.48	*1143	*247.9	*26.29	*1.66	\$0.000
% of Calories				*5.68%		*31.4%	*2.7%	*12.2%	*0.1%		76.9%		*11.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 05/03/2024

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 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	25	240	2.00	300	*N/A*	*N/A*	7.00	0.00	0	40.00	2.00	5.00	0	20.0	0.00	1.44	\$0.000
990222 Mini Cinnis - Caramel	1 each	25	210	1.00	280	10	8	6.00	0.00	0	35.00	2.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			259	*1.58	260	*17	*1	*4.39	*0.04	*7	47.36	3.29	8.78	*811	*243.5	*14.19	*1.72	\$0.000
% of Calories				*5.49%		*26.3%	*1.5%	*15.3%	*0.1%		73.1%		13.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Monday - 05/06/2024

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 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*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68	\$0.000
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

Tuesday - 05/07/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990230 donut, mini cake cinnamon sugar WG	3 each	25	180	4.00	240	7	6	10.00	0.00	15	20.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			377	*2.64	319	*40	*2	*5.96	*0.06	*14	69.77	3.77	12.47	*1223	*444.2	*43.24	*2.33	\$0.000
% of Calories				*6.30%		*42.4%	*2.1%	*14.2%	*0.1%		74.0%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 05/08/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	33.89	*13.14	3.95	516	128.7	*3.65	1.41	\$0.000
001193 Nature Valley Thin Crisps	pkg	25	150	0.50	140	9	*N/A*	5.00	0.00	0	25.00	2.00	3.00	45	0.0	0.00	0.72	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			286	*1.30	196	*17	*0	*3.12	*0.04	*7	57.56	*10.74	9.03	1273	284.1	*21.13	2.30	\$0.000
% of Calories				*4.09%		*23.8%	*0%	*9.8%	*0.1%		80.5%		12.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 05/09/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	100	219	3.99	568	*N/A*	*N/A*	9.97	0.00	10	23.92	1.00	8.97	299	149.5	0.00	1.79	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			363	*3.75	545	*20	*0	*8.96	*0.04	*13	58.95	4.15	13.46	1343	347.5	26.29	2.86	\$0.000
% of Calories				*9.30%		*22.0%	*0%	*22.2%	*0.1%		65.0%		14.8%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 05/10/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990097 Muffin, Fruit and Yogurt - Homemade, WG	each	25	123	1.39	180	*9	*N/A*	3.14	*0.00	4	22.80	2.50	1.82	*71	*16.6	*0.25	*0.03	\$0.000
990096 Muffin, Spiced - Homemade, WG	each	25	216	2.44	318	*20	*N/A*	5.49	*0.00	6	40.40	1.90	2.58	*22	*9.0	*0.01	*0.03	\$0.000
000876 Frudel Cherry Pillsbury	Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08	\$0.000
000875 Frudel Pillsbury Apple, WG	Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	*N/A*	1.08	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
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	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			346	*2.82	377	*23	*0	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99	\$0.000
% of Calories				*7.34%		*26.6%	*0%	*17.5%	*0.1%		72.9%		12.7%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Monday - 05/13/2024

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 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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08	\$0.000
000545 Cheese Stick	1 oz stick	50	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	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			315	*2.55	314	*24	*0	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11	\$0.000
% of Calories				*7.29%		*30.5%	*0%	*25.5%	*0.1%		65.4%		11.8%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Tuesday - 05/14/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001223 Brekkie Round, 51% WW, 3 oz	each	25	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80	\$0.000
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	25	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			487	*4.39	387	*44	*0	*9.21	*0.06	*18	88.52	6.02	14.22	1273	459.2	43.24	3.45	\$0.000
% of Calories				*8.11%		*36.1%	*0%	*17.0%	*0.1%		72.7%		11.7%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 05/15/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	101	84.0	*1.20	*2.20	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70	\$0.000
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 05/16/2024

Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990184 Stromboli - Sweet Cream	each	25	210	2.00	190	*N/A*	*N/A*	4.00	0.00	0	38.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990223 Boli Strawberry Sweet Cream WG IW	each	25	250	2.50	320	15	14	6.00	0.00	5	42.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			293	*1.85	251	*23	*2	*3.98	*0.04	*8	56.33	3.82	*8.48	*1143	*247.9	*26.29	*1.66	\$0.000
% of Calories				*5.68%		*31.4%	*2.7%	*12.2%	*0.1%		76.9%		*11.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 05/17/2024

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 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	25	240	2.00	300	*N/A*	*N/A*	7.00	0.00	0	40.00	2.00	5.00	0	20.0	0.00	1.44	\$0.000
990222 Mini Cinnis - Caramel	1 each	25	210	1.00	280	10	8	6.00	0.00	0	35.00	2.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			259	*1.58	260	*17	*1	*4.39	*0.04	*7	47.36	3.29	8.78	*811	*243.5	*14.19	*1.72	\$0.000
% of Calories				*5.49%		*26.3%	*1.5%	*15.3%	*0.1%		73.1%		13.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Monday - 05/20/2024

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 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*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68	\$0.000
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

Tuesday - 05/21/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990230 donut, mini cake cinnamon sugar WG	3 each	25	180	4.00	240	7	6	10.00	0.00	15	20.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			377	*2.64	319	*40	*2	*5.96	*0.06	*14	69.77	3.77	12.47	*1223	*444.2	*43.24	*2.33	\$0.000
% of Calories				*6.30%		*42.4%	*2.1%	*14.2%	*0.1%		74.0%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 05/22/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	33.89	*13.14	3.95	516	128.7	*3.65	1.41	\$0.000
001193 Nature Valley Thin Crisps	pkg	25	150	0.50	140	9	*N/A*	5.00	0.00	0	25.00	2.00	3.00	45	0.0	0.00	0.72	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			286	*1.30	196	*17	*0	*3.12	*0.04	*7	57.56	*10.74	9.03	1273	284.1	*21.13	2.30	\$0.000
% of Calories				*4.09%		*23.8%	*0%	*9.8%	*0.1%		80.5%		12.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 05/23/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	100	219	3.99	568	*N/A*	*N/A*	9.97	0.00	10	23.92	1.00	8.97	299	149.5	0.00	1.79	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			363	*3.75	545	*20	*0	*8.96	*0.04	*13	58.95	4.15	13.46	1343	347.5	26.29	2.86	\$0.000
% of Calories				*9.30%		*22.0%	*0%	*22.2%	*0.1%		65.0%		14.8%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 05/24/2024

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 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	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%		0%						
Weekly Nutrient Guideline			450 - 500	<10	540			<=30											

Monday - 05/27/2024

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 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	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%		0%						
Weekly Nutrient Guideline			450 - 500	<10	540			<=30											

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

Tuesday - 05/28/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001223 Brekkie Round, 51% WW, 3 oz	each	25	350	8.00	270	25	*N/A*	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80	\$0.000
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	25	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			487	*4.39	387	*44	*0	*9.21	*0.06	*18	88.52	6.02	14.22	1273	459.2	43.24	3.45	\$0.000
% of Calories				*8.11%		*36.1%	*0%	*17.0%	*0.1%		72.7%		11.7%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 05/29/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6	*N/A*	10.02	0.00	53	31.01	3.00	14.54	101	84.0	*1.20	*2.20	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	15	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			540	*4.04	680	*34	*0	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70	\$0.000
% of Calories				*6.73%		*25.2%	*0%	*18.2%	*0.1%		65.1%		17.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 05/30/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990184 Stromboli - Sweet Cream	each	25	210	2.00	190	*N/A*	*N/A*	4.00	0.00	0	38.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990223 Boli Strawberry Sweet Cream WG IW	each	25	250	2.50	320	15	14	6.00	0.00	5	42.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			293	*1.85	251	*23	*2	*3.98	*0.04	*8	56.33	3.82	*8.48	*1143	*247.9	*26.29	*1.66	\$0.000
% of Calories				*5.68%		*31.4%	*2.7%	*12.2%	*0.1%		76.9%		*11.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Friday - 05/31/2024

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 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	25	240	2.00	300	*N/A*	*N/A*	7.00	0.00	0	40.00	2.00	5.00	0	20.0	0.00	1.44	\$0.000
990222 Mini Cinnis - Caramel	1 each	25	210	1.00	280	10	8	6.00	0.00	0	35.00	2.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			259	*1.58	260	*17	*1	*4.39	*0.04	*7	47.36	3.29	8.78	*811	*243.5	*14.19	*1.72	\$0.000
% of Calories				*5.49%		*26.3%	*1.5%	*15.3%	*0.1%		73.1%		13.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Monday - 06/03/2024

Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			378	*3.08	324	*15	*0	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68	\$0.000
% of Calories				*7.33%		*15.9%	*0%	*19.6%	*0.1%		70.1%		11.0%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Tuesday - 06/04/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990230 donut, mini cake cinnamon sugar WG	3 each	25	180	4.00	240	7	6	10.00	0.00	15	20.00	1.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000548 Yogurt	4 oz	25	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	50	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	*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	*N/A*	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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			377	*2.64	319	*40	*2	*5.96	*0.06	*14	69.77	3.77	12.47	*1223	*444.2	*43.24	*2.33	\$0.000
% of Calories				*6.30%		*42.4%	*2.1%	*14.2%	*0.1%		74.0%		13.2%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Wednesday - 06/05/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001242 smoothie, blenderless	8 oz	100	154	0.51	61	*N/A*	*N/A*	0.78	0.00	2	33.89	*13.14	3.95	516	128.7	*3.65	1.41	\$0.000
001193 Nature Valley Thin Crisps	pkg	25	150	0.50	140	9	*N/A*	5.00	0.00	0	25.00	2.00	3.00	45	0.0	0.00	0.72	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	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 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	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			286	*1.30	196	*17	*0	*3.12	*0.04	*7	57.56	*10.74	9.03	1273	284.1	*21.13	2.30	\$0.000
% of Calories				*4.09%		*23.8%	*0%	*9.8%	*0.1%		80.5%		12.6%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Thursday - 06/06/2024

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 ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	100	219	3.99	568	*N/A*	*N/A*	9.97	0.00	10	23.92	1.00	8.97	299	149.5	0.00	1.79	\$0.000
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72	\$0.000
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24	\$0.000
000571 Fruit Choice	1/2 cup	100	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	*N/A*	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			363	*3.75	545	*20	*0	*8.96	*0.04	*13	58.95	4.15	13.46	1343	347.5	26.29	2.86	\$0.000
% of Calories				*9.30%		*22.0%	*0%	*22.2%	*0.1%		65.0%		14.8%					
Weekly Nutrient Guideline			450 - 500	<10	540			<=30										

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Jun 6, 2024

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	367	*2.81	367	*26	*1	*6.97	*0.04	*16	65.37	*5.25	*12.26	*1151	*338.5	*25.84	*2.71	\$0.000
% of Calories		*6.89%		*28.3%	*1.1%	*17.1%	*0.1%		71.2%		*13.4%					

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.