

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

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

**Monday - 03/03/2025 Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			378	*3.08	324	*15	*N/A*	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*N/A*	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 03/04/2025 Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	0	20.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			432	*2.64	387	*35	*N/A*	*7.46	*0.06	*22	79.52	5.02	13.47	1223	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*N/A*	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 03/05/2025

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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*
001193 Nature Valley Thin Crisps	1 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
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
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	508	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	107	8.3	5.59	0.28

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			360	*1.30	236	*28	*0	*3.12	*0.04	*7	78.13	*11.20	11.88	*1273	*284.1	*21.13	*2.30
% of Calories				*3.25%		*31.1%	*0%	*7.8%	*0.1%		86.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Thursday - 03/06/2025**

**Reimbursable Meal Total 135**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	200	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*N/A*	*11.08	*0.05	*20	86.67	6.31	12.94	980	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*N/A*	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 03/07/2025

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 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
990096 Muffin, Spiced - Homemade, WG	1 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
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*N/A*	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*N/A*	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 03/10/2025

### Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	300	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			535	*3.65	510	*33	*N/A*	*11.92	*0.05	*76	87.67	6.82	19.56	1842	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*N/A*	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Tuesday - 03/11/2025

### Reimbursable Meal Total 125

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	100	283	1.49	174	*17	*N/A*	6.78	*0.00	6	49.04	4.61	8.13	*101	*203.0	*3.74	0.85
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			474	*2.51	337	*42	*N/A*	*8.20	*0.05	*13	87.25	6.50	15.28	*1059	*457.8	*37.35	2.54
% of Calories				*4.77%		*35.4%	*N/A*	*15.6%	*0.1%		73.6%		12.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 03/12/2025

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	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
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
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	508	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	107	8.3	5.59	0.28

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			540	*4.04	680	*34	*N/A*	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*N/A*	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 03/13/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	50	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
990289 BREAKFAST BAGEL, EGG & CHEESE WG	each	50	180	3.00	380	6	1	*N/A*	0.00	55	22.99	1.98	9.01	*N/A*	199.9	0.00	1.26
990290 BREAKFAST BAGEL, TURKEY SAUSAGE, EGG & CHEESE	1 each	50	180	3.04	380	6	1	*N/A*	0.00	55	23.04	2.00	10.00	*N/A*	190.4	0.00	1.44
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			410	*4.44	609	*24	*1	*5.64	*0.04	*47	66.32	5.15	16.80	*1243	427.8	26.29	3.16
% of Calories				*9.75%		*23.4%	*1.0%	*12.4%	*0.1%		64.7%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 03/14/2025

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 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
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	2	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	2	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*N/A*	*7.73	*0.03	*6	51.32	3.17	7.87	488	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*N/A*	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 03/17/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			378	*3.08	324	*15	*N/A*	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*N/A*	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Tuesday - 03/18/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			432	*2.64	387	*35	*N/A*	*7.46	*0.06	*22	79.52	5.02	13.47	1223	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*N/A*	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 03/19/2025

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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*
001193 Nature Valley Thin Crisps	1 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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			360	*1.30	236	*28	*0	*3.12	*0.04	*7	78.13	*11.20	11.88	*1273	*284.1	*21.13	*2.30
% of Calories				*3.25%		*31.1%	*0%	*7.8%	*0.1%		86.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Thursday - 03/20/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	200	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*N/A*	*11.08	*0.05	*20	86.67	6.31	12.94	980	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*N/A*	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 03/21/2025

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 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
990096 Muffin, Spiced - Homemade, WG	1 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
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*N/A*	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*N/A*	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 03/24/2025**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	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 - 03/25/2025**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	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									

# Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru May 30, 2025

## Wednesday - 03/26/2025

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0	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 - 03/27/2025

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0	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 - 03/28/2025

### Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	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 - 03/31/2025**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	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 - 04/01/2025**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	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									

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

### Wednesday - 04/02/2025

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			540	*4.04	680	*34	*N/A*	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*N/A*	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 04/03/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	50	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
990289 BREAKFAST BAGEL, EGG & CHEESE WG	each	50	180	3.00	380	6	1	*N/A*	0.00	55	22.99	1.98	9.01	*N/A*	199.9	0.00	1.26
990290 BREAKFAST BAGEL, TURKEY SAUSAGE, EGG & CHEESE	1 each	50	180	3.04	380	6	1	*N/A*	0.00	55	23.04	2.00	10.00	*N/A*	190.4	0.00	1.44



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			410	*4.44	609	*24	*1	*5.64	*0.04	*47	66.32	5.15	16.80	*1243	427.8	26.29	3.16
% of Calories				*9.75%		*23.4%	*1.0%	*12.4%	*0.1%		64.7%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 04/04/2025

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 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
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	2	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	2	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	0	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	0	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	508	134.7	4.97	6.24

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	100	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
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			299	*1.85	272	*24	*N/A*	*7.73	*0.03	*6	51.32	3.17	7.87	488	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*N/A*	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 04/07/2025**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			378	*3.08	324	*15	*N/A*	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*N/A*	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

### Tuesday - 04/08/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			432	*2.64	387	*35	*N/A*	*7.46	*0.06	*22	79.52	5.02	13.47	1223	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*N/A*	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 04/09/2025

### Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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*

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001193 Nature Valley Thin Crisps	1 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
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			360	*1.30	236	*28	*0	*3.12	*0.04	*7	78.13	*11.20	11.88	*1273	*284.1	*21.13	*2.30
% of Calories				*3.25%		*31.1%	*0%	*7.8%	*0.1%		86.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 04/10/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	200	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	0	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	0	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	508	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	107	8.3	5.59	0.28

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			492	*5.29	390	*40	*N/A*	*11.08	*0.05	*20	86.67	6.31	12.94	980	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*N/A*	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Friday - 04/11/2025

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 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
990096 Muffin, Spiced - Homemade, WG	1 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
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			346	*2.82	377	*23	*N/A*	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*N/A*	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 04/14/2025

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	300	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			535	*3.65	510	*33	*N/A*	*11.92	*0.05	*76	87.67	6.82	19.56	1842	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*N/A*	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Tuesday - 04/15/2025

Reimbursable Meal Total 125

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	100	283	1.49	174	*17	*N/A*	6.78	*0.00	6	49.04	4.61	8.13	*101	*203.0	*3.74	0.85
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			474	*2.51	337	*42	*N/A*	*8.20	*0.05	*13	87.25	6.50	15.28	*1059	*457.8	*37.35	2.54
% of Calories				*4.77%		*35.4%	*N/A*	*15.6%	*0.1%		73.6%		12.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 04/16/2025

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	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
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
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	508	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	107	8.3	5.59	0.28

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			540	*4.04	680	*34	*N/A*	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*N/A*	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Thursday - 04/17/2025**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	50	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
990289 BREAKFAST BAGEL, EGG & CHEESE WG	each	50	180	3.00	380	6	1	*N/A*	0.00	55	22.99	1.98	9.01	*N/A*	199.9	0.00	1.26
990290 BREAKFAST BAGEL, TURKEY SAUSAGE, EGG & CHEESE	1 each	50	180	3.04	380	6	1	*N/A*	0.00	55	23.04	2.00	10.00	*N/A*	190.4	0.00	1.44
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			410	*4.44	609	*24	*1	*5.64	*0.04	*47	66.32	5.15	16.80	*1243	427.8	26.29	3.16
% of Calories				*9.75%		*23.4%	*1.0%	*12.4%	*0.1%		64.7%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 04/18/2025

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 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
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	2	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	2	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*N/A*	*7.73	*0.03	*6	51.32	3.17	7.87	488	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*N/A*	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 04/21/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			378	*3.08	324	*15	*N/A*	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*N/A*	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Tuesday - 04/22/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			432	*2.64	387	*35	*N/A*	*7.46	*0.06	*22	79.52	5.02	13.47	1223	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*N/A*	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 04/23/2025

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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*
001193 Nature Valley Thin Crisps	1 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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			360	*1.30	236	*28	*0	*3.12	*0.04	*7	78.13	*11.20	11.88	*1273	*284.1	*21.13	*2.30
% of Calories				*3.25%		*31.1%	*0%	*7.8%	*0.1%		86.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Thursday - 04/24/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	200	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*N/A*	*11.08	*0.05	*20	86.67	6.31	12.94	980	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*N/A*	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 04/25/2025

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 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
990096 Muffin, Spiced - Homemade, WG	1 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
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*N/A*	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*N/A*	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 04/28/2025**

**Reimbursable Meal Total 75**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	300	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			535	*3.65	510	*33	*N/A*	*11.92	*0.05	*76	87.67	6.82	19.56	1842	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*N/A*	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 04/29/2025**

**Reimbursable Meal Total 125**

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	100	283	1.49	174	*17	*N/A*	6.78	*0.00	6	49.04	4.61	8.13	*101	*203.0	*3.74	0.85
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			474	*2.51	337	*42	*N/A*	*8.20	*0.05	*13	87.25	6.50	15.28	*1059	*457.8	*37.35	2.54
% of Calories				*4.77%		*35.4%	*N/A*	*15.6%	*0.1%		73.6%		12.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 04/30/2025

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	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
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
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	508	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	107	8.3	5.59	0.28

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			540	*4.04	680	*34	*N/A*	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*N/A*	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Thursday - 05/01/2025**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	50	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
990289 BREAKFAST BAGEL, EGG & CHEESE WG	each	50	180	3.00	380	6	1	*N/A*	0.00	55	22.99	1.98	9.01	*N/A*	199.9	0.00	1.26
990290 BREAKFAST BAGEL, TURKEY SAUSAGE, EGG & CHEESE	1 each	50	180	3.04	380	6	1	*N/A*	0.00	55	23.04	2.00	10.00	*N/A*	190.4	0.00	1.44
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			410	*4.44	609	*24	*1	*5.64	*0.04	*47	66.32	5.15	16.80	*1243	427.8	26.29	3.16
% of Calories				*9.75%		*23.4%	*1.0%	*12.4%	*0.1%		64.7%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 05/02/2025

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 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
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	2	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	2	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*N/A*	*7.73	*0.03	*6	51.32	3.17	7.87	488	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*N/A*	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 05/05/2025**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			378	*3.08	324	*15	*N/A*	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*N/A*	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 05/06/2025**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			432	*2.64	387	*35	*N/A*	*7.46	*0.06	*22	79.52	5.02	13.47	1223	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*N/A*	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 05/07/2025

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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*
001193 Nature Valley Thin Crisps	1 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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			360	*1.30	236	*28	*0	*3.12	*0.04	*7	78.13	*11.20	11.88	*1273	*284.1	*21.13	*2.30
% of Calories				*3.25%		*31.1%	*0%	*7.8%	*0.1%		86.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 05/08/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	200	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*N/A*	*11.08	*0.05	*20	86.67	6.31	12.94	980	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*N/A*	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 05/09/2025

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 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
990096 Muffin, Spiced - Homemade, WG	1 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
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*N/A*	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*N/A*	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 05/12/2025

### Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	8	*N/A*	9.00	0.00	0	36.00	3.00	6.00	300	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	1	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	260	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			535	*3.65	510	*33	*N/A*	*11.92	*0.05	*76	87.67	6.82	19.56	1842	570.7	30.91	3.53
% of Calories				*6.14%		*24.7%	*N/A*	*20.1%	*0.1%		65.5%		14.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Tuesday - 05/13/2025

### Reimbursable Meal Total 125

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	100	283	1.49	174	*17	*N/A*	6.78	*0.00	6	49.04	4.61	8.13	*101	*203.0	*3.74	0.85
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			474	*2.51	337	*42	*N/A*	*8.20	*0.05	*13	87.25	6.50	15.28	*1059	*457.8	*37.35	2.54
% of Calories				*4.77%		*35.4%	*N/A*	*15.6%	*0.1%		73.6%		12.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 05/14/2025**

**Reimbursable Meal Total 70**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	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
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
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	508	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	107	8.3	5.59	0.28

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			540	*4.04	680	*34	*N/A*	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*N/A*	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 05/15/2025

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	50	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
990289 BREAKFAST BAGEL, EGG & CHEESE WG	each	50	180	3.00	380	6	1	*N/A*	0.00	55	22.99	1.98	9.01	*N/A*	199.9	0.00	1.26
990290 BREAKFAST BAGEL, TURKEY SAUSAGE, EGG & CHEESE	1 each	50	180	3.04	380	6	1	*N/A*	0.00	55	23.04	2.00	10.00	*N/A*	190.4	0.00	1.44
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			410	*4.44	609	*24	*1	*5.64	*0.04	*47	66.32	5.15	16.80	*1243	427.8	26.29	3.16
% of Calories				*9.75%		*23.4%	*1.0%	*12.4%	*0.1%		64.7%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 05/16/2025

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 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
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	2	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	2	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			299	*1.85	272	*24	*N/A*	*7.73	*0.03	*6	51.32	3.17	7.87	488	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*N/A*	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 05/19/2025**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			378	*3.08	324	*15	*N/A*	*8.22	*0.04	*20	66.20	4.62	10.44	811	253.5	14.19	2.68
% of Calories				*7.33%		*15.9%	*N/A*	*19.6%	*0.1%		70.1%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 05/20/2025**

**Reimbursable Meal Total 100**

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			432	*2.64	387	*35	*N/A*	*7.46	*0.06	*22	79.52	5.02	13.47	1223	374.2	42.94	2.51
% of Calories				*5.50%		*32.4%	*N/A*	*15.5%	*0.1%		73.6%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 05/21/2025**

**Reimbursable Meal Total 175**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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*
001193 Nature Valley Thin Crisps	1 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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			360	*1.30	236	*28	*0	*3.12	*0.04	*7	78.13	*11.20	11.88	*1273	*284.1	*21.13	*2.30
% of Calories				*3.25%		*31.1%	*0%	*7.8%	*0.1%		86.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Thursday - 05/22/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	0	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	200	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			492	*5.29	390	*40	*N/A*	*11.08	*0.05	*20	86.67	6.31	12.94	980	406.8	32.25	3.39
% of Calories				*9.68%		*32.5%	*N/A*	*20.3%	*0.1%		70.5%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 05/23/2025

### Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 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
990096 Muffin, Spiced - Homemade, WG	1 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
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	0	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			346	*2.82	377	*23	*N/A*	*6.73	*0.04	*11	63.10	4.84	10.97	*1149	*283.3	*22.26	*1.99
% of Calories				*7.34%		*26.6%	*N/A*	*17.5%	*0.1%		72.9%		12.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 05/26/2025**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	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 - 05/27/2025**

**Reimbursable Meal Total 125**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000709 Yogurt Parfait	serving	100	283	1.49	174	*17	*N/A*	6.78	*0.00	6	49.04	4.61	8.13	*101	*203.0	*3.74	0.85
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
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	508	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	107	8.3	5.59	0.28

**Base Menu Spreadsheet**

Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			474	*2.51	337	*42	*N/A*	*8.20	*0.05	*13	87.25	6.50	15.28	*1059	*457.8	*37.35	2.54
% of Calories				*4.77%		*35.4%	*N/A*	*15.6%	*0.1%		73.6%		12.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 05/28/2025**

**Reimbursable Meal Total 70**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	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
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			540	*4.04	680	*34	*N/A*	*10.89	*0.05	*48	87.95	7.09	23.78	1731	549.4	*30.46	*3.70
% of Calories				*6.73%		*25.2%	*N/A*	*18.2%	*0.1%		65.1%		17.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

### Thursday - 05/29/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000959 Pizza Brkfst Sausage 3x4 w/o E	Serving 3.2 oz	50	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
990289 BREAKFAST BAGEL, EGG & CHEESE WG	each	50	180	3.00	380	6	1	*N/A*	0.00	55	22.99	1.98	9.01	*N/A*	199.9	0.00	1.26
990290 BREAKFAST BAGEL, TURKEY SAUSAGE, EGG & CHEESE	1 each	50	180	3.04	380	6	1	*N/A*	0.00	55	23.04	2.00	10.00	*N/A*	190.4	0.00	1.44
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
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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
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
Weighted Daily Average			410	*4.44	609	*24	*1	*5.64	*0.04	*47	66.32	5.15	16.80	*1243	427.8	26.29	3.16
% of Calories				*9.75%		*23.4%	*1.0%	*12.4%	*0.1%		64.7%		16.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 05/30/2025

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 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



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	2	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	2	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	0	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	0	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	508	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	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	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
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
Weighted Daily Average			299	*1.85	272	*24	*N/A*	*7.73	*0.03	*6	51.32	3.17	7.87	488	151.7	8.91	5.11
% of Calories				*5.57%		*32.1%	*N/A*	*23.3%	*0.1%		68.7%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	422	*3.16	410	*29	*0	*7.96	*0.04	*26	74.78	*6.04	14.10	*1159	*367.7	*26.33	*3.09
% of Calories		*6.74%		*27.5%	*0%	*17.0%	*0.1%		70.9%		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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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