

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

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

Monday - 12/01/2025Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990306 Taco, Breakfast	each	30	190	4.00	405	0.00	*0.00	12.00	0.00	165	14.00	2.00	9.00	*N/A*	*40.0	*0.00	*0.00
001051 SALSA:COMMODITY	OZ	25	10	0.01	122	*N/A*	*N/A*	0.06	*N/A*	0	1.98	0.40	0.42	*N/A*	3.4	1.13	0.64
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	50	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			511	*3.99	531	*42.81	*0.00	*9.73	*0.05	*85	89.69	6.84	19.01	*12	*523.1	*47.57	*2.69
% of Calories				*7.03%		*33.51 %	*0.00%	*17.1%	*0.1%		70.2%		14.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Tuesday - 12/02/2025Reimbursable Meal Total 150

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			385	*3.08	324	*16.58	*0.00	*8.22	*0.04	*20	67.97	4.85	10.55	*5	*253.5	*14.19	*2.68
% of Calories				*7.20%		*17.23 %	*N/A*	*19.2%	*0.1%		70.6%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 12/03/2025 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	139	0.34	68	*9.34	*5.34	0.70	0.00	0	29.08	*0.65	4.45	*N/A*	170.6	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20.00	0.00	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			354	*1.28	236	*33.35	*3.05	*2.93	*0.04	*6	76.05	*4.11	11.98	*8	*322.4	*21.13	*2.30
% of Calories				*3.25%		*37.68 %	*6.03%	*7.4%	*0.1%		85.9%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 12/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0.00	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			437	*2.64	387	*35.80	*0.00	*7.46	*0.06	*22	80.86	5.18	13.56	*10	*374.2	*42.94	*2.51
% of Calories				*5.44%		*32.77 %	*N/A*	*15.4%	*0.1%		74.0%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Friday - 12/05/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	121	1.37	181	*9.76	*0.67	3.13	*0.00	3	22.32	0.94	1.88	*N/A*	*21.8	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	214	2.43	318	*20.27	*4.36	5.48	*0.00	6	40.09	1.38	2.56	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			353	*2.81	377	*24.36	*0.84	*6.72	*0.04	*11	64.74	4.72	11.08	*9	*284.1	*22.26	*1.99
% of Calories				*7.16%		*27.60 %	*0.76%	*17.1%	*0.1%		73.4%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 12/08/2025 Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	7.50	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	0.56	0.00	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			572	*3.66	512	*40.70	*0.00	*11.98	*0.05	*76	96.43	7.36	19.94	*35	*575.1	*39.06	*3.61
% of Calories				*5.76%		*28.46 %	*N/A*	*18.8%	*0.1%		67.4%		13.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Tuesday - 12/09/2025 Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990307 Yogurt Parfait Pro RS 6/64oz GenMills	4 oz	25	80	0.33	67	9.34	5.34	0.67	0.00	0	14.68	0.00	4.00	*N/A*	166.8	*N/A*	0.00
000708 Granola Homemade	1/4 cup	25	105	0.28	4	*5.78	*5.34	1.89	*0.00	0	19.71	2.03	3.20	*0	15.0	1.68	0.98
000709 Yogurt Parfait	serving	25	283	1.49	174	*17.31	*0.00	6.78	*0.00	6	49.04	4.61	8.13	*2	*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	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			345	*1.73	247	*35.12	*2.13	*4.64	*0.05	*9	65.77	4.27	11.91	*8	*372.3	*35.44	*2.23
% of Calories				*4.51%		*40.72 %	*6.19%	*12.1%	*0.1%		76.3%		13.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 12/10/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20

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Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*4.04	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*6.53%		*26.69 %	*N/A*	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 12/11/2025

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	24.99	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			463	*5.29	372	*35.77	*0.00	*11.08	*0.05	*19	80.62	6.43	11.89	*7	*295.7	*31.81	*3.39
% of Calories				*10.28 %		*30.90 %	*N/A*	*21.5%	*0.1%		69.7%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Friday - 12/12/2025

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17.00	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25.00	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25.00	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9.00	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			303	*1.85	272	*25.15	*0.00	*7.73	*0.03	*6	52.38	3.31	7.93	*3	*151.7	*8.91	*5.11
% of Calories				*5.50%		*33.20 %	*N/A*	*23.0%	*0.1%		69.1%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 12/15/2025 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990306 Taco, Breakfast	each	30	190	4.00	405	0.00	*0.00	12.00	0.00	165	14.00	2.00	9.00	*N/A*	*40.0	*0.00	*0.00
001051 SALSA:COMMODITY	OZ	25	10	0.01	122	*N/A*	*N/A*	0.06	*N/A*	0	1.98	0.40	0.42	*N/A*	3.4	1.13	0.64
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	50	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			511	*3.99	531	*42.81	*0.00	*9.73	*0.05	*85	89.69	6.84	19.01	*12	*523.1	*47.57	*2.69
% of Calories				*7.03%		*33.51 %	*0.00%	*17.1%	*0.1%		70.2%		14.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Tuesday - 12/16/2025 Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			385	*3.08	324	*16.58	*0.00	*8.22	*0.04	*20	67.97	4.85	10.55	*5	*253.5	*14.19	*2.68
% of Calories				*7.20%		*17.23 %	*N/A*	*19.2%	*0.1%		70.6%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 12/17/2025 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	139	0.34	68	*9.34	*5.34	0.70	0.00	0	29.08	*0.65	4.45	*N/A*	170.6	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20.00	0.00	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			354	*1.28	236	*33.35	*3.05	*2.93	*0.04	*6	76.05	*4.11	11.98	*8	*322.4	*21.13	*2.30
% of Calories				*3.25%		*37.68 %	*6.03%	*7.4%	*0.1%		85.9%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 12/18/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0.00	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			437	*2.64	387	*35.80	*0.00	*7.46	*0.06	*22	80.86	5.18	13.56	*10	*374.2	*42.94	*2.51
% of Calories				*5.44%		*32.77 %	*N/A*	*15.4%	*0.1%		74.0%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Friday - 12/19/2025

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	121	1.37	181	*9.76	*0.67	3.13	*0.00	3	22.32	0.94	1.88	*N/A*	*21.8	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	214	2.43	318	*20.27	*4.36	5.48	*0.00	6	40.09	1.38	2.56	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			353	*2.81	377	*24.36	*0.84	*6.72	*0.04	*11	64.74	4.72	11.08	*9	*284.1	*22.26	*1.99
% of Calories				*7.16%		*27.60 %	*0.76%	*17.1%	*0.1%		73.4%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 12/22/2025 Reimbursable Meal Total 1

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

Tuesday - 12/23/2025 Reimbursable Meal Total 1

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

Wednesday - 12/24/2025 Reimbursable Meal Total 1

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

Thursday - 12/25/2025 Reimbursable Meal Total 1

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

Friday - 12/26/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

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

Monday - 12/29/2025 Reimbursable Meal Total 1

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

Tuesday - 12/30/2025 Reimbursable Meal Total 1

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

Wednesday - 12/31/2025 Reimbursable Meal Total 1

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

Thursday - 01/01/2026 Reimbursable Meal Total 1

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

Friday - 01/02/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

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

Monday - 01/05/2026

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	7.50	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	0.56	0.00	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			572	*3.66	512	*40.70	*0.00	*11.98	*0.05	*76	96.43	7.36	19.94	*35	*575.1	*39.06	*3.61
% of Calories				*5.76%		*28.46 %	*N/A*	*18.8%	*0.1%		67.4%		13.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Tuesday - 01/06/2026 Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990307 Yogurt Parfait Pro RS 6/64oz GenMills	4 oz	25	80	0.33	67	9.34	5.34	0.67	0.00	0	14.68	0.00	4.00	*N/A*	166.8	*N/A*	0.00
000708 Granola Homemade	1/4 cup	25	105	0.28	4	*5.78	*5.34	1.89	*0.00	0	19.71	2.03	3.20	*0	15.0	1.68	0.98
000709 Yogurt Parfait	serving	25	283	1.49	174	*17.31	*0.00	6.78	*0.00	6	49.04	4.61	8.13	*2	*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	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			345	*1.73	247	*35.12	*2.13	*4.64	*0.05	*9	65.77	4.27	11.91	*8	*372.3	*35.44	*2.23
% of Calories				*4.51%		*40.72 %	*6.19%	*12.1%	*0.1%		76.3%		13.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 01/07/2026 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*4.04	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*6.53%		*26.69 %	*N/A*	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 01/08/2026

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	24.99	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			463	*5.29	372	*35.77	*0.00	*11.08	*0.05	*19	80.62	6.43	11.89	*7	*295.7	*31.81	*3.39
% of Calories				*10.28 %		*30.90 %	*N/A*	*21.5%	*0.1%		69.7%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Friday - 01/09/2026

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17.00	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25.00	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25.00	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9.00	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			303	*1.85	272	*25.15	*0.00	*7.73	*0.03	*6	52.38	3.31	7.93	*3	*151.7	*8.91	*5.11
% of Calories				*5.50%		*33.20 %	*N/A*	*23.0%	*0.1%		69.1%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 01/12/2026 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990306 Taco, Breakfast	each	30	190	4.00	405	0.00	*0.00	12.00	0.00	165	14.00	2.00	9.00	*N/A*	*40.0	*0.00	*0.00
001051 SALSA:COMMODITY	OZ	25	10	0.01	122	*N/A*	*N/A*	0.06	*N/A*	0	1.98	0.40	0.42	*N/A*	3.4	1.13	0.64
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	50	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			511	*3.99	531	*42.81	*0.00	*9.73	*0.05	*85	89.69	6.84	19.01	*12	*523.1	*47.57	*2.69
% of Calories				*7.03%		*33.51 %	*0.00%	*17.1%	*0.1%		70.2%		14.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Tuesday - 01/13/2026 Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			385	*3.08	324	*16.58	*0.00	*8.22	*0.04	*20	67.97	4.85	10.55	*5	*253.5	*14.19	*2.68
% of Calories				*7.20%		*17.23 %	*N/A*	*19.2%	*0.1%		70.6%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 01/14/2026 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	139	0.34	68	*9.34	*5.34	0.70	0.00	0	29.08	*0.65	4.45	*N/A*	170.6	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20.00	0.00	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			354	*1.28	236	*33.35	*3.05	*2.93	*0.04	*6	76.05	*4.11	11.98	*8	*322.4	*21.13	*2.30
% of Calories				*3.25%		*37.68 %	*6.03%	*7.4%	*0.1%		85.9%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 01/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0.00	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			437	*2.64	387	*35.80	*0.00	*7.46	*0.06	*22	80.86	5.18	13.56	*10	*374.2	*42.94	*2.51
% of Calories				*5.44%		*32.77 %	*N/A*	*15.4%	*0.1%		74.0%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Friday - 01/16/2026

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	121	1.37	181	*9.76	*0.67	3.13	*0.00	3	22.32	0.94	1.88	*N/A*	*21.8	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	214	2.43	318	*20.27	*4.36	5.48	*0.00	6	40.09	1.38	2.56	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			353	*2.81	377	*24.36	*0.84	*6.72	*0.04	*11	64.74	4.72	11.08	*9	*284.1	*22.26	*1.99
% of Calories				*7.16%		*27.60 %	*0.76%	*17.1%	*0.1%		73.4%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 01/19/2026 Reimbursable Meal Total 1

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

Tuesday - 01/20/2026 Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990307 Yogurt Parfait Pro RS 6/64oz GenMills	4 oz	25	80	0.33	67	9.34	5.34	0.67	0.00	0	14.68	0.00	4.00	*N/A*	166.8	*N/A*	0.00
000708 Granola Homemade	1/4 cup	25	105	0.28	4	*5.78	*5.34	1.89	*0.00	0	19.71	2.03	3.20	*0	15.0	1.68	0.98
000709 Yogurt Parfait	serving	25	283	1.49	174	*17.31	*0.00	6.78	*0.00	6	49.04	4.61	8.13	*2	*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	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			345	*1.73	247	*35.12	*2.13	*4.64	*0.05	*9	65.77	4.27	11.91	*8	*372.3	*35.44	*2.23
% of Calories				*4.51%		*40.72 %	*6.19%	*12.1%	*0.1%		76.3%		13.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 01/21/2026

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*4.04	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*6.53%		*26.69 %	*N/A*	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 01/22/2026

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	24.99	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			463	*5.29	372	*35.77	*0.00	*11.08	*0.05	*19	80.62	6.43	11.89	*7	*295.7	*31.81	*3.39
% of Calories				*10.28 %		*30.90 %	*N/A*	*21.5%	*0.1%		69.7%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Friday - 01/23/2026Reimbursable Meal Total 1

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

Monday - 01/26/2026Reimbursable Meal Total 1

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

Tuesday - 01/27/2026Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			385	*3.08	324	*16.58	*0.00	*8.22	*0.04	*20	67.97	4.85	10.55	*5	*253.5	*14.19	*2.68
% of Calories				*7.20%		*17.23 %	*N/A*	*19.2%	*0.1%		70.6%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 01/28/2026

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	139	0.34	68	*9.34	*5.34	0.70	0.00	0	29.08	*0.65	4.45	*N/A*	170.6	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20.00	0.00	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			354	*1.28	236	*33.35	*3.05	*2.93	*0.04	*6	76.05	*4.11	11.98	*8	*322.4	*21.13	*2.30
% of Calories				*3.25%		*37.68 %	*6.03%	*7.4%	*0.1%		85.9%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 01/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0.00	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			437	*2.64	387	*35.80	*0.00	*7.46	*0.06	*22	80.86	5.18	13.56	*10	*374.2	*42.94	*2.51
% of Calories				*5.44%		*32.77 %	*N/A*	*15.4%	*0.1%		74.0%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Friday - 01/30/2026 Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	121	1.37	181	*9.76	*0.67	3.13	*0.00	3	22.32	0.94	1.88	*N/A*	*21.8	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	214	2.43	318	*20.27	*4.36	5.48	*0.00	6	40.09	1.38	2.56	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			353	*2.81	377	*24.36	*0.84	*6.72	*0.04	*11	64.74	4.72	11.08	*9	*284.1	*22.26	*1.99
% of Calories				*7.16%		*27.60 %	*0.76%	*17.1%	*0.1%		73.4%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 02/02/2026 Reimbursable Meal Total 75

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990106 French Toast Sticks WG Farm Rich, 37720	3 each	50	255	1.50	300	7.50	*N/A*	9.00	0.00	0	36.00	3.00	6.00	*N/A*	150.0	4.80	1.80
000370 EGG,HARD-BOILED	1 EACH	25	78	1.63	62	0.56	0.00	5.30	*N/A*	186	0.56	0.00	6.29	74	25.0	0.00	0.60
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			572	*3.66	512	*40.70	*0.00	*11.98	*0.05	*76	96.43	7.36	19.94	*35	*575.1	*39.06	*3.61
% of Calories				*5.76%		*28.46 %	*N/A*	*18.8%	*0.1%		67.4%		13.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Tuesday - 02/03/2026

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990307 Yogurt Parfait Pro RS 6/64oz GenMills	4 oz	25	80	0.33	67	9.34	5.34	0.67	0.00	0	14.68	0.00	4.00	*N/A*	166.8	*N/A*	0.00
000708 Granola Homemade	1/4 cup	25	105	0.28	4	*5.78	*5.34	1.89	*0.00	0	19.71	2.03	3.20	*0	15.0	1.68	0.98
000709 Yogurt Parfait	serving	25	283	1.49	174	*17.31	*0.00	6.78	*0.00	6	49.04	4.61	8.13	*2	*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	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			345	*1.73	247	*35.12	*2.13	*4.64	*0.05	*9	65.77	4.27	11.91	*8	*372.3	*35.44	*2.23
% of Calories				*4.51%		*40.72 %	*6.19%	*12.1%	*0.1%		76.3%		13.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 02/04/2026

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*4.04	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*6.53%		*26.69 %	*N/A*	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 02/05/2026

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	24.99	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			463	*5.29	372	*35.77	*0.00	*11.08	*0.05	*19	80.62	6.43	11.89	*7	*295.7	*31.81	*3.39
% of Calories				*10.28 %		*30.90 %	*N/A*	*21.5%	*0.1%		69.7%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Friday - 02/06/2026		Reimbursable Meal Total 250															
	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17.00	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25.00	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25.00	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9.00	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			303	*1.85	272	*25.15	*0.00	*7.73	*0.03	*6	52.38	3.31	7.93	*3	*151.7	*8.91	*5.11
% of Calories				*5.50%		*33.20 %	*N/A*	*23.0%	*0.1%		69.1%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 02/09/2026		Reimbursable Meal Total 70															
	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990306 Taco, Breakfast	each	30	190	4.00	405	0.00	*0.00	12.00	0.00	165	14.00	2.00	9.00	*N/A*	*40.0	*0.00	*0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001051 SALSA:COMMODITY	OZ	25	10	0.01	122	*N/A*	*N/A*	0.06	*N/A*	0	1.98	0.40	0.42	*N/A*	3.4	1.13	0.64
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	50	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			511	*3.99	531	*42.81	*0.00	*9.73	*0.05	*85	89.69	6.84	19.01	*12	*523.1	*47.57	*2.69
% of Calories				*7.03%		*33.51 %	*0.00%	*17.1%	*0.1%		70.2%		14.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Tuesday - 02/10/2026

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			385	*3.08	324	*16.58	*0.00	*8.22	*0.04	*20	67.97	4.85	10.55	*5	*253.5	*14.19	*2.68
% of Calories				*7.20%		*17.23 %	*N/A*	*19.2%	*0.1%		70.6%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 02/11/2026 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	139	0.34	68	*9.34	*5.34	0.70	0.00	0	29.08	*0.65	4.45	*N/A*	170.6	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20.00	0.00	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			354	*1.28	236	*33.35	*3.05	*2.93	*0.04	*6	76.05	*4.11	11.98	*8	*322.4	*21.13	*2.30
% of Calories				*3.25%		*37.68 %	*6.03%	*7.4%	*0.1%		85.9%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Thursday - 02/12/2026Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0.00	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			437	*2.64	387	*35.80	*0.00	*7.46	*0.06	*22	80.86	5.18	13.56	*10	*374.2	*42.94	*2.51
% of Calories				*5.44%		*32.77 %	*N/A*	*15.4%	*0.1%		74.0%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Friday - 02/13/2026Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	121	1.37	181	*9.76	*0.67	3.13	*0.00	3	22.32	0.94	1.88	*N/A*	*21.8	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	214	2.43	318	*20.27	*4.36	5.48	*0.00	6	40.09	1.38	2.56	*0	*9.0	*0.01	*0.03

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			353	*2.81	377	*24.36	*0.84	*6.72	*0.04	*11	64.74	4.72	11.08	*9	*284.1	*22.26	*1.99
% of Calories				*7.16%		*27.60 %	*0.76%	*17.1%	*0.1%		73.4%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 02/16/2026

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Tuesday - 02/17/2026		Reimbursable Meal Total 125															
	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990307 Yogurt Parfait Pro RS 6/64oz GenMills	4 oz	25	80	0.33	67	9.34	5.34	0.67	0.00	0	14.68	0.00	4.00	*N/A*	166.8	*N/A*	0.00
000708 Granola Homemade	1/4 cup	25	105	0.28	4	*5.78	*5.34	1.89	*0.00	0	19.71	2.03	3.20	*0	15.0	1.68	0.98
000709 Yogurt Parfait	serving	25	283	1.49	174	*17.31	*0.00	6.78	*0.00	6	49.04	4.61	8.13	*2	*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	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			345	*1.73	247	*35.12	*2.13	*4.64	*0.05	*9	65.77	4.27	11.91	*8	*372.3	*35.44	*2.23
% of Calories				*4.51%		*40.72 %	*6.19%	*12.1%	*0.1%		76.3%		13.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 02/18/2026		Reimbursable Meal Total 70															
	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001123 Breakfast sandwich, WG, Sausage and Cheese	sandwich	45	275	2.77	576	6.01	*N/A*	10.02	0.00	53	31.01	3.00	14.54	*N/A*	84.0	*1.20	*2.20

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			557	*4.04	681	*37.16	*0.00	*10.89	*0.05	*48	91.76	7.57	24.02	*10	*549.4	*30.46	*3.70
% of Calories				*6.53%		*26.69 %	*N/A*	*17.6%	*0.1%		65.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 02/19/2026

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	*N/A*	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	1 each	50	350	8.00	270	24.99	*N/A*	14.99	0.00	30	50.97	4.00	6.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			463	*5.29	372	*35.77	*0.00	*11.08	*0.05	*19	80.62	6.43	11.89	*7	*295.7	*31.81	*3.39
% of Calories				*10.28 %		*30.90 %	*N/A*	*21.5%	*0.1%		69.7%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Friday - 02/20/2026

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	1 each	50	180	1.00	170	17.00	*N/A*	6.00	0.00	10	30.00	2.00	3.00	*N/A*	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	1 each	50	280	2.00	220	25.00	*N/A*	10.00	0.00	0	44.00	2.00	5.00	*N/A*	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	1 each	50	270	2.00	220	25.00	*N/A*	10.00	0.00	0	43.00	2.00	5.00	*N/A*	10.0	2.00	6.00
990093 Crescent, Grape Filled	1 each	50	210	1.00	260	9.00	*N/A*	6.00	0.00	0	35.00	2.00	5.00	*N/A*	20.0	0.00	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			303	*1.85	272	*25.15	*0.00	*7.73	*0.03	*6	52.38	3.31	7.93	*3	*151.7	*8.91	*5.11
% of Calories				*5.50%		*33.20 %	*N/A*	*23.0%	*0.1%		69.1%		10.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Monday - 02/23/2026 Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990306 Taco, Breakfast	each	30	190	4.00	405	0.00	*0.00	12.00	0.00	165	14.00	2.00	9.00	*N/A*	*40.0	*0.00	*0.00
001051 SALSA:COMMODITY	OZ	25	10	0.01	122	*N/A*	*N/A*	0.06	*N/A*	0	1.98	0.40	0.42	*N/A*	3.4	1.13	0.64
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	15	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	50	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			511	*3.99	531	*42.81	*0.00	*9.73	*0.05	*85	89.69	6.84	19.01	*12	*523.1	*47.57	*2.69
% of Calories				*7.03%		*33.51 %	*0.00%	*17.1%	*0.1%		70.2%		14.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

Tuesday - 02/24/2026 Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	*N/A*	9.00	0.00	20	47.00	3.00	5.00	*N/A*	20.0	0.00	1.80
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			385	*3.08	324	*16.58	*0.00	*8.22	*0.04	*20	67.97	4.85	10.55	*5	*253.5	*14.19	*2.68
% of Calories				*7.20%		*17.23 %	*N/A*	*19.2%	*0.1%		70.6%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Wednesday - 02/25/2026 Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001242 smoothie, blenderless	8 oz	100	139	0.34	68	*9.34	*5.34	0.70	0.00	0	29.08	*0.65	4.45	*N/A*	170.6	*3.65	1.41
990239 smoothie, twist and go Strawberry Banana	1 each	100	130	0.00	70	20.00	0.00	0.00	0.00	0	36.00	0.80	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000457 GRAHAMS,GIANT GOLDFISH	2 PIECES	25	120	1.00	110	*N/A*	*N/A*	4.00	0.00	0	19.00	1.00	1.00	*N/A*	100.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			354	*1.28	236	*33.35	*3.05	*2.93	*0.04	*6	76.05	*4.11	11.98	*8	*322.4	*21.13	*2.30
% of Calories				*3.25%		*37.68 %	*6.03%	*7.4%	*0.1%		85.9%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Thursday - 02/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001183 Waffle, SnackN Blueberry WG	each	25	250	1.50	280	0.00	*N/A*	7.00	0.00	25	43.00	4.00	5.00	*N/A*	0.0	0.00	0.00
000789 Waffles,Snack'n Maple,Smuckers	waffle	25	240	2.50	280	*N/A*	*N/A*	9.00	0.00	25	35.00	2.00	5.00	*N/A*	20.0	0.00	0.72
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	50	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	50	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	100	64	0.02	5	13.32	0.00	0.17	0.00	0	15.62	0.28	0.47	3	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			437	*2.64	387	*35.80	*0.00	*7.46	*0.06	*22	80.86	5.18	13.56	*10	*374.2	*42.94	*2.51
% of Calories				*5.44%		*32.77 %	*N/A*	*15.4%	*0.1%		74.0%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

Friday - 02/27/2026

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990097 Muffin, Fruit and Yogurt - Homemade, WG	1 each	25	121	1.37	181	*9.76	*0.67	3.13	*0.00	3	22.32	0.94	1.88	*N/A*	*21.8	*0.25	*0.03
990096 Muffin, Spiced - Homemade, WG	1 each	25	214	2.43	318	*20.27	*4.36	5.48	*0.00	6	40.09	1.38	2.56	*0	*9.0	*0.01	*0.03
000876 Frudel Cherry Pillsbury	1 Pkg	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	0.00	1.08
000875 Frudel Pillsbury Apple , WG	1 Package	25	210	1.50	280	*N/A*	*N/A*	6.00	0.00	0	36.00	2.00	5.00	*N/A*	0.0	*N/A*	1.08
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	*N/A*	40.0	0.00	0.72
000545 Cheese Stick	1 oz stick	25	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
001124 Cold breakfast, K-12	1 serving	25	222	0.40	286	15.70	*N/A*	2.15	*0.26	0	46.82	3.23	5.62	*0	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	100	75	0.00	7	*4.80	*0.00	0.06	*0.00	0	18.45	1.74	0.49	*N/A*	*8.3	*5.59	*0.28
000803 Fruit Fresh Choice	1/2cup portion	100	65	*0.03	4	*8.30	*0.00	*0.20	*0.00	*0	16.60	2.45	0.87	*14	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12.00	*N/A*	2.50	0.00	10	13.00	0.00	8.00	*N/A*	300.0	2.40	0.00
Weighted Daily Average			353	*2.81	377	*24.36	*0.84	*6.72	*0.04	*11	64.74	4.72	11.08	*9	*284.1	*22.26	*1.99
% of Calories				*7.16%		*27.60 %	*0.76%	*17.1%	*0.1%		73.4%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=30									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		421	*2.99	387	*32.11	*0.67	*7.85	*0.05	*28	75.99	*5.37	13.90	*10	*361.6	*29.07	*2.91
% of Calories			*6.39%		*30.51 %	*0.00%	*16.8%	*0.1%		72.2%		13.2%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.

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.