

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 2025

**Menu Name:** NORTHFIELD BREAKFAST

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 12/02/2024

**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)
990246 PBJ, Uncrustable Straw or Grape (2.8 oz)	1 each	50	300	3.00	280	14	*N/A*	17.00	0.00	0	32.00	4.00	9.00	*N/A*	26.0	0.00	1.00
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	100	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			395	*2.28	400	*28	*N/A*	*8.96	*0.17	*7	68.94	5.57	12.92	*1065	316.2	16.67	4.93
% of Calories				*5.19%		*28.4%	*N/A*	*20.4%	*0.4%		69.8%		13.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Tuesday - 12/03/2024

**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)
990244 Egg Bite, Pork Bacon and Cheese	1 each	50	110	3.50	310	1	0	8.00	0.00	115	2.00	0.00	8.00	*N/A*	70.0	*N/A*	0.60
990247 French Toast Sticks WG FR 37722 (2 each)	2 each	50	130	0.75	150	5	4	5.02	0.00	0	19.06	1.50	3.01	216	117.9	0.00	1.00

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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	100	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
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
Weighted Daily Average			419	*2.71	463	*34	*1	*7.75	*0.17	*45	75.71	4.93	13.90	*1177	378.9	*32.98	5.30
% of Calories				*5.82%		*32.5%	*1.0%	*16.6%	*0.4%		72.3%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 12/04/2024**

**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)
001242 smoothie, blenderless	8 oz	25	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	25	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	50	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	100	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

Dec 2, 2024 thru Feb 28, 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			414	*1.55	377	*32	*0	*5.16	*0.17	*7	83.79	*8.05	12.70	*1489	*334.5	*25.31	*5.21
% of Calories				*3.37%		*30.9%	*0%	*11.2%	*0.4%		81.0%		12.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Thursday - 12/05/2024**

**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)
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
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	100	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			434	*3.96	398	*39	*N/A*	*8.38	*0.17	*17	80.42	5.29	12.12	1136	320.2	31.12	5.27
% of Calories				*8.21%		*35.9%	*N/A*	*17.4%	*0.4%		74.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 2025

**Friday - 12/06/2024**

**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
990248 muffin, wild blueberry WG IW	1 each	25	190	2.00	130	16	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990249 muffin, banana WG IW	1 each	25	190	2.00	130	17	15	6.00	0.00	40	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
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	100	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			520	*3.68	563	*36	*5	*9.80	*0.17	*22	96.51	7.12	14.77	*1403	*350.6	*24.75	*5.11
% of Calories				*6.37%		*27.7%	*3.8%	*17.0%	*0.3%		74.2%		11.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 12/09/2024**

**Reimbursable Meal Total 150**

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
990258 EGGS, (Scrambled) LIQUID Whole Egg	2 oz weight	50	140	3.00	130	*N/A*	*N/A*	9.00	*N/A*	420	2.00	0.00	12.00	600	40.0	0.00	1.40
000558 Potato Choice	1/2 cup	50	127	0.44	183	*N/A*	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39
000858 Mixed Peppers	Each 1/2 cup	75	11	0.03	2	2	*N/A*	0.11	0.00	0	2.45	0.87	0.43	805	3.9	47.86	0.18
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	100	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			390	*2.44	412	*24	*N/A*	*7.87	*0.17	*147	66.76	5.36	14.79	*1668	*324.4	*42.38	*5.29
% of Calories				*5.63%		*24.6%	*N/A*	*18.2%	*0.4%		68.5%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Tuesday - 12/10/2024

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	250	1.44	170	*12	*N/A*	6.28	*0.00	6	41.55	3.03	7.83	*75	*198.4	*2.32	0.73
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

Dec 2, 2024 thru Feb 28, 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			447	*2.47	334	*38	*N/A*	*7.79	*0.05	*13	81.26	5.24	15.04	*1038	*454.1	*36.21	2.45
% of Calories				*4.97%		*34.0%	*N/A*	*15.7%	*0.1%		72.7%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 12/11/2024**

**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)
990250 waffle, nordic (turkey saus, egg)	1/2 each	50	140	2.00	135	5	3	4.00	0.00	52	16.50	1.50	7.50	*N/A*	*N/A*	*N/A*	1.00
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	100	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			342	*1.95	352	*25	*1	*4.63	*0.17	*24	63.77	4.74	12.42	*1065	*307.5	*16.67	4.93
% of Calories				*5.13%		*29.2%	*1.2%	*12.2%	*0.4%		74.6%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 2025

**Thursday - 12/12/2024**

**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)
990253 Bagel WG Lenders 2.0 oz	1 each	25	150	0.00	170	5	5	1.50	0.00	0	30.00	4.00	7.00	0	35.0	0.00	1.80
990252 Bagel, Blueberry WG Lenders 2.25 oz	1 each	25	169	0.00	169	7	6	1.50	0.00	0	31.89	3.99	6.98	0	34.9	0.00	1.79
990256 peanut butter, Jif	1 each	15	180	3.00	130	3	2	15.00	0.00	0	8.00	2.00	7.00	*N/A*	*N/A*	*N/A*	*N/A*
990254 cream cheese, light	1 each	15	60	3.00	105	1	0	6.00	0.00	15	2.00	0.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990255 cream cheese, strawberry	1 each	15	60	3.00	55	4	4	5.00	0.00	15	3.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	100	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			400	*2.20	393	*34	*2	*6.48	*0.17	*10	75.04	5.49	13.45	*1069	*325.1	*31.12	*5.27
% of Calories				*4.95%		*34.0%	*2.0%	*14.6%	*0.4%		75.0%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Friday - 12/13/2024**

**Reimbursable Meal Total 250**

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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)
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
000545 Cheese Stick	1 oz stick	50	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
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			315	*2.55	314	*24	*N/A*	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11
% of Calories				*7.29%		*30.5%	*N/A*	*25.5%	*0.1%		65.4%		11.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 12/16/2024**

**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)
990246 PBJ, Uncrustable Straw or Grape (2.8 oz)	1 each	50	300	3.00	280	14	*N/A*	17.00	0.00	0	32.00	4.00	9.00	*N/A*	26.0	0.00	1.00
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



**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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	100	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			395	*2.28	400	*28	*N/A*	*8.96	*0.17	*7	68.94	5.57	12.92	*1065	316.2	16.67	4.93
% of Calories				*5.19%		*28.4%	*N/A*	*20.4%	*0.4%		69.8%		13.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 12/17/2024**

**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)
990244 Egg Bite, Pork Bacon and Cheese	1 each	50	110	3.50	310	1	0	8.00	0.00	115	2.00	0.00	8.00	*N/A*	70.0	*N/A*	0.60
990247 French Toast Sticks WG FR 37722 (2 each)	2 each	50	130	0.75	150	5	4	5.02	0.00	0	19.06	1.50	3.01	216	117.9	0.00	1.00
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	100	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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
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
Weighted Daily Average			419	*2.71	463	*34	*1	*7.75	*0.17	*45	75.71	4.93	13.90	*1177	378.9	*32.98	5.30
% of Calories				*5.82%		*32.5%	*1.0%	*16.6%	*0.4%		72.3%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Wednesday - 12/18/2024

## 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)
001242 smoothie, blenderless	8 oz	25	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	25	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	50	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	100	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			414	*1.55	377	*32	*0	*5.16	*0.17	*7	83.79	*8.05	12.70	*1489	*334.5	*25.31	*5.21
% of Calories				*3.37%		*30.9%	*0%	*11.2%	*0.4%		81.0%		12.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 2025

**Thursday - 12/19/2024**

**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)
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
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	100	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			434	*3.96	398	*39	*N/A*	*8.38	*0.17	*17	80.42	5.29	12.12	1136	320.2	31.12	5.27
% of Calories				*8.21%		*35.9%	*N/A*	*17.4%	*0.4%		74.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Friday - 12/20/2024**

**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
990248 muffin, wild blueberry WG IW	1 each	25	190	2.00	130	16	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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)
990249 muffin, banana WG IW	1 each	25	190	2.00	130	17	15	6.00	0.00	40	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
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	100	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			520	*3.68	563	*36	*5	*9.80	*0.17	*22	96.51	7.12	14.77	*1403	*350.6	*24.75	*5.11
% of Calories				*6.37%		*27.7%	*3.8%	*17.0%	*0.3%		74.2%		11.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 12/23/2024**

**Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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									

**Tuesday - 12/24/2024**

**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									

**Wednesday - 12/25/2024**

**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

Dec 2, 2024 thru Feb 28, 2025

**Thursday - 12/26/2024**

**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 - 12/27/2024**

**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									

**Monday - 12/30/2024**

**Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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									

**Tuesday - 12/31/2024**

**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									

**Wednesday - 01/01/2025**

**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

Dec 2, 2024 thru Feb 28, 2025

### Thursday - 01/02/2025

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)
990253 Bagel WG Lenders 2.0 oz	1 each	25	150	0.00	170	5	5	1.50	0.00	0	30.00	4.00	7.00	0	35.0	0.00	1.80
990252 Bagel, Blueberry WG Lenders 2.25 oz	1 each	25	169	0.00	169	7	6	1.50	0.00	0	31.89	3.99	6.98	0	34.9	0.00	1.79
990256 peanut butter, Jif	1 each	15	180	3.00	130	3	2	15.00	0.00	0	8.00	2.00	7.00	*N/A*	*N/A*	*N/A*	*N/A*
990254 cream cheese, light	1 each	15	60	3.00	105	1	0	6.00	0.00	15	2.00	0.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990255 cream cheese, strawberry	1 each	15	60	3.00	55	4	4	5.00	0.00	15	3.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	100	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			400	*2.20	393	*34	*2	*6.48	*0.17	*10	75.04	5.49	13.45	*1069	*325.1	*31.12	*5.27
% of Calories				*4.95%		*34.0%	*2.0%	*14.6%	*0.4%		75.0%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 01/03/2025

Reimbursable Meal Total 250



**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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)
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
000545 Cheese Stick	1 oz stick	50	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
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			315	*2.55	314	*24	*N/A*	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11
% of Calories				*7.29%		*30.5%	*N/A*	*25.5%	*0.1%		65.4%		11.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 01/06/2025**

**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)
990246 PBJ, Uncrustable Straw or Grape (2.8 oz)	1 each	50	300	3.00	280	14	*N/A*	17.00	0.00	0	32.00	4.00	9.00	*N/A*	26.0	0.00	1.00
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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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	100	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			395	*2.28	400	*28	*N/A*	*8.96	*0.17	*7	68.94	5.57	12.92	*1065	316.2	16.67	4.93
% of Calories				*5.19%		*28.4%	*N/A*	*20.4%	*0.4%		69.8%		13.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Tuesday - 01/07/2025

### 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)
990244 Egg Bite, Pork Bacon and Cheese	1 each	50	110	3.50	310	1	0	8.00	0.00	115	2.00	0.00	8.00	*N/A*	70.0	*N/A*	0.60
990247 French Toast Sticks WG FR 37722 (2 each)	2 each	50	130	0.75	150	5	4	5.02	0.00	0	19.06	1.50	3.01	216	117.9	0.00	1.00
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	100	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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
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
Weighted Daily Average			419	*2.71	463	*34	*1	*7.75	*0.17	*45	75.71	4.93	13.90	*1177	378.9	*32.98	5.30
% of Calories				*5.82%		*32.5%	*1.0%	*16.6%	*0.4%		72.3%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 01/08/2025

### 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)
001242 smoothie, blenderless	8 oz	25	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	25	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	50	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	100	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			414	*1.55	377	*32	*0	*5.16	*0.17	*7	83.79	*8.05	12.70	*1489	*334.5	*25.31	*5.21
% of Calories				*3.37%		*30.9%	*0%	*11.2%	*0.4%		81.0%		12.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 2025

**Thursday - 01/09/2025**

**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)
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
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	100	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			434	*3.96	398	*39	*N/A*	*8.38	*0.17	*17	80.42	5.29	12.12	1136	320.2	31.12	5.27
% of Calories				*8.21%		*35.9%	*N/A*	*17.4%	*0.4%		74.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Friday - 01/10/2025**

**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
990248 muffin, wild blueberry WG IW	1 each	25	190	2.00	130	16	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
990249 muffin, banana WG IW	1 each	25	190	2.00	130	17	15	6.00	0.00	40	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
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	100	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			520	*3.68	563	*36	*5	*9.80	*0.17	*22	96.51	7.12	14.77	*1403	*350.6	*24.75	*5.11
% of Calories				*6.37%		*27.7%	*3.8%	*17.0%	*0.3%		74.2%		11.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 01/13/2025

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)
990258 EGGS, (Scrambled) LIQUID Whole Egg	2 oz weight	50	140	3.00	130	*N/A*	*N/A*	9.00	*N/A*	420	2.00	0.00	12.00	600	40.0	0.00	1.40
000558 Potato Choice	1/2 cup	50	127	0.44	183	*N/A*	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39
000858 Mixed Peppers	Each 1/2 cup	75	11	0.03	2	2	*N/A*	0.11	0.00	0	2.45	0.87	0.43	805	3.9	47.86	0.18

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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	100	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			390	*2.44	412	*24	*N/A*	*7.87	*0.17	*147	66.76	5.36	14.79	*1668	*324.4	*42.38	*5.29
% of Calories				*5.63%		*24.6%	*N/A*	*18.2%	*0.4%		68.5%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Tuesday - 01/14/2025

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	250	1.44	170	*12	*N/A*	6.28	*0.00	6	41.55	3.03	7.83	*75	*198.4	*2.32	0.73
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

Dec 2, 2024 thru Feb 28, 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			447	*2.47	334	*38	*N/A*	*7.79	*0.05	*13	81.26	5.24	15.04	*1038	*454.1	*36.21	2.45
% of Calories				*4.97%		*34.0%	*N/A*	*15.7%	*0.1%		72.7%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 01/15/2025

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)
990250 waffle, nordic (turkey saus, egg)	1/2 each	50	140	2.00	135	5	3	4.00	0.00	52	16.50	1.50	7.50	*N/A*	*N/A*	*N/A*	1.00
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	100	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			342	*1.95	352	*25	*1	*4.63	*0.17	*24	63.77	4.74	12.42	*1065	*307.5	*16.67	4.93
% of Calories				*5.13%		*29.2%	*1.2%	*12.2%	*0.4%		74.6%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 01/16/2025

Reimbursable Meal Total 150

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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)
990253 Bagel WG Lenders 2.0 oz	1 each	25	150	0.00	170	5	5	1.50	0.00	0	30.00	4.00	7.00	0	35.0	0.00	1.80
990252 Bagel, Blueberry WG Lenders 2.25 oz	1 each	25	169	0.00	169	7	6	1.50	0.00	0	31.89	3.99	6.98	0	34.9	0.00	1.79
990256 peanut butter, Jif	1 each	15	180	3.00	130	3	2	15.00	0.00	0	8.00	2.00	7.00	*N/A*	*N/A*	*N/A*	*N/A*
990254 cream cheese, light	1 each	15	60	3.00	105	1	0	6.00	0.00	15	2.00	0.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990255 cream cheese, strawberry	1 each	15	60	3.00	55	4	4	5.00	0.00	15	3.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	100	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			400	*2.20	393	*34	*2	*6.48	*0.17	*10	75.04	5.49	13.45	*1069	*325.1	*31.12	*5.27
% of Calories				*4.95%		*34.0%	*2.0%	*14.6%	*0.4%		75.0%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Friday - 01/17/2025**

**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

Dec 2, 2024 thru Feb 28, 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)
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
000545 Cheese Stick	1 oz stick	50	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
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			315	*2.55	314	*24	*N/A*	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11
% of Calories				*7.29%		*30.5%	*N/A*	*25.5%	*0.1%		65.4%		11.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 01/20/2025

Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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									

**Tuesday - 01/21/2025**

**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									

**Wednesday - 01/22/2025**

**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

Dec 2, 2024 thru Feb 28, 2025

### Thursday - 01/23/2025

### 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)
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
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	100	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			434	*3.96	398	*39	*N/A*	*8.38	*0.17	*17	80.42	5.29	12.12	1136	320.2	31.12	5.27
% of Calories				*8.21%		*35.9%	*N/A*	*17.4%	*0.4%		74.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 01/24/2025

### 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
990248 muffin, wild blueberry WG IW	1 each	25	190	2.00	130	16	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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)
990249 muffin, banana WG IW	1 each	25	190	2.00	130	17	15	6.00	0.00	40	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
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	100	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			520	*3.68	563	*36	*5	*9.80	*0.17	*22	96.51	7.12	14.77	*1403	*350.6	*24.75	*5.11
% of Calories				*6.37%		*27.7%	*3.8%	*17.0%	*0.3%		74.2%		11.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 01/27/2025**

**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)
990258 EGGS, (Scrambled) LIQUID Whole Egg	2 oz weight	50	140	3.00	130	*N/A*	*N/A*	9.00	*N/A*	420	2.00	0.00	12.00	600	40.0	0.00	1.40
000558 Potato Choice	1/2 cup	50	127	0.44	183	*N/A*	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39
000858 Mixed Peppers	Each 1/2 cup	75	11	0.03	2	2	*N/A*	0.11	0.00	0	2.45	0.87	0.43	805	3.9	47.86	0.18

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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	100	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			390	*2.44	412	*24	*N/A*	*7.87	*0.17	*147	66.76	5.36	14.79	*1668	*324.4	*42.38	*5.29
% of Calories				*5.63%		*24.6%	*N/A*	*18.2%	*0.4%		68.5%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Tuesday - 01/28/2025

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	250	1.44	170	*12	*N/A*	6.28	*0.00	6	41.55	3.03	7.83	*75	*198.4	*2.32	0.73
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

Dec 2, 2024 thru Feb 28, 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			447	*2.47	334	*38	*N/A*	*7.79	*0.05	*13	81.26	5.24	15.04	*1038	*454.1	*36.21	2.45
% of Calories				*4.97%		*34.0%	*N/A*	*15.7%	*0.1%		72.7%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 01/29/2025

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990250 waffle, nordic (turkey saus, egg)	1/2 each	50	140	2.00	135	5	3	4.00	0.00	52	16.50	1.50	7.50	*N/A*	*N/A*	*N/A*	1.00
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	100	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			342	*1.95	352	*25	*1	*4.63	*0.17	*24	63.77	4.74	12.42	*1065	*307.5	*16.67	4.93
% of Calories				*5.13%		*29.2%	*1.2%	*12.2%	*0.4%		74.6%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 01/30/2025

Reimbursable Meal Total 150

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
990253 Bagel WG Lenders 2.0 oz	1 each	25	150	0.00	170	5	5	1.50	0.00	0	30.00	4.00	7.00	0	35.0	0.00	1.80
990252 Bagel, Blueberry WG Lenders 2.25 oz	1 each	25	169	0.00	169	7	6	1.50	0.00	0	31.89	3.99	6.98	0	34.9	0.00	1.79
990256 peanut butter, Jif	1 each	15	180	3.00	130	3	2	15.00	0.00	0	8.00	2.00	7.00	*N/A*	*N/A*	*N/A*	*N/A*
990254 cream cheese, light	1 each	15	60	3.00	105	1	0	6.00	0.00	15	2.00	0.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990255 cream cheese, strawberry	1 each	15	60	3.00	55	4	4	5.00	0.00	15	3.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	100	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			400	*2.20	393	*34	*2	*6.48	*0.17	*10	75.04	5.49	13.45	*1069	*325.1	*31.12	*5.27
% of Calories				*4.95%		*34.0%	*2.0%	*14.6%	*0.4%		75.0%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 01/31/2025

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

Dec 2, 2024 thru Feb 28, 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)
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
000545 Cheese Stick	1 oz stick	50	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
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			315	*2.55	314	*24	*N/A*	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11
% of Calories				*7.29%		*30.5%	*N/A*	*25.5%	*0.1%		65.4%		11.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 02/03/2025**

**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)
990246 PBJ, Uncrustable Straw or Grape (2.8 oz)	1 each	50	300	3.00	280	14	*N/A*	17.00	0.00	0	32.00	4.00	9.00	*N/A*	26.0	0.00	1.00
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	100	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

Dec 2, 2024 thru Feb 28, 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			395	*2.28	400	*28	*N/A*	*8.96	*0.17	*7	68.94	5.57	12.92	*1065	316.2	16.67	4.93
% of Calories				*5.19%		*28.4%	*N/A*	*20.4%	*0.4%		69.8%		13.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 02/04/2025**

**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)
990244 Egg Bite, Pork Bacon and Cheese	1 each	50	110	3.50	310	1	0	8.00	0.00	115	2.00	0.00	8.00	*N/A*	70.0	*N/A*	0.60
990247 French Toast Sticks WG FR 37722 (2 each)	2 each	50	130	0.75	150	5	4	5.02	0.00	0	19.06	1.50	3.01	216	117.9	0.00	1.00
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	100	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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
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
Weighted Daily Average			419	*2.71	463	*34	*1	*7.75	*0.17	*45	75.71	4.93	13.90	*1177	378.9	*32.98	5.30
% of Calories				*5.82%		*32.5%	*1.0%	*16.6%	*0.4%		72.3%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 02/05/2025

### 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)
001242 smoothie, blenderless	8 oz	25	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	25	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	50	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	100	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			414	*1.55	377	*32	*0	*5.16	*0.17	*7	83.79	*8.05	12.70	*1489	*334.5	*25.31	*5.21
% of Calories				*3.37%		*30.9%	*0%	*11.2%	*0.4%		81.0%		12.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 2025

**Thursday - 02/06/2025**

**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)
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
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	100	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			434	*3.96	398	*39	*N/A*	*8.38	*0.17	*17	80.42	5.29	12.12	1136	320.2	31.12	5.27
% of Calories				*8.21%		*35.9%	*N/A*	*17.4%	*0.4%		74.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Friday - 02/07/2025**

**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
990248 muffin, wild blueberry WG IW	1 each	25	190	2.00	130	16	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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)
990249 muffin, banana WG IW	1 each	25	190	2.00	130	17	15	6.00	0.00	40	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
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	100	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			520	*3.68	563	*36	*5	*9.80	*0.17	*22	96.51	7.12	14.77	*1403	*350.6	*24.75	*5.11
% of Calories				*6.37%		*27.7%	*3.8%	*17.0%	*0.3%		74.2%		11.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Monday - 02/10/2025**

**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)
990258 EGGS, (Scrambled) LIQUID Whole Egg	2 oz weight	50	140	3.00	130	*N/A*	*N/A*	9.00	*N/A*	420	2.00	0.00	12.00	600	40.0	0.00	1.40
000558 Potato Choice	1/2 cup	50	127	0.44	183	*N/A*	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39
000858 Mixed Peppers	Each 1/2 cup	75	11	0.03	2	2	*N/A*	0.11	0.00	0	2.45	0.87	0.43	805	3.9	47.86	0.18

**Base Menu Spreadsheet**

Portion Values

Dec 2, 2024 thru Feb 28, 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	100	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			390	*2.44	412	*24	*N/A*	*7.87	*0.17	*147	66.76	5.36	14.79	*1668	*324.4	*42.38	*5.29
% of Calories				*5.63%		*24.6%	*N/A*	*18.2%	*0.4%		68.5%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 02/11/2025**

**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	250	1.44	170	*12	*N/A*	6.28	*0.00	6	41.55	3.03	7.83	*75	*198.4	*2.32	0.73
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

Dec 2, 2024 thru Feb 28, 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			447	*2.47	334	*38	*N/A*	*7.79	*0.05	*13	81.26	5.24	15.04	*1038	*454.1	*36.21	2.45
% of Calories				*4.97%		*34.0%	*N/A*	*15.7%	*0.1%		72.7%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Wednesday - 02/12/2025

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)
990250 waffle, nordic (turkey saus, egg)	1/2 each	50	140	2.00	135	5	3	4.00	0.00	52	16.50	1.50	7.50	*N/A*	*N/A*	*N/A*	1.00
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	100	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			342	*1.95	352	*25	*1	*4.63	*0.17	*24	63.77	4.74	12.42	*1065	*307.5	*16.67	4.93
% of Calories				*5.13%		*29.2%	*1.2%	*12.2%	*0.4%		74.6%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 02/13/2025

Reimbursable Meal Total 150

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
990253 Bagel WG Lenders 2.0 oz	1 each	25	150	0.00	170	5	5	1.50	0.00	0	30.00	4.00	7.00	0	35.0	0.00	1.80
990252 Bagel, Blueberry WG Lenders 2.25 oz	1 each	25	169	0.00	169	7	6	1.50	0.00	0	31.89	3.99	6.98	0	34.9	0.00	1.79
990256 peanut butter, Jif	1 each	15	180	3.00	130	3	2	15.00	0.00	0	8.00	2.00	7.00	*N/A*	*N/A*	*N/A*	*N/A*
990254 cream cheese, light	1 each	15	60	3.00	105	1	0	6.00	0.00	15	2.00	0.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990255 cream cheese, strawberry	1 each	15	60	3.00	55	4	4	5.00	0.00	15	3.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990137 Toast,Wheat	1 slice	25	60	0.00	120	*N/A*	*N/A*	0.50	0.00	0	14.00	2.00	2.00	0	40.0	0.00	0.72
001124 Cold breakfast, K-12	1 serving	100	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			400	*2.20	393	*34	*2	*6.48	*0.17	*10	75.04	5.49	13.45	*1069	*325.1	*31.12	*5.27
% of Calories				*4.95%		*34.0%	*2.0%	*14.6%	*0.4%		75.0%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 02/14/2025

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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
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
000545 Cheese Stick	1 oz stick	50	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
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			315	*2.55	314	*24	*N/A*	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11
% of Calories				*7.29%		*30.5%	*N/A*	*25.5%	*0.1%		65.4%		11.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

Monday - 02/17/2025

Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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									

### Tuesday - 02/18/2025

### 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)
990244 Egg Bite, Pork Bacon and Cheese	1 each	50	110	3.50	310	1	0	8.00	0.00	115	2.00	0.00	8.00	*N/A*	70.0	*N/A*	0.60
990247 French Toast Sticks WG FR 37722 (2 each)	2 each	50	130	0.75	150	5	4	5.02	0.00	0	19.06	1.50	3.01	216	117.9	0.00	1.00
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	100	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
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
Weighted Daily Average			419	*2.71	463	*34	*1	*7.75	*0.17	*45	75.71	4.93	13.90	*1177	378.9	*32.98	5.30
% of Calories				*5.82%		*32.5%	*1.0%	*16.6%	*0.4%		72.3%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 2025

### Wednesday - 02/19/2025

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)
001242 smoothie, blenderless	8 oz	25	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	25	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	50	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	100	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			414	*1.55	377	*32	*0	*5.16	*0.17	*7	83.79	*8.05	12.70	*1489	*334.5	*25.31	*5.21
% of Calories				*3.37%		*30.9%	*0%	*11.2%	*0.4%		81.0%		12.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 02/20/2025

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)
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
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

Dec 2, 2024 thru Feb 28, 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	100	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			434	*3.96	398	*39	*N/A*	*8.38	*0.17	*17	80.42	5.29	12.12	1136	320.2	31.12	5.27
% of Calories				*8.21%		*35.9%	*N/A*	*17.4%	*0.4%		74.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

## Friday - 02/21/2025

### 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
990248 muffin, wild blueberry WG IW	1 each	25	190	2.00	130	16	16	6.00	0.00	30	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990249 muffin, banana WG IW	1 each	25	190	2.00	130	17	15	6.00	0.00	40	30.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
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	100	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			520	*3.68	563	*36	*5	*9.80	*0.17	*22	96.51	7.12	14.77	*1403	*350.6	*24.75	*5.11
% of Calories				*6.37%		*27.7%	*3.8%	*17.0%	*0.3%		74.2%		11.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Monday - 02/24/2025

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)
990258 EGGS, (Scrambled) LIQUID Whole Egg	2 oz weight	50	140	3.00	130	*N/A*	*N/A*	9.00	*N/A*	420	2.00	0.00	12.00	600	40.0	0.00	1.40
000558 Potato Choice	1/2 cup	50	127	0.44	183	*N/A*	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39
000858 Mixed Peppers	Each 1/2 cup	75	11	0.03	2	2	*N/A*	0.11	0.00	0	2.45	0.87	0.43	805	3.9	47.86	0.18
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	100	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

Dec 2, 2024 thru Feb 28, 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			390	*2.44	412	*24	*N/A*	*7.87	*0.17	*147	66.76	5.36	14.79	*1668	*324.4	*42.38	*5.29
% of Calories				*5.63%		*24.6%	*N/A*	*18.2%	*0.4%		68.5%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Tuesday - 02/25/2025**

**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	250	1.44	170	*12	*N/A*	6.28	*0.00	6	41.55	3.03	7.83	*75	*198.4	*2.32	0.73
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			447	*2.47	334	*38	*N/A*	*7.79	*0.05	*13	81.26	5.24	15.04	*1038	*454.1	*36.21	2.45
% of Calories				*4.97%		*34.0%	*N/A*	*15.7%	*0.1%		72.7%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

**Wednesday - 02/26/2025**

**Reimbursable Meal Total 150**

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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)
990250 waffle, nordic (turkey saus, egg)	1/2 each	50	140	2.00	135	5	3	4.00	0.00	52	16.50	1.50	7.50	*N/A*	*N/A*	*N/A*	1.00
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	100	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			342	*1.95	352	*25	*1	*4.63	*0.17	*24	63.77	4.74	12.42	*1065	*307.5	*16.67	4.93
% of Calories				*5.13%		*29.2%	*1.2%	*12.2%	*0.4%		74.6%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Thursday - 02/27/2025

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)
990253 Bagel WG Lenders 2.0 oz	1 each	25	150	0.00	170	5	5	1.50	0.00	0	30.00	4.00	7.00	0	35.0	0.00	1.80
990252 Bagel, Blueberry WG Lenders 2.25 oz	1 each	25	169	0.00	169	7	6	1.50	0.00	0	31.89	3.99	6.98	0	34.9	0.00	1.79
990256 peanut butter, Jif	1 each	15	180	3.00	130	3	2	15.00	0.00	0	8.00	2.00	7.00	*N/A*	*N/A*	*N/A*	*N/A*
990254 cream cheese, light	1 each	15	60	3.00	105	1	0	6.00	0.00	15	2.00	0.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990255 cream cheese, strawberry	1 each	15	60	3.00	55	4	4	5.00	0.00	15	3.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Feb 28, 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	100	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			400	*2.20	393	*34	*2	*6.48	*0.17	*10	75.04	5.49	13.45	*1069	*325.1	*31.12	*5.27
% of Calories				*4.95%		*34.0%	*2.0%	*14.6%	*0.4%		75.0%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=30									

### Friday - 02/28/2025

### 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
000545 Cheese Stick	1 oz stick	50	80	3.50	210	*N/A*	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
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

Dec 2, 2024 thru Feb 28, 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)
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			315	*2.55	314	*24	*N/A*	*8.93	*0.03	*9	51.52	3.17	9.27	*488	191.7	*8.91	5.11
% of Calories				*7.29%		*30.5%	*N/A*	*25.5%	*0.1%		65.4%		11.8%				
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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	409	*2.62	402	*32	*1	*7.61	*0.14	*29	74.59	*5.48	13.09	*1151	*328.1	*26.60	*4.91
% of Calories		*5.77%		*31.3%	*1.0%	*16.7%	*0.3%		72.9%		12.8%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<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.**