

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

Menu Name: Portage Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 09/14/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	each	50	350	8.00	270	25	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*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	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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			439	*5.29	349	*34	*10.98	*0.05	*19	74.96	5.80	11.39	971	286.3	30.16	3.20
% of Calories				*10.85%		*31.0%	*22.5%	*0.1%		68.3%		10.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 09/15/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001190 Mini Bagel Cinn Cream Cheese	each	50	240	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.44

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001191 Mini Bagel Straw Creamy Cheese	each	50	230	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.08
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			336	*3.05	290	*25	*6.78	*0.05	*15	58.59	3.37	11.78	927	269.2	12.04	2.28
% of Calories				*8.17%		*29.8%	*18.2%	*0.1%		69.8%		14.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Wednesday - 09/16/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000545 Cheese Stick	1 oz stick	100	80	3.50	210	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			248	*3.80	314	*17	*6.83	*0.05	*19	35.62	2.32	12.65	*895	406.0	*16.98	1.43
% of Calories				*13.79%		*27.4%	*24.8%	*0.2%		57.5%		20.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Thursday - 09/17/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	each	50	180	1.00	170	17	6.00	0.00	10	30.00	2.00	3.00	0	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	each	50	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	2	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	each	50	270	2.00	220	25	10.00	0.00	0	43.00	2.00	5.00	2	10.0	2.00	6.00
990093 Crescent, Grape Filled	each	50	210	1.00	260	9	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			525	*3.42	480	*43	*14.21	*0.05	*11	88.28	5.23	14.04	886	269.5	13.19	9.20
% of Calories				*5.86%		*32.8%	*24.4%	*0.1%		67.3%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

Friday - 09/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000979 Mini Cinnis Pillsbury	Pkg	100	240	2.00	300	*N/A*	7.00	0.00	0	40.00	2.00	5.00	0	20.0	0.00	1.44
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			511	*3.64	515	*24	*10.28	*0.06	*10	91.48	6.28	15.39	1677	373.1	28.86	3.52
% of Calories				*6.41%		*18.8%	*18.1%	*0.1%		71.6%		12.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Monday - 09/21/2020

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000915 Breakfast Bar	Servings	100	290	3.00	240	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			423	*3.70	362	*16	*9.74	*0.05	*24	72.15	4.85	11.97	955	291.9	13.45	2.94
% of Calories				*7.87%		*15.1%	*20.7%	*0.1%		68.2%		11.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 09/22/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990079 Bread, WG Mini Loaf	each	50	180	1.00	170	17	6.00	0.00	10	30.00	2.00	3.00	0	0.0	0.00	8.00
990080 Bread, WG Banana Bread Slice	each	50	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	2	8.0	0.00	6.00
990081 Bread, WG Zucchini Bread Slice	each	50	270	2.00	220	25	10.00	0.00	0	43.00	2.00	5.00	2	10.0	2.00	6.00
990093 Crescent, Grape Filled	each	50	210	1.00	260	9	6.00	0.00	0	35.00	2.00	5.00	0	20.0	0.00	1.08
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			525	*3.42	480	*43	*14.21	*0.05	*11	88.28	5.23	14.04	886	269.5	13.19	9.20
% of Calories				*5.86%		*32.8%	*24.4%	*0.1%		67.3%		10.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

Wednesday - 09/23/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	-serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000551 Muffin Variety 2 oz	2 oz	25	155	1.00	185	*N/A*	5.00	*0.00	35	25.50	2.00	3.00	1000	200.0	0.60	3.60
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			217	*1.39	193	*17	*3.31	*0.05	*14	39.60	2.69	8.02	1080	294.9	17.09	2.10
% of Calories				*5.76%		*31.3%	*13.7%	*0.2%		73.0%		14.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Thursday - 09/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000875 Frudel Pillsbury Apple , WG	Package	25	210	1.50	280	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	*N/A*	1.08
000876 Frudel Cherry Pillsbury	Pkg	25	210	1.50	280	*N/A*	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08
001124 Cold breakfast, K-12	-serving	50	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000571 Fruit Choice	1/2 cup	75	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	Serving 1/2cup	75	65	*0.03	4	*8	*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	75	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			378	*2.10	391	*23	*6.13	*0.13	*8	71.24	5.22	12.05	1416	306.9	*23.20	4.05
% of Calories				*5.00%		*24.3%	*14.6%	*0.3%		75.4%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 09/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000551 Muffin Variety 2 oz	2 oz	75	155	1.00	185	*N/A*	5.00	*0.00	35	25.50	2.00	3.00	1000	200.0	0.60	3.60
990142 Yogurt, Greek Variety	1 each	10	97	0.00	38	13	0.00	0.00	5	14.00	0.00	10.00	0	100.0	2.40	0.00
000545 Cheese Stick	1 oz stick	10	80	3.50	210	*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	serving	25	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			405	*2.74	379	*26	*7.63	*0.06	*38	72.11	5.78	14.34	*2427	533.1	*29.55	4.78
% of Calories				*6.09%		*25.7%	*17.0%	*0.1%		71.2%		14.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

Monday - 09/28/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000686 UBR Ultimate Breakfast Round 2	Bar(67g)	50	270	3.00	240	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70
001223 Brekkie Round, 51% WW, 3 oz	each	50	350	8.00	270	25	14.99	0.00	30	50.97	4.00	6.00	200	20.0	0.00	1.80
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*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	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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			439	*5.29	349	*34	*10.98	*0.05	*19	74.96	5.80	11.39	971	286.3	30.16	3.20
% of Calories				*10.85%		*31.0%	*22.5%	*0.1%		68.3%		10.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 09/29/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001190 Mini Bagel Cinn Cream Cheese	each	50	240	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.44
001191 Mini Bagel Straw Creamy Cheese	each	50	230	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.08
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			336	*3.05	290	*25	*6.78	*0.05	*15	58.59	3.37	11.78	927	269.2	12.04	2.28
% of Calories				*8.17%		*29.8%	*18.2%	*0.1%		69.8%		14.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Wednesday - 09/30/2020

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001124 Cold breakfast, K-12	serving	25	222	0.40	286	16	2.15	*0.26	0	46.82	3.23	5.62	508	134.7	4.97	6.24
000545 Cheese Stick	1 oz stick	100	80	3.50	210	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000246 JUICE FRUIT ASSORTED	4 fl.oz.	25	64	0.02	5	13	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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			248	*3.80	314	*17	*6.83	*0.05	*19	35.62	2.32	12.65	*895	406.0	*16.98	1.43
% of Calories				*13.79%		*27.4%	*24.8%	*0.2%		57.5%		20.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Sep 14, 2020 thru Sep 30, 2020

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			387	*3.44	362	*26	*8.82	*0.06	*17	66.27	4.48	12.42	*1147	328	*19.76	3.82
% of Calories				*8.00%		*26.9%	*20.5%	*0.1%		68.5%		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*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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