

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Menu Name: NSLP 7-8 Breakfast Menu 21-22

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 09/01/2021

Reimbursable Meal Total 1

	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)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	0	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	1	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000875 Orange Juice 4 oz (1/2c.F)	Each	1	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
001903 Applesauce, Mango peach	Each	0	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

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Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			370	1.50	235	38	6.00	0.00	10	68.00	2.00	14.00
% of Calories				3.65%		41.1%	14.6%	0.0%		73.5%		15.1%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 09/02/2021

Reimbursable Meal Total 1

	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)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	0	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
001741 Donut, Mini, Pwdr 6ct-pk	Pack	0	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	1	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001993 Tangerines	Each	0	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*

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Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			667	2.03	451	*82	10.78	0.00	10	123.23	5.76	*20.01
% of Calories				2.74%		*49.2%	14.5%	0.0%		73.9%		*12.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 09/03/2021

Reimbursable Meal Total 1

	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)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	0	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	1	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			345	3.50	518	38	6.00	0.00	20	59.00	3.00	17.00
% of Calories				9.13%		44.1%	15.7%	0.0%		68.4%		19.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 09/06/2021

Reimbursable Meal Total 1

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	1	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	0	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	0	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00

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Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000875 Orange Juice 4 oz (1/2c.F)	Each	1	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			392	2.71	504	31	6.28	0.00	16	65.39	6.07	20.84
% of Calories				6.22%		31.6%	14.4%	0.0%		66.7%		21.3%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 09/07/2021

Reimbursable Meal Total 1

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	1	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	0	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	0	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			515	2.00	518	60	5.00	0.00	5	110.00	6.00	12.00
% of Calories				3.50%		46.6%	8.7%	0.0%		85.4%		9.3%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 09/08/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	0	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	1	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			465	6.00	460	53	11.00	0.00	10	84.50	3.00	13.00
% of Calories				11.61%		45.6%	21.3%	0.0%		72.7%		11.2%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Thursday - 09/09/2021

Reimbursable Meal Total 1

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	0	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	0	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	1	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	0	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000796 Fruit, Peaches diced CND	.5 cup	0	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

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Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			667	2.03	448	82	10.78	0.00	10	123.73	5.76	20.01
% of Calories				2.74%		49.2%	14.5%	0.0%		74.2%		12.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 09/10/2021

Reimbursable Meal Total 1

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	0	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	0	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	1	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001903 Applesauce, Mango peach	Each	0	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			475	4.00	360	44	18.00	0.00	5	64.50	5.00	18.00
% of Calories				7.58%		37.1%	34.1%	0.0%		54.3%		15.2%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 09/13/2021

Reimbursable Meal Total 1

	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)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	1	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	0	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	0	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	0	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			385	4.50	678	34	10.00	0.00	25	60.00	2.00	17.00
% of Calories				10.52%		35.3%	23.4%	0.0%		62.3%		17.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 09/14/2021

Reimbursable Meal Total 1

	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)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	0	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	1	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	0	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	0	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	0	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			445	2.00	400	50	10.00	0.00	30	77.50	2.00	13.00
% of Calories				4.04%		44.9%	20.2%	0.0%		69.7%		11.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 09/15/2021

Reimbursable Meal Total 1

	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)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	0	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000495 Muffin Double Chocolate Chip	each	0	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	1	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	0	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000875 Orange Juice 4 oz (1/2c.F)	Each	1	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
001903 Applesauce, Mango peach	Each	0	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			410	2.00	445	45	8.00	0.00	25	62.00	3.00	14.00
% of Calories				4.39%		43.9%	17.6%	0.0%		60.5%		13.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 09/16/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	0	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	0	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	0	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	0	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001741 Donut, Mini, Pwdr 6ct-pk	Pack	1	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000437 Peaches sliced	.5 CUP	0	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			435	3.00	380	52	11.00	0.00	5	74.50	2.00	12.00
% of Calories				6.21%		47.8%	22.8%	0.0%		68.5%		11.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 09/17/2021

Reimbursable Meal Total 1

	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)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	0	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
000495 Muffin Double Chocolate Chip	each	0	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000553 Honey Buns (2WG)	Each	0	240	2.00	300	15	8.00	0.00	20	28.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001437 Cereal. Trix	Each	0	110	0.00	140	7	1.50	0.00	0	24.00	1.00	1.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	1	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			387	2.71	507	32	6.28	0.00	16	65.39	6.07	19.84
% of Calories				6.30%		33.1%	14.6%	0.0%		67.6%		20.5%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 09/20/2021

Reimbursable Meal Total 1

	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)
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			165	0.00	148	30	0.00	0.00	5	34.00	0.00	8.00
% of Calories				0.00%		72.7%	0.0%	0.0%		82.4%		19.4%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 09/21/2021

Reimbursable Meal Total 1

	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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	1	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			435	3.00	380	52	11.00	0.00	5	74.50	2.00	12.00
% of Calories				6.21%		47.8%	22.8%	0.0%		68.5%		11.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 09/22/2021

Reimbursable Meal Total 1

	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)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	0	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	1	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000875 Orange Juice 4 oz (1/2c.F)	Each	1	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
001903 Applesauce, Mango peach	Each	0	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			370	1.50	235	38	6.00	0.00	10	68.00	2.00	14.00
% of Calories				3.65%		41.1%	14.6%	0.0%		73.5%		15.1%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 09/23/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	0	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
001741 Donut, Mini, Pwdr 6ct-pk	Pack	0	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	1	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001993 Tangerines	Each	0	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			667	2.03	451	*82	10.78	0.00	10	123.23	5.76	*20.01
% of Calories				2.74%		*49.2%	14.5%	0.0%		73.9%		*12.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Friday - 09/24/2021

Reimbursable Meal Total 1

	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)
001448 Croissant Sandwich w/ Ham (1.75M, 2WG)	Each	0	326	6.69	663	6	16.37	0.00	120	31.85	2.00	14.63
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	1	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	1	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			345	3.50	518	38	6.00	0.00	20	59.00	3.00	17.00
% of Calories				9.13%		44.1%	15.7%	0.0%		68.4%		19.7%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Monday - 09/27/2021

Reimbursable Meal Total 1

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	1	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	0	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	0	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000875 Orange Juice 4 oz (1/2c.F)	Each	1	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			392	2.71	504	31	6.28	0.00	16	65.39	6.07	20.84
% of Calories				6.22%		31.6%	14.4%	0.0%		66.7%		21.3%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 09/28/2021

Reimbursable Meal Total 1

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	1	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	0	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	0	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			515	2.00	518	60	5.00	0.00	5	110.00	6.00	12.00
% of Calories				3.50%		46.6%	8.7%	0.0%		85.4%		9.3%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 09/29/2021

Reimbursable Meal Total 1

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	0	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	1	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			465	6.00	460	53	11.00	0.00	10	84.50	3.00	13.00
% of Calories				11.61%		45.6%	21.3%	0.0%		72.7%		11.2%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 09/30/2021

Reimbursable Meal Total 1

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	0	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	0	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	1	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	0	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	0	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000518 Apple Juice	4 OZ	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000796 Fruit, Peaches diced CND	.5 cup	0	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			667	2.03	448	82	10.78	0.00	10	123.73	5.76	20.01
% of Calories				2.74%		49.2%	14.5%	0.0%		74.2%		12.0%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 10/01/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	0	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001738 Poptart 2-pk, Strawberry (2.25WG)	Each	0	350	2.00	370	30	5.00	0.00	0	76.00	6.00	4.00
001889 Breakfast, Cinnamon Roll IW	Each	0	300	6.00	310	22	11.00	0.00	5	51.00	3.00	5.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	0	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	0	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	1	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001903 Applesauce, Mango peach	Each	0	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			475	4.00	360	44	18.00	0.00	5	64.50	5.00	18.00
% of Calories				7.58%		37.1%	34.1%	0.0%		54.3%		15.2%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

			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)
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Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Weighted Averages			455	3	432	*50	8.87	0.00	12	80.20	3.92	*15.89
% of Calories				5.58%		*44.0%	17.5%	0.0%		70.5%		*14.0%

**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.