

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Menu Name: NSLP 9-12 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)
001496 Croissant (2WG)	Each	1	220	3.50	300	5	9.00	0.00	5	30.00	2.00	6.00
000115 Biscuit Buttermilk (2WG)	each	0	204	4.85	475	2	7.76	0.00	0	28.12	3.30	4.85
000735 Egg Patty USDA (1M)	Each	1	50	1.00	125	0	3.50	0.00	100	0.00	0.00	3.00
001549 Sausage Patty Turkey (1M)	Patty	1	60	0.99	169	0	2.98	0.00	30	0.99	0.00	5.97
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
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
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
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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

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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)
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
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			662	12.58	1306	37	27.63	0.00	170	69.04	2.00	38.14
% of Calories				17.10%		22.4%	37.6%	0.0%		41.7%		23.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
000926 Toast Bread (1WG)	Each	1	104	1.51	167	1	4.69	0.00	0	13.00	3.00	4.00
001662 Potato, Breakfast	1/2 Cup	1	145	1.80	276	2	8.06	0.00	0	19.52	2.42	1.21
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18

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)
001661 Turkey Ham diced O 6409 (.5ozM)	OZ	1	37	0.50	159	0	1.66	0.00	18	0.00	0.00	4.65
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
000495 Muffin Double Chocolate Chip	each	0	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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

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			702	12.89	1580	*36	32.56	0.00	244	72.07	5.42	*38.04
% of Calories				16.53%		*20.5%	41.7%	0.0%		41.1%		*21.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
001379 Waffle Sandwich (2.5M, 2WG)	Each	1	371	5.54	838	7	18.56	0.00	145	33.02	2.00	20.06
001043 Syrup, 1.5 oz	Each	1	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
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
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
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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

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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)
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
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			656	5.54	1015	60	18.56	0.00	150	97.02	2.00	28.06
% of Calories				7.60%		36.6%	25.5%	0.0%		59.2%		17.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
001655 Tortilla, 10" Flour WG Packed	Each	1	168	1.00	156	0	4.00	0.00	0	28.00	3.00	5.00
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
000917 Mozzarella Shredded (1M)	oz	1	86	3.25	193	1	5.59	0.20	18	2.28	0.00	6.70
002076 Beans, Refried seasoned 1/4c	1/4 Cups	1	90	0.00	332	0	1.00	0.00	0	15.00	5.00	5.00

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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)
002075 Potato, Hashbrown Rounds	2 Potato Rounds	1	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
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
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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
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

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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			699	6.25	1194	31	20.09	0.20	213	97.29	9.00	31.70
% of Calories				8.05%		17.7%	25.9%	0.3%		55.7%		18.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 09/08/2021

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)
001496 Croissant (2WG)	Each	1	220	3.50	300	5	9.00	0.00	5	30.00	2.00	6.00
000115 Biscuit Buttermilk (2WG)	each	0	204	4.85	475	2	7.76	0.00	0	28.12	3.30	4.85
000735 Egg Patty USDA (1M)	Each	1	50	1.00	125	0	3.50	0.00	100	0.00	0.00	3.00
001549 Sausage Patty Turkey (1M)	Patty	1	60	0.99	169	0	2.98	0.00	30	0.99	0.00	5.97
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
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
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
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
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
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)
001439 Cereal, Cocoa Puffs RS	Each	0	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
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
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			657	12.58	1311	38	27.63	0.00	170	68.54	2.00	37.14
% of Calories				17.23%		23.1%	37.8%	0.0%		41.7%		22.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Thursday - 09/09/2021

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)
000926 Toast Bread (1WG)	Each	1	104	1.51	167	1	4.69	0.00	0	13.00	3.00	4.00
001662 Potato, Breakfast	1/2 Cup	1	145	1.80	276	2	8.06	0.00	0	19.52	2.42	1.21
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
001661 Turkey Ham diced O 6409 (.5ozM)	OZ	1	37	0.50	159	0	1.66	0.00	18	0.00	0.00	4.65
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
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
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
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
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
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	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
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

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			702	12.89	1577	35	32.56	0.00	244	72.57	5.42	38.04
% of Calories				16.53%		19.9%	41.7%	0.0%		41.4%		21.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
001591 Breakfast Casserole & Toast	Each	1	288	4.08	607	1	14.00	0.00	131	30.74	4.70	11.24
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
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
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
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
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

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)
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
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			453	4.08	757	32	14.00	0.00	136	64.24	4.70	19.24
% of Calories				8.11%		28.3%	27.8%	0.0%		56.7%		17.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
000922 Dutch Waffle w/ Strawberries	each	1	340	3.00	352	17	13.00	0.00	20	53.30	5.00	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)
002075 Potato, Hashbrown Rounds	2 Potato Rounds	1	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
001043 Syrup, 1.5 oz	Each	1	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
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
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
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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
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

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)
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			725	3.00	634	70	16.50	0.00	25	133.30	6.00	13.00
% of Calories				3.72%		38.6%	20.5%	0.0%		73.5%		7.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
001655 Tortilla, 10" Flour WG Packed	Each	1	168	1.00	156	0	4.00	0.00	0	28.00	3.00	5.00
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
000917 Mozzarella Shredded (1M)	oz	1	86	3.25	193	1	5.59	0.20	18	2.28	0.00	6.70
002076 Beans, Refried seasoned 1/4c	1/4 Cups	1	90	0.00	332	0	1.00	0.00	0	15.00	5.00	5.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	1	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
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
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
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
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

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)
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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			699	6.25	1196	32	20.09	0.20	213	96.79	9.00	31.70
% of Calories				8.05%		18.3%	25.9%	0.3%		55.4%		18.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 09/15/2021

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)
001496 Croissant (2WG)	Each	1	220	3.50	300	5	9.00	0.00	5	30.00	2.00	6.00
000115 Biscuit Buttermilk (2WG)	each	0	204	4.85	475	2	7.76	0.00	0	28.12	3.30	4.85
000735 Egg Patty USDA (1M)	Each	1	50	1.00	125	0	3.50	0.00	100	0.00	0.00	3.00
001549 Sausage Patty Turkey (1M)	Patty	1	60	0.99	169	0	2.98	0.00	30	0.99	0.00	5.97
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
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
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
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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

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)
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			662	12.58	1306	37	27.63	0.00	170	69.04	2.00	38.14
% of Calories				17.10%		22.4%	37.6%	0.0%		41.7%		23.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Thursday - 09/16/2021

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)
000926 Toast Bread (1WG)	Each	1	104	1.51	167	1	4.69	0.00	0	13.00	3.00	4.00
001662 Potato, Breakfast	1/2 Cup	1	145	1.80	276	2	8.06	0.00	0	19.52	2.42	1.21
001661 Turkey Ham diced O 6409 (.5ozM)	OZ	1	37	0.50	159	0	1.66	0.00	18	0.00	0.00	4.65
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
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

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)
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	1	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			712	14.39	1605	33	35.06	0.00	254	68.07	5.42	41.04
% of Calories				18.19%		18.5%	44.3%	0.0%		38.2%		23.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

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)
001344 Pancakes with Sausage Patty (1M, 3WG)	Each	1	272	0.99	502	6	9.04	0.00	45	43.39	3.03	12.03
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	1	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
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
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
001281 Pan Dulce Concha (2WG)	EACH	0	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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			627	2.99	1015	37	18.54	0.00	240	95.39	4.03	27.03
% of Calories				4.29%		23.6%	26.6%	0.0%		60.9%		17.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Monday - 09/20/2021

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)
001344 Pancakes with Sausage Patty (1M, 3WG)	Each	10	272	0.99	502	6	9.04	0.00	45	43.39	3.03	12.03
001043 Syrup, 1.5 oz	Each	10	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
001499 Potato, Hashbrown	Each	10	98	0.67	200	0	4.88	0.00	0	12.86	1.33	0.89
990032 Turkey Sausage Biscuit Sandwich	Each	10	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	10	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000495 Muffin Double Chocolate Chip	each	10	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	20	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	10	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01

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)
001942 Cereal, Frosted Flakes	Each	2	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	2	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	2	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	2	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	30	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	2	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
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
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
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			262	3.05	371	14	8.57	0.00	27	39.02	3.06	8.87
% of Calories				10.48%		21.4%	29.4%	0.0%		59.6%		13.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 09/21/2021

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)
001655 Tortilla, 10" Flour WG Packed	Each	1	168	1.00	156	0	4.00	0.00	0	28.00	3.00	5.00
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
000917 Mozzarella Shredded (1M)	oz	1	86	3.25	193	1	5.59	0.20	18	2.28	0.00	6.70
002076 Beans, Refried seasoned 1/4c	1/4 Cups	1	90	0.00	332	0	1.00	0.00	0	15.00	5.00	5.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	1	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
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
000495 Muffin Double Chocolate Chip	each	0	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	1	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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

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)
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			879	7.25	1376	47	22.59	0.20	213	134.79	12.00	33.70
% of Calories				7.42%		21.4%	23.1%	0.2%		61.3%		15.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
001496 Croissant (2WG)	Each	1	220	3.50	300	5	9.00	0.00	5	30.00	2.00	6.00
000115 Biscuit Buttermilk (2WG)	each	0	204	4.85	475	2	7.76	0.00	0	28.12	3.30	4.85
000735 Egg Patty USDA (1M)	Each	1	50	1.00	125	0	3.50	0.00	100	0.00	0.00	3.00
001549 Sausage Patty Turkey (1M)	Patty	1	60	0.99	169	0	2.98	0.00	30	0.99	0.00	5.97
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
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
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
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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			662	12.58	1306	37	27.63	0.00	170	69.04	2.00	38.14
% of Calories				17.10%		22.4%	37.6%	0.0%		41.7%		23.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Thursday - 09/23/2021

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)
000926 Toast Bread (1WG)	Each	1	104	1.51	167	1	4.69	0.00	0	13.00	3.00	4.00
001662 Potato, Breakfast	1/2 Cup	1	145	1.80	276	2	8.06	0.00	0	19.52	2.42	1.21
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
001661 Turkey Ham diced O 6409 (.5ozM)	OZ	1	37	0.50	159	0	1.66	0.00	18	0.00	0.00	4.65
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
000495 Muffin Double Chocolate Chip	each	0	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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

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)
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			702	12.89	1580	*36	32.56	0.00	244	72.07	5.42	*38.04
% of Calories				16.53%		*20.5%	41.7%	0.0%		41.1%		*21.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

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)
001379 Waffle Sandwich (2.5M, 2WG)	Each	1	371	5.54	838	7	18.56	0.00	145	33.02	2.00	20.06
001043 Syrup, 1.5 oz	Each	1	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
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
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
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

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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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			656	5.54	1015	60	18.56	0.00	150	97.02	2.00	28.06
% of Calories				7.60%		36.6%	25.5%	0.0%		59.2%		17.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Monday - 09/27/2021

Reimbursable Meal Total 100

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)
000922 Dutch Waffle w/ Strawberries	each	20	340	3.00	352	17	13.00	0.00	20	53.30	5.00	4.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	20	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
001043 Syrup, 1.5 oz	Each	20	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	10	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
990032 Turkey Sausage Biscuit Sandwich	Each	10	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001281 Pan Dulce Concha (2WG)	EACH	10	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	20	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	10	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001942 Cereal, Frosted Flakes	Each	2	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	3	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	2	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	3	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	10	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000399 Peanut Butter & Jelly Bar Conv	Each	10	310	4.00	210	13	18.00	0.00	0	31.00	5.00	10.00
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000068 Banana	EACH	50	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000437 Peaches sliced	.5 CUP	50	69	0.00	10	13	0.00	0.00	0	16.73	0.98	0.98
000763 Milk, Nonfat Chocolate Carton	Carton	75	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	25	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	30	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			576	3.48	542	62	11.13	0.00	29	105.18	6.08	17.73
% of Calories				5.44%		43.1%	17.4%	0.0%		73.0%		12.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
001655 Tortilla, 10" Flour WG Packed	Each	1	168	1.00	156	0	4.00	0.00	0	28.00	3.00	5.00
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
000917 Mozzarella Shredded (1M)	oz	1	86	3.25	193	1	5.59	0.20	18	2.28	0.00	6.70
002076 Beans, Refried seasoned 1/4c	1/4 Cups	1	90	0.00	332	0	1.00	0.00	0	15.00	5.00	5.00
002075 Potato, Hashbrown Rounds	2 Potato Rounds	1	100	0.00	105	0	3.50	0.00	0	16.00	1.00	1.00
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
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
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

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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
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
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
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			699	6.25	1194	31	20.09	0.20	213	97.29	9.00	31.70
% of Calories				8.05%		17.7%	25.9%	0.3%		55.7%		18.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 09/29/2021

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)
001496 Croissant (2WG)	Each	1	220	3.50	300	5	9.00	0.00	5	30.00	2.00	6.00
000115 Biscuit Buttermilk (2WG)	each	0	204	4.85	475	2	7.76	0.00	0	28.12	3.30	4.85
000735 Egg Patty USDA (1M)	Each	1	50	1.00	125	0	3.50	0.00	100	0.00	0.00	3.00
001549 Sausage Patty Turkey (1M)	Patty	1	60	0.99	169	0	2.98	0.00	30	0.99	0.00	5.97
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
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
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
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44

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)
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
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			657	12.58	1311	38	27.63	0.00	170	68.54	2.00	37.14
% of Calories				17.23%		23.1%	37.8%	0.0%		41.7%		22.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
000926 Toast Bread (1WG)	Each	1	104	1.51	167	1	4.69	0.00	0	13.00	3.00	4.00
001662 Potato, Breakfast	1/2 Cup	1	145	1.80	276	2	8.06	0.00	0	19.52	2.42	1.21
001657 Scrambled Eggs (precooked)	1/4 Cup	1	90	2.00	260	0	6.00	0.00	190	2.00	0.00	6.00
001661 Turkey Ham diced O 6409 (.5ozM)	OZ	1	37	0.50	159	0	1.66	0.00	18	0.00	0.00	4.65
002143 Cheese Cheddar Reduced Fat (2M)	2 oz. Serv.	1	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
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

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)
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
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
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
001739 Cereal, Froot loops, Bowl	Each	0	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	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
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			702	12.89	1577	35	32.56	0.00	244	72.57	5.42	38.04
% of Calories				16.53%		19.9%	41.7%	0.0%		41.4%		21.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Friday - 10/01/2021

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)
001591 Breakfast Casserole & Toast	Each	1	288	4.08	607	1	14.00	0.00	131	30.74	4.70	11.24
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
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
000539 Honey Wheat Donut (2WG)	EACH	0	240	2.50	300	19	8.00	0.00	0	38.00	2.00	7.00
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
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
001438 Cereal, Lucky Charms	Each	0	110	0.00	180	10	1.00	0.00	0	23.00	2.00	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
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
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			453	4.08	757	32	14.00	0.00	136	64.24	4.70	19.24
% of Calories				8.11%		28.3%	27.8%	0.0%		56.7%		17.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)
Weighted Averages			646	8	1160	*40	23.01	0.04	174	82.87	4.94	*30.54
% of Calories				11.81%		*24.8%	32.1%	0.1%		51.3%		*18.9%

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.