

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Menu Name: Childcare Breakfast 21-22

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 09/01/2021

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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	100	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			439	2.30	252	*38	7.67	0.00	15	65.50	5.50	15.96
% of Calories				4.72%		*34.6%	15.7%	0.0%		59.7%		14.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 09/02/2021

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)
001942 Cereal, Frosted Flakes	Each	100	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	100	70	0.00	0	14	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			420	4.25	530	50	7.25	0.00	25	74.00	4.00	18.50
% of Calories				9.11%		47.6%	15.5%	0.0%		70.5%		17.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 09/03/2021

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)
990032 Turkey Sausage Biscuit Sandwich	Each	100	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	100	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	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	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			582	9.56	1090	44	19.31	0.00	152	76.16	4.11	27.55
% of Calories				14.78%		30.2%	29.9%	0.0%		52.3%		18.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 09/06/2021

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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	100	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001891 DOD, Apple	Each	100	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			449	3.75	380	50	12.25	0.00	10	75.00	4.00	13.50
% of Calories				7.52%		44.5%	24.6%	0.0%		66.8%		12.0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 09/07/2021

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)
001439 Cereal, Cocoa Puffs RS	Each	100	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	100	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			347	4.25	468	32	9.25	0.00	25	54.78	4.33	18.94
% of Calories				11.02%		36.9%	24.0%	0.0%		63.1%		21.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Wednesday - 09/08/2021

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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	100	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			439	2.30	252	*38	7.67	0.00	15	65.50	5.50	15.96
% of Calories				4.72%		*34.6%	15.7%	0.0%		59.7%		14.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 09/09/2021

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)
001942 Cereal, Frosted Flakes	Each	100	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	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)
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	100	70	0.00	0	14	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			420	4.25	530	50	7.25	0.00	25	74.00	4.00	18.50
% of Calories				9.11%		47.6%	15.5%	0.0%		70.5%		17.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 09/10/2021

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)
990032 Turkey Sausage Biscuit Sandwich	Each	100	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	100	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			582	9.56	1090	44	19.31	0.00	152	76.16	4.11	27.55
% of Calories				14.78%		30.2%	29.9%	0.0%		52.3%		18.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 09/13/2021

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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	100	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001891 DOD, Apple	Each	100	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			449	3.75	380	50	12.25	0.00	10	75.00	4.00	13.50
% of Calories				7.52%		44.5%	24.6%	0.0%		66.8%		12.0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 09/14/2021

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)
001439 Cereal, Cocoa Puffs RS	Each	100	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	100	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			347	4.25	468	32	9.25	0.00	25	54.78	4.33	18.94
% of Calories				11.02%		36.9%	24.0%	0.0%		63.1%		21.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Wednesday - 09/15/2021

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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	100	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			439	2.30	252	*38	7.67	0.00	15	65.50	5.50	15.96
% of Calories				4.72%		*34.6%	15.7%	0.0%		59.7%		14.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 09/16/2021

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)
001942 Cereal, Frosted Flakes	Each	100	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	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)
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	100	70	0.00	0	14	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			420	4.25	530	50	7.25	0.00	25	74.00	4.00	18.50
% of Calories				9.11%		47.6%	15.5%	0.0%		70.5%		17.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 09/17/2021

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)
990032 Turkey Sausage Biscuit Sandwich	Each	100	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	100	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			582	9.56	1090	44	19.31	0.00	152	76.16	4.11	27.55
% of Calories				14.78%		30.2%	29.9%	0.0%		52.3%		18.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	100	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001891 DOD, Apple	Each	100	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			449	3.75	380	50	12.25	0.00	10	75.00	4.00	13.50
% of Calories				7.52%		44.5%	24.6%	0.0%		66.8%		12.0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 09/21/2021

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)
001439 Cereal, Cocoa Puffs RS	Each	100	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	100	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			347	4.25	468	32	9.25	0.00	25	54.78	4.33	18.94
% of Calories				11.02%		36.9%	24.0%	0.0%		63.1%		21.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Wednesday - 09/22/2021

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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	100	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			439	2.30	252	*38	7.67	0.00	15	65.50	5.50	15.96
% of Calories				4.72%		*34.6%	15.7%	0.0%		59.7%		14.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 09/23/2021

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)
001942 Cereal, Frosted Flakes	Each	100	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	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)
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	100	70	0.00	0	14	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			420	4.25	530	50	7.25	0.00	25	74.00	4.00	18.50
% of Calories				9.11%		47.6%	15.5%	0.0%		70.5%		17.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 09/24/2021

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)
990032 Turkey Sausage Biscuit Sandwich	Each	100	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	100	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			582	9.56	1090	44	19.31	0.00	152	76.16	4.11	27.55
% of Calories				14.78%		30.2%	29.9%	0.0%		52.3%		18.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 09/27/2021

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)
001741 Donut, Mini, Pwdr 6ct-pk	Pack	100	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
001891 DOD, Apple	Each	100	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			449	3.75	380	50	12.25	0.00	10	75.00	4.00	13.50
% of Calories				7.52%		44.5%	24.6%	0.0%		66.8%		12.0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 09/28/2021

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)
001439 Cereal, Cocoa Puffs RS	Each	100	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001611 Strawberry/blueberry Frzn	1/2 Cup	100	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			347	4.25	468	32	9.25	0.00	25	54.78	4.33	18.94
% of Calories				11.02%		36.9%	24.0%	0.0%		63.1%		21.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Wednesday - 09/29/2021

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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001885 DOD, Orange 113ct (1/2c.F)	Orange	100	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			439	2.30	252	*38	7.67	0.00	15	65.50	5.50	15.96
% of Calories				4.72%		*34.6%	15.7%	0.0%		59.7%		14.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 09/30/2021

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)
001942 Cereal, Frosted Flakes	Each	100	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
002080 Cheese, String Cheese 1 oz-Bon	each	100	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)
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	100	70	0.00	0	14	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			420	4.25	530	50	7.25	0.00	25	74.00	4.00	18.50
% of Calories				9.11%		47.6%	15.5%	0.0%		70.5%		17.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 10/01/2021

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)
990032 Turkey Sausage Biscuit Sandwich	Each	100	360	8.77	926	3	17.52	0.00	142	31.01	3.41	17.51
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	100	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	50	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			582	9.56	1090	44	19.31	0.00	152	76.16	4.11	27.55
% of Calories				14.78%		30.2%	29.9%	0.0%		52.3%		18.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=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			452	5	554	*43	11.18	0.00	48	69.45	4.41	19.12
% of Calories				9.74%		*38.1%	22.3%	0.0%		61.5%		16.9%

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.