

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

**Menu Name:** NSLP K-6 Breakfast Menu 21-22

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Friday - 10/01/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990045 Donut holes, 72/2.75z,Bake Crafter, 1717, 2WG	package	50	250	4.50	190	13	10.00	0.00	0	37.00	3.00	5.00
001796 Cereal, Chex Cinnamon	Each	5	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	5	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	5	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	5	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	10	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	50	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	50	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	50	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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			372	4.03	404	37	8.53	0.00	12	61.04	3.70	15.42
% of Calories				9.75%		39.8%	20.6%	0.0%		65.6%		16.6%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Monday - 10/04/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990065 Sandwich, PBJ,grape,40/2.8oz,Classi cDelight,832-40	each	45	310	3.00	320	12	17.00	0.00	0	33.00	4.00	10.00
990066 Sandwich, PBJ,straw,40/2.8oz,Classic Delight,832-40	each	45	310	3.00	320	12	17.00	0.00	0	33.00	4.00	10.00
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	10	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001993 Tangerines	Each	50	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000518 Apple Juice	4 OZ	50	55	0.00	12	12	0.00	0.00	0	14.00	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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			498	3.32	457	*36	18.39	0.00	5	68.26	5.50	*18.80
% of Calories				6.00%		*28.9%	33.2%	0.0%		54.8%		*15.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Tuesday - 10/05/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990077 Omelet, Sge Chs, Tortilla, 3.2oz, SunnyFresh,40254	Omelet	75	180	4.00	480	1	10.00	0.00	175	13.00	1.00	10.00
990030 Salsa, Low-sodium, Canned, USDA (1/4c.)	1/4 cup	75	20	0.00	70	2	0.00	0.00	0	4.00	2.00	0.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	25	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000795 Fruit, Pineapple CND	1/2 Cup	100	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000875 Orange Juice 4 oz (1/2c.F)	Each	100	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			448	3.76	604	52	10.40	0.00	136	72.08	3.75	17.95
% of Calories				7.55%		46.4%	20.9%	0.0%		64.4%		16.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Wednesday - 10/06/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	50	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	5	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	10	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001796 Cereal, Chex Cinnamon	Each	5	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	5	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001440 Cereal, Cheerios	Each	5	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000068 Banana	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00

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## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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			473	4.14	506	53	8.08	0.00	20	87.02	5.20	18.10
% of Calories				7.88%		44.8%	15.4%	0.0%		73.6%		15.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Thursday - 10/07/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990046 Cinn roll,72/3.5z,Bake Crafter,1263,2.25WG	roll	25	300	1.50	230	23	7.00	0.00	10	54.00	4.00	6.00
000731 Los Cabos Bean/Cheese Burrito	1 each	75	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			470	2.43	466	48	6.63	0.00	16	87.19	9.30	18.82
% of Calories				4.65%		40.9%	12.7%	0.0%		74.2%		16.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Friday - 10/08/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990049 Boli, Strawberry, 3.24oz, Tasty, 53205 (2WG)	each (3.24oz)	75	240	2.50	270	14	4.99	0.00	0	40.93	0.00	4.99
001542 French Toast Sticks (2.25WG )	Serving	25	260	1.00	290	14	8.00	0.00	10	42.00	2.00	6.00
000796 Fruit, Peaches diced CND	.5 cup	100	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			475	2.12	420	56	5.74	0.00	8	90.43	1.50	14.24
% of Calories				4.02%		47.2%	10.9%	0.0%		76.2%		12.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Monday - 10/11/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990080 T. Ham, Egg, Cheese on Biscuit-21/22	sandwich	50	328	8.14	835	3	16.11	0.00	122	29.91	3.30	14.76
002110 Bread, WG Blueberry Muffin Bat	each	50	333	1.20	213	29	11.00	0.00	29	56.20	3.30	4.50
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
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			560	4.67	659	60	13.56	0.00	81	92.31	4.30	17.63
% of Calories				7.51%		42.9%	21.8%	0.0%		65.9%		12.6%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

## Tuesday - 10/12/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001281 Pan Dulce Concha (2WG)	EACH	50	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001796 Cereal, Chex Cinnamon	Each	5	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	5	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	5	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001942 Cereal, Frosted Flakes	Each	5	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	10	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
001438 Cereal, Lucky Charms	Each	10	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	50	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000068 Banana	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000875 Orange Juice 4 oz (1/2c.F)	Each	100	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00



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## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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			448	2.64	358	49	6.86	0.00	15	84.52	4.70	17.10
% of Calories				5.30%		43.8%	13.8%	0.0%		75.5%		15.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Wednesday - 10/13/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001634 Sandwich, Beef Sausage Biscuit (1M, 1.75WG)	Each	25	220	4.50	530	3	10.00	0.00	20	26.00	2.00	9.00
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	75	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
001366 Orange, Wedges	1/2 Cup	100	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

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## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			424	3.17	539	40	7.32	0.00	19	72.37	7.21	19.98
% of Calories				6.73%		37.7%	15.5%	0.0%		68.3%		18.8%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Thursday - 10/14/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990082 Breakfast Plate-21/22	serving	50	253	5.21	401	2	15.23	*0.00	268	15.13	3.00	16.80
001548 Muffin, Banana, Purchased (2WG)	Muffin	50	230	1.00	200	16	7.00	0.00	20	39.00	2.00	4.00
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			470	3.13	437	50	11.28	*0.00	149	77.71	6.24	18.84
% of Calories				5.99%		42.6%	21.6%	*0.0%		66.1%		16.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Friday - 10/15/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001453 Pillsbury Mini Maple Pancakes (bag) (2WG)	Each	50	212	0.50	273	11	6.06	0.00	0	38.37	2.02	4.04
001436 Cereal, Rice Krispies	Each	5	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001438 Cereal, Lucky Charms	Each	5	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001796 Cereal, Chex Cinnamon	Each	5	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001440 Cereal, Cheerios	Each	5	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	10	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	50	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000796 Fruit, Peaches diced CND	.5 cup	100	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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			429	2.03	463	52	6.50	0.00	12	80.17	3.13	15.52
% of Calories				4.26%		48.5%	13.6%	0.0%		74.8%		14.5%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Monday - 10/18/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000495 Muffin Double Chocolate Chip	each	25	280	2.00	250	19	10.00	0.00	25	44.00	2.00	5.00
001450 Waffle Stix (3 stix) (1.5WG)	3 each	75	170	1.00	250	6	5.00	0.00	20	28.00	4.00	4.00
001043 Syrup, 1.5 oz	Each	50	120	0.00	30	22	0.00	0.00	0	30.00	0.00	0.00
000875 Orange Juice 4 oz (1/2c.F)	Each	100	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	25	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
<b>Weighted Daily Average</b>			<b>491</b>	<b>1.28</b>	<b>399</b>	<b>61</b>	<b>6.42</b>	<b>0.00</b>	<b>26</b>	<b>97.64</b>	<b>7.24</b>	<b>13.68</b>
<b>% of Calories</b>				<b>2.35%</b>		<b>49.7%</b>	<b>11.8%</b>	<b>0.0%</b>		<b>79.5%</b>		<b>11.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>350 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>					

## Tuesday - 10/19/2021

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001281 Pan Dulce Concha (2WG)	EACH	75	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
001378 Chilaquiles Homemade (1WG, 1.25M)	Each	25	297	10.59	355	2	18.39	0.00	38	20.49	2.02	11.66
000064 Fruit, Apple, Fresh	EACH	100	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			448	3.77	296	48	9.10	0.00	18	78.37	4.01	14.66
% of Calories				7.57%		42.9%	18.3%	0.0%		70.0%		13.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Wednesday - 10/20/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001452 Mini French Toast (2WG)	Each	75	220	1.00	200	11	6.99	0.00	0	36.92	2.00	3.99
000969 Oatmeal with Toast	each	25	289	2.01	174	11	7.69	0.00	0	48.99	7.00	9.00
000068 Banana	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000827 Juice, apple 4 oz	container (4oz)	100	55	0.00	12	12	0.00	0.00	0	14.00	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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			487	1.36	329	53	7.50	0.00	5	95.26	5.87	14.34
% of Calories				2.51%		43.5%	13.9%	0.0%		78.2%		11.8%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Thursday - 10/21/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990078 Honey bun, IW, 60/3.2oz, Bake Crafter, 1998, 2WG	each	50	350	10.00	270	17	19.00	0.00	0	40.00	2.00	4.00
000929 Parfait Strawberry, Small (1M, 1WG, 1/2c.F)	parfait	50	273	1.02	150	30	5.39	0.00	2	50.66	4.22	6.45
000795 Fruit, Pineapple CND	1/2 Cup	100	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
001284 Orange juice	4 oz	100	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			542	5.52	344	68	12.34	0.00	6	94.41	4.11	14.68
% of Calories				9.17%		50.2%	20.5%	0.0%		69.7%		10.8%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Friday - 10/22/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990045 Donut holes, 72/2.75z, Bake Crafter, 1717, 2WG	package	50	250	4.50	190	13	10.00	0.00	0	37.00	3.00	5.00
001796 Cereal, Chex Cinnamon	Each	5	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	5	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	5	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	5	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	10	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	50	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	50	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	50	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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			372	4.03	404	37	8.53	0.00	12	61.04	3.70	15.42
% of Calories				9.75%		39.8%	20.6%	0.0%		65.6%		16.6%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Monday - 10/25/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990065 Sandwich, PBJ,grape,40/2.8oz,ClassicDelight,832-40	each	45	310	3.00	320	12	17.00	0.00	0	33.00	4.00	10.00
990066 Sandwich, PBJ,straw,40/2.8oz,ClassicDelight,832-40	each	45	310	3.00	320	12	17.00	0.00	0	33.00	4.00	10.00
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	10	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001993 Tangerines	Each	50	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000518 Apple Juice	4 OZ	50	55	0.00	12	12	0.00	0.00	0	14.00	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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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			498	3.32	457	*36	18.39	0.00	5	68.26	5.50	*18.80
% of Calories				6.00%		*28.9%	33.2%	0.0%		54.8%		*15.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

## Tuesday - 10/26/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990077 Omelet, Sge Chs, Tortilla, 3.2oz, SunnyFresh,40254	Omelet	75	180	4.00	480	1	10.00	0.00	175	13.00	1.00	10.00
990030 Salsa, Low-sodium, Canned, USDA (1/4c.)	1/4 cup	75	20	0.00	70	2	0.00	0.00	0	4.00	2.00	0.00
001741 Donut, Mini, Pwdr 6ct-pk	Pack	25	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00
000795 Fruit, Pineapple CND	1/2 Cup	100	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000875 Orange Juice 4 oz (1/2c.F)	Each	100	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			448	3.76	604	52	10.40	0.00	136	72.08	3.75	17.95
% of Calories				7.55%		46.4%	20.9%	0.0%		64.4%		16.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Wednesday - 10/27/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	50	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
001739 Cereal, Froot loops, Bowl	Each	5	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	10	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001438 Cereal, Lucky Charms	Each	10	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001796 Cereal, Chex Cinnamon	Each	5	110	0.00	170	7	2.00	0.00	0	23.00	0.50	1.00
001436 Cereal, Rice Krispies	Each	5	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001440 Cereal, Cheerios	Each	5	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
000068 Banana	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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			473	4.14	506	53	8.08	0.00	20	87.02	5.20	18.10
% of Calories				7.88%		44.8%	15.4%	0.0%		73.6%		15.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

Thursday - 10/28/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990046 Cinn roll,72/3.5z,Bake Crafter,1263,2.25WG	roll	25	300	1.50	230	23	7.00	0.00	10	54.00	4.00	6.00
000731 Los Cabos Bean/Cheese Burrito	1 each	75	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	25	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
<b>Weighted Daily Average</b>			<b>470</b>	<b>2.43</b>	<b>466</b>	<b>48</b>	<b>6.63</b>	<b>0.00</b>	<b>16</b>	<b>87.19</b>	<b>9.30</b>	<b>18.82</b>
% of Calories				4.65%		40.9%	12.7%	0.0%		74.2%		16.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

### Friday - 10/29/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990049 Boli, Strawberry, 3.24oz, Tasty, 53205 (2WG)	each (3.24oz)	75	240	2.50	270	14	4.99	0.00	0	40.93	0.00	4.99
001542 French Toast Sticks (2.25WG )	Serving	25	260	1.00	290	14	8.00	0.00	10	42.00	2.00	6.00
000796 Fruit, Peaches diced CND	.5 cup	100	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000518 Apple Juice	4 OZ	100	55	0.00	12	12	0.00	0.00	0	14.00	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
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			475	2.12	420	56	5.74	0.00	8	90.43	1.50	14.24
% of Calories				4.02%		47.2%	10.9%	0.0%		76.2%		12.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0					

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			465	3	454	*50	9.35	*0.00	35	81.18	4.99	*16.81
% of Calories				6.19%		*43.0%	18.1%	*0.0%		69.8%		*14.5%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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