

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

**Menu Name:** Saul Martinez BIC 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)
002134 Waffle, WG Belgium (2.4 oz)	waffle	100	190	1.00	280	7	6.00	0.00	20	32.00	4.00	4.00
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
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			392	1.01	418	45	6.11	0.00	25	74.32	6.16	12.85
% of Calories				2.32%		45.9%	14.0%	0.0%		75.8%		13.1%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

### Monday - 10/04/2021

**Reimbursable Meal Total 100**

# 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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			434	1.53	224	49	6.17	0.00	10	84.64	5.74	14.44
% of Calories				3.17%		45.2%	12.8%	0.0%		78.0%		13.3%
Weekly Nutrient Guideline			400 - 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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
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

# 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			404	1.00	320	57	2.50	0.00	5	85.75	5.00	10.00
% of Calories				2.23%		56.4%	5.6%	0.0%		84.9%		9.9%
Weekly Nutrient Guideline			400 - 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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	100	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
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			472	2.82	495	43	6.61	0.00	16	86.71	8.70	20.94
% of Calories				5.38%		36.4%	12.6%	0.0%		73.5%		17.7%
Weekly Nutrient Guideline			400 - 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)
001452 Mini French Toast (2WG)	Each	100	220	1.00	200	11	6.99	0.00	0	36.92	2.00	3.99
001852 DOD, Apple, Slices 2oz	Bag	100	29	0.00	0	8	0.00	0.00	0	8.00	1.82	0.00
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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			414	1.00	332	48	6.99	0.00	5	77.17	3.82	12.99
% of Calories				2.17%		46.4%	15.2%	0.0%		74.6%		12.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

# Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

## 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)
002134 Waffle, WG Belgium (2.4 oz)	waffle	100	190	1.00	280	7	6.00	0.00	20	32.00	4.00	4.00
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
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			392	1.01	418	45	6.11	0.00	25	74.32	6.16	12.85
% of Calories				2.32%		45.9%	14.0%	0.0%		75.8%		13.1%
Weekly Nutrient Guideline			400 - 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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44

# 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)
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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			434	1.53	224	49	6.17	0.00	10	84.64	5.74	14.44
% of Calories				3.17%		45.2%	12.8%	0.0%		78.0%		13.3%
Weekly Nutrient Guideline			400 - 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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
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

# 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			404	1.00	320	57	2.50	0.00	5	85.75	5.00	10.00
% of Calories				2.23%		56.4%	5.6%	0.0%		84.9%		9.9%
Weekly Nutrient Guideline			400 - 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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	100	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
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			472	2.82	495	43	6.61	0.00	16	86.71	8.70	20.94
% of Calories				5.38%		36.4%	12.6%	0.0%		73.5%		17.7%
Weekly Nutrient Guideline			400 - 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)
001452 Mini French Toast (2WG)	Each	100	220	1.00	200	11	6.99	0.00	0	36.92	2.00	3.99
001852 DOD, Apple, Slices 2oz	Bag	100	29	0.00	0	8	0.00	0.00	0	8.00	1.82	0.00
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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			414	1.00	332	48	6.99	0.00	5	77.17	3.82	12.99
% of Calories				2.17%		46.4%	15.2%	0.0%		74.6%		12.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

### 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)
002134 Waffle, WG Belgium (2.4 oz)	waffle	100	190	1.00	280	7	6.00	0.00	20	32.00	4.00	4.00
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
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			392	1.01	418	45	6.11	0.00	25	74.32	6.16	12.85
% of Calories				2.32%		45.9%	14.0%	0.0%		75.8%		13.1%
Weekly Nutrient Guideline			400 - 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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44

# 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)
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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			434	1.53	224	49	6.17	0.00	10	84.64	5.74	14.44
% of Calories				3.17%		45.2%	12.8%	0.0%		78.0%		13.3%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

### 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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
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

# 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			404	1.00	320	57	2.50	0.00	5	85.75	5.00	10.00
% of Calories				2.23%		56.4%	5.6%	0.0%		84.9%		9.9%
Weekly Nutrient Guideline			400 - 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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	100	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
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			472	2.82	495	43	6.61	0.00	16	86.71	8.70	20.94
% of Calories				5.38%		36.4%	12.6%	0.0%		73.5%		17.7%
Weekly Nutrient Guideline			400 - 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)
001452 Mini French Toast (2WG)	Each	100	220	1.00	200	11	6.99	0.00	0	36.92	2.00	3.99
001852 DOD, Apple, Slices 2oz	Bag	100	29	0.00	0	8	0.00	0.00	0	8.00	1.82	0.00
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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			414	1.00	332	48	6.99	0.00	5	77.17	3.82	12.99
% of Calories				2.17%		46.4%	15.2%	0.0%		74.6%		12.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

### 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)
002134 Waffle, WG Belgium (2.4 oz)	waffle	100	190	1.00	280	7	6.00	0.00	20	32.00	4.00	4.00
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
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			392	1.01	418	45	6.11	0.00	25	74.32	6.16	12.85
% of Calories				2.32%		45.9%	14.0%	0.0%		75.8%		13.1%
Weekly Nutrient Guideline			400 - 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)
001281 Pan Dulce Concha (2WG)	EACH	100	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44

# 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)
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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			434	1.53	224	49	6.17	0.00	10	84.64	5.74	14.44
% of Calories				3.17%		45.2%	12.8%	0.0%		78.0%		13.3%
Weekly Nutrient Guideline			400 - 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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
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

# 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			404	1.00	320	57	2.50	0.00	5	85.75	5.00	10.00
% of Calories				2.23%		56.4%	5.6%	0.0%		84.9%		9.9%
Weekly Nutrient Guideline			400 - 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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	100	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
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			472	2.82	495	43	6.61	0.00	16	86.71	8.70	20.94
% of Calories				5.38%		36.4%	12.6%	0.0%		73.5%		17.7%
Weekly Nutrient Guideline			400 - 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)
001452 Mini French Toast (2WG)	Each	100	220	1.00	200	11	6.99	0.00	0	36.92	2.00	3.99
001852 DOD, Apple, Slices 2oz	Bag	100	29	0.00	0	8	0.00	0.00	0	8.00	1.82	0.00
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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			414	1.00	332	48	6.99	0.00	5	77.17	3.82	12.99
% of Calories				2.17%		46.4%	15.2%	0.0%		74.6%		12.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					



# Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

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)
002134 Waffle, WG Belgium (2.4 oz)	waffle	100	190	1.00	280	7	6.00	0.00	20	32.00	4.00	4.00
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
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			392	1.01	418	45	6.11	0.00	25	74.32	6.16	12.85
% of Calories				2.32%		45.9%	14.0%	0.0%		75.8%		13.1%
Weekly Nutrient Guideline			400 - 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			422	1	361	48	5.70	0.00	13	81.37	5.90	14.18
% of Calories				3.09%		45.5%	12.2%	0.0%		77.1%		13.4%

# Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

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*\*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.*