

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

**Menu Name:** Saul Martinez BIC 21-22

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 09/06/2021

**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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 - 09/07/2021

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 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) |
|-------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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      |
| 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 - 09/08/2021

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) |
|----------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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      |

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 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                |              |           | 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 - 09/09/2021

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      |

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 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    |              |           | 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       |                         |             |          |           |           |

### Friday - 09/10/2021

### 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       |                         |             |          |           |           |

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

|                   |  |  | Cals <sup>1</sup><br>(kcal) | S-Fat <sup>1</sup><br>(g) | Sodm <sup>1</sup><br>(mg) | Sugars<br>(g) | T-Fat<br>(g) | Tr-Fat <sup>2</sup><br>(g) | Cholst<br>(mg) | Carb<br>(g) | Fiber<br>(g) | Protn<br>(g) |
|-------------------|--|--|-----------------------------|---------------------------|---------------------------|---------------|--------------|----------------------------|----------------|-------------|--------------|--------------|
| Weighted Averages |  |  | 423                         | 1                         | 358                       | 48            | 5.68         | 0.00                       | 12             | 81.72       | 5.88         | 14.24        |
| % of Calories     |  |  |                             | 3.13%                     |                           | 45.4%         | 12.1%        | 0.0%                       |                | 77.3%       |              | 13.5%        |

| Nutrient      | Menu Average | % of Cals | Weekly Target | % of Target | Shortfall | Overage | Missing Data | Error Messages (if any) |
|---------------|--------------|-----------|---------------|-------------|-----------|---------|--------------|-------------------------|
| Calories      | 423          |           | 400-500       | 100%        |           |         |              |                         |
| Saturated Fat | 1.47 g       | 3.13%     | <10.000%      |             |           |         |              |                         |
| Sodium        | 358 mg       |           | 540.000       | 66%         |           |         |              |                         |
| Sugars        | 48 g         | 45.4%     |               |             |           |         |              |                         |
| Total Fat     | 5.68 g       | 12.1%     |               |             |           |         |              |                         |
| Trans Fat     | 0.00 g       | 0.0%      |               |             |           |         |              |                         |
| Cholesterol   | 12 mg        |           |               |             |           |         |              |                         |
| Carbohydrate  | 81.72 g      | 77.3%     |               |             |           |         |              |                         |
| Fiber         | 5.88 g       |           |               |             |           |         |              |                         |
| Protein       | 14.24 g      | 13.5%     |               |             |           |         |              |                         |

\*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.