

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Menu Name: CASCO BAY BREAKFAST

Include Cost: No

Site:

Report Style: Detailed

Thursday - 12/01/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000875 Yogurt Danimals Vanilla	EACH	1	60	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	0	150.0	0.00	0.00
000648 CRACKERS, GRAHAM SCOOBY	each	1	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	500	100.0	0.00	0.72
000090 PEARS, FRESH 100 ct	1 EACH	1	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	3	12.2	5.85	0.24
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			366	2.38	311	42	5.94	0.00	14	66.72	5.22	14.49	1003	562.2	8.25	0.96
% of Calories				5.85%		45.9%	14.6%	0.0%		72.9%		15.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Friday - 12/02/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000721 WAFFLE Pillsbury IW	2.5 OZ each	1	202	1.01	172	13	5.06	0.00	0	37.46	3.04	4.05	0	0.0	0.00	0.00
000064 APPLES, FRESH 125 ct	EACH	1	75	0.04	1	0	0.12	0.00	0	20.05	3.48	0.38	78	8.7	6.68	0.17

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			386	2.40	299	25	7.44	0.00	10	70.51	6.52	12.43	578	308.7	9.08	0.17
% of Calories				5.60%		25.9%	17.3%	0.0%		73.1%		12.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Monday - 12/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001195 Bread Blueberry Slice	each	1	270	1.50	250	24	8.00	0.00	0	46.00	2.00	5.00	100	100.0	0.00	1.44
001610 Fruit Cup - Diced Peaches	Cup	1	60	0.00	5	13	0.00	0.00	0	15.00	1.00	0.00	0	6.0	0.00	0.10
001785 Craisins Strawberry	each	1	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			548	2.85	380	73	10.25	0.00	10	101.00	5.00	13.00	600	406.0	2.40	1.54
% of Calories				4.68%		53.3%	16.8%	0.0%		73.7%		9.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Tuesday - 12/06/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001188 Nutri-Grain Strawberry Bar	each	1	150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00	0	140.0	*N/A*	1.80

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900155 string cheese	EACH	1	61	2.02	202	1	3.04	0.00	10	1.01	0.00	7.09	101	200.5	0.00	0.00
001785 Craisins Strawberry	each	1	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
001329 ORANGES, FRESH 138 ct	EACH	1	62	0.02	0	12	0.16	0.00	0	15.39	3.14	1.23	295	52.4	69.69	0.13
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			490	3.89	477	63	8.94	0.00	20	86.40	8.14	18.32	896	692.9	*72.09	1.93
% of Calories				7.14%		51.4%	16.4%	0.0%		70.5%		15.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Wednesday - 12/07/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000328 CEREAL, ASSORTED	each 1oz	1	108	0.08	154	5	1.76	0.00	0	22.29	2.18	2.16	381	79.7	4.58	4.84
000736 BANANAS,RAW Petite 150 ct	EACH	1	101	0.13	1	*N/A*	0.38	0.00	0	26.04	2.96	1.24	73	5.7	9.92	0.30
001166 Apple Juice 4 oz Ardmore	4 oz	1	60	0.00	15	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			378	1.56	295	*17	4.38	0.00	10	75.33	5.14	11.41	954	385.4	16.90	5.14
% of Calories				3.71%		*18.0%	10.4%	0.0%		79.7%		12.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Thursday - 12/08/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000875 Yogurt Danimals Vanilla	EACH	1	60	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	0	150.0	0.00	0.00
000648 CRACKERS, GRAHAM SCOOBY	each	1	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	500	100.0	0.00	0.72
000090 PEARS, FRESH 100 ct	1 EACH	1	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	3	12.2	5.85	0.24
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			366	2.38	311	42	5.94	0.00	14	66.72	5.22	14.49	1003	562.2	8.25	0.96
% of Calories				5.85%		45.9%	14.6%	0.0%		72.9%		15.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Friday - 12/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000721 WAFFLE Pillsbury IW	2.5 OZ each	1	202	1.01	172	13	5.06	0.00	0	37.46	3.04	4.05	0	0.0	0.00	0.00
000064 APPLES, FRESH 125 ct	EACH	1	75	0.04	1	0	0.12	0.00	0	20.05	3.48	0.38	78	8.7	6.68	0.17
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			386	2.40	299	25	7.44	0.00	10	70.51	6.52	12.43	578	308.7	9.08	0.17
% of Calories				5.60%		25.9%	17.3%	0.0%		73.1%		12.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Monday - 12/12/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001195 Bread Blueberry Slice	each	1	270	1.50	250	24	8.00	0.00	0	46.00	2.00	5.00	100	100.0	0.00	1.44
001610 Fruit Cup - Diced Peaches	Cup	1	60	0.00	5	13	0.00	0.00	0	15.00	1.00	0.00	0	6.0	0.00	0.10
001785 Craisins Strawberry	each	1	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			548	2.85	380	73	10.25	0.00	10	101.00	5.00	13.00	600	406.0	2.40	1.54
% of Calories				4.68%		53.3%	16.8%	0.0%		73.7%		9.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Tuesday - 12/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001188 Nutri-Grain Strawberry Bar	each	1	150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00	0	140.0	*N/A*	1.80
900155 string cheese	EACH	1	61	2.02	202	1	3.04	0.00	10	1.01	0.00	7.09	101	200.5	0.00	0.00
001329 ORANGES, FRESH 138 ct	EACH	1	62	0.02	0	12	0.16	0.00	0	15.39	3.14	1.23	295	52.4	69.69	0.13
001428 Milk Breakfast	each	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			380	3.89	477	39	8.94	0.00	20	59.40	6.14	18.32	896	692.9	*72.09	1.93
% of Calories				9.21%		41.1%	21.2%	0.0%		62.5%		19.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Wednesday - 12/14/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000328 CEREAL, ASSORTED	each 1oz	1	108	0.08	154	5	1.76	0.00	0	22.29	2.18	2.16	381	79.7	4.58	4.84
000068 BANANAS regular 100ct	EACH	1	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35
001166 Apple Juice 4 oz Ardmore	4 oz	1	60	0.00	15	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			397	1.59	295	*34	4.46	0.00	10	80.35	5.71	11.65	968	386.5	18.81	5.20
% of Calories				3.60%		*34.3%	10.1%	0.0%		81.0%		11.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Thursday - 12/15/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000875 Yogurt Danimals Vanilla	EACH	1	60	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	0	150.0	0.00	0.00
000648 CRACKERS, GRAHAM SCOOBY	each	1	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	500	100.0	0.00	0.72
000090 PEARS, FRESH 100 ct	1 EACH	1	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	3	12.2	5.85	0.24
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			366	2.38	311	42	5.94	0.00	14	66.72	5.22	14.49	1003	562.2	8.25	0.96
% of Calories				5.85%		45.9%	14.6%	0.0%		72.9%		15.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Friday - 12/16/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000721 WAFFLE Pillsbury IW	2.5 OZ each	1	202	1.01	172	13	5.06	0.00	0	37.46	3.04	4.05	0	0.0	0.00	0.00
000064 APPLES,FRESH 125 ct	EACH	1	75	0.04	1	0	0.12	0.00	0	20.05	3.48	0.38	78	8.7	6.68	0.17
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			386	2.40	299	25	7.44	0.00	10	70.51	6.52	12.43	578	308.7	9.08	0.17
% of Calories				5.60%		25.9%	17.3%	0.0%		73.1%		12.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Monday - 12/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001195 Bread Blueberry Slice	each	1	270	1.50	250	24	8.00	0.00	0	46.00	2.00	5.00	100	100.0	0.00	1.44
001610 Fruit Cup - Diced Peaches	Cup	1	60	0.00	5	13	0.00	0.00	0	15.00	1.00	0.00	0	6.0	0.00	0.10
001785 Craisins Strawberry	each	1	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			548	2.85	380	73	10.25	0.00	10	101.00	5.00	13.00	600	406.0	2.40	1.54
% of Calories				4.68%		53.3%	16.8%	0.0%		73.7%		9.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Tuesday - 12/20/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001188 Nutri-Grain Strawberry Bar	each	1	150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00	0	140.0	*N/A*	1.80
001785 Craisins Strawberry	each	1	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900155 string cheese	EACH	1	61	2.02	202	1	3.04	0.00	10	1.01	0.00	7.09	101	200.5	0.00	0.00
001329 ORANGES, FRESH 138 ct	EACH	1	62	0.02	0	12	0.16	0.00	0	15.39	3.14	1.23	295	52.4	69.69	0.13
001428 Milk Breakfast	each	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			490	3.89	477	63	8.94	0.00	20	86.40	8.14	18.32	896	692.9	*72.09	1.93
% of Calories				7.14%		51.4%	16.4%	0.0%		70.5%		15.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Wednesday - 12/21/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000328 CEREAL, ASSORTED	each 1oz	1	108	0.08	154	5	1.76	0.00	0	22.29	2.18	2.16	381	79.7	4.58	4.84
000736 BANANAS,RAW Petite 150 ct	EACH	1	101	0.13	1	*N/A*	0.38	0.00	0	26.04	2.96	1.24	73	5.7	9.92	0.30
001166 Apple Juice 4 oz Ardmore	4 oz	1	60	0.00	15	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			378	1.56	295	*17	4.38	0.00	10	75.33	5.14	11.41	954	385.4	16.90	5.14
% of Calories				3.71%		*18.0%	10.4%	0.0%		79.7%		12.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Thursday - 12/22/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000875 Yogurt Danimals Vanilla	EACH	1	60	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	0	150.0	0.00	0.00
000648 CRACKERS, GRAHAM SCOOBY	each	1	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	500	100.0	0.00	0.72
000090 PEARS, FRESH 100 ct	1 EACH	1	78	0.03	1	13	0.19	0.00	0	20.72	4.22	0.49	3	12.2	5.85	0.24
900362 Breakfast variety Milk	8oz	1	108	1.35	125	12	2.25	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			366	2.38	311	42	5.94	0.00	14	66.72	5.22	14.49	1003	562.2	8.25	0.96
% of Calories				5.85%		45.9%	14.6%	0.0%		72.9%		15.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Friday - 12/23/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Monday - 12/26/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Tuesday - 12/27/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Wednesday - 12/28/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Thursday - 12/29/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Friday - 12/30/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

			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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			424	3	350	*43	7.30	0.00	13	77.79	5.87	13.98	819	477	*21.02	1.89
% of Calories				5.52%		*40.6%	15.5%	0.0%		73.4%		13.2%				

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.