

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Menu Name: HIGH SCHOOL 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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000030 BREAKFAST PIZZA HS	slice	1	328	8.50	519	*0	14.52	*0.00	43	31.33	3.46	17.86	425	284.9	0.00	0.02
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2178	16.99	2942	*89	59.11	*0.00	76	362.89	*20.43	58.33	2645	1268.2	*16.72	19.85
% of Calories				7.02%		*16.3%	24.4%	*0.0%		66.6%		10.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Friday - 12/02/2022

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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000477 BAGEL EGG & CHEESE SANDWICH	1 each	1	270	3.25	630	*0	8.00	0.00	120	37.44	3.00	11.49	400	134.9	4.79	2.16
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2120	11.74	3052	*90	52.58	*0.00	154	369.00	*19.96	51.96	2619	1118.2	*21.51	21.99
% of Calories				4.98%		*17.0%	22.3%	*0.0%		69.6%		9.8%				
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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	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)
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000477 BAGEL EGG & CHEESE SANDWICH	1 each	1	270	3.25	630	*0	8.00	0.00	120	37.44	3.00	11.49	400	134.9	4.79	2.16
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2120	11.74	3052	*90	52.58	*0.00	154	369.00	*19.96	51.96	2619	1118.2	*21.51	21.99
% of Calories				4.98%		*17.0%	22.3%	*0.0%		69.6%		9.8%				
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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000030 BREAKFAST PIZZA HS	slice	1	328	8.50	519	*0	14.52	*0.00	43	31.33	3.46	17.86	425	284.9	0.00	0.02

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)
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2178	16.99	2942	*89	59.11	*0.00	76	362.89	*20.43	58.33	2645	1268.2	*16.72	19.85
% of Calories				7.02%		*16.3%	24.4%	*0.0%		66.6%		10.7%				
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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08

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)
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			1851	8.49	2423	*89	44.58	*0.00	34	331.56	*16.96	40.47	2219	983.3	*16.72	19.83
% of Calories				4.13%		*19.2%	21.7%	*0.0%		71.6%		8.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Thursday - 12/08/2022

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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000030 BREAKFAST PIZZA HS	slice	1	328	8.50	519	*0	14.52	*0.00	43	31.33	3.46	17.86	425	284.9	0.00	0.02
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08

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)
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2178	16.99	2942	*89	59.11	*0.00	76	362.89	*20.43	58.33	2645	1268.2	*16.72	19.85
% of Calories				7.02%		*16.3%	24.4%	*0.0%		66.6%		10.7%				
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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000477 BAGEL EGG & CHEESE SANDWICH	1 each	1	270	3.25	630	*0	8.00	0.00	120	37.44	3.00	11.49	400	134.9	4.79	2.16
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08

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)
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2120	11.74	3052	*90	52.58	*0.00	154	369.00	*19.96	51.96	2619	1118.2	*21.51	21.99
% of Calories				4.98%		*17.0%	22.3%	*0.0%		69.6%		9.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Monday - 12/12/2022

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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000477 BAGEL EGG & CHEESE SANDWICH	1 each	1	270	3.25	630	*0	8.00	0.00	120	37.44	3.00	11.49	400	134.9	4.79	2.16
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08

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)
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2120	11.74	3052	*90	52.58	*0.00	154	369.00	*19.96	51.96	2619	1118.2	*21.51	21.99
% of Calories				4.98%		*17.0%	22.3%	*0.0%		69.6%		9.8%				
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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000030 BREAKFAST PIZZA HS	slice	1	328	8.50	519	*0	14.52	*0.00	43	31.33	3.46	17.86	425	284.9	0.00	0.02
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08

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)
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2178	16.99	2942	*89	59.11	*0.00	76	362.89	*20.43	58.33	2645	1268.2	*16.72	19.85
% of Calories				7.02%		*16.3%	24.4%	*0.0%		66.6%		10.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Wednesday - 12/14/2022

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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			1851	8.49	2423	*89	44.58	*0.00	34	331.56	*16.96	40.47	2219	983.3	*16.72	19.83
% of Calories				4.13%		*19.2%	21.7%	*0.0%		71.6%		8.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

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 (mg)	Vit-C (mg)	Iron (mg)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000030 BREAKFAST PIZZA HS	slice	1	328	8.50	519	*0	14.52	*0.00	43	31.33	3.46	17.86	425	284.9	0.00	0.02
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2178	16.99	2942	*89	59.11	*0.00	76	362.89	*20.43	58.33	2645	1268.2	*16.72	19.85
% of Calories				7.02%		*16.3%	24.4%	*0.0%		66.6%		10.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

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 (mg)	Vit-C (mg)	Iron (mg)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000477 BAGEL EGG & CHEESE SANDWICH	1 each	1	270	3.25	630	*0	8.00	0.00	120	37.44	3.00	11.49	400	134.9	4.79	2.16
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
Weighted Daily Average			1910	10.74	2793	*79	46.59	*0.00	154	333.04	*17.96	46.97	2619	1118.2	*21.51	20.91
% of Calories				5.06%		*16.5%	22.0%	*0.0%		69.7%		9.8%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00

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)
000477 BAGEL EGG & CHEESE SANDWICH	1 each	1	270	3.25	630	*0	8.00	0.00	120	37.44	3.00	11.49	400	134.9	4.79	2.16
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2120	11.74	3052	*90	52.58	*0.00	154	369.00	*19.96	51.96	2619	1118.2	*21.51	21.99
% of Calories				4.98%		*17.0%	22.3%	*0.0%		69.6%		9.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000030 BREAKFAST PIZZA HS	slice	1	328	8.50	519	*0	14.52	*0.00	43	31.33	3.46	17.86	425	284.9	0.00	0.02
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08

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)
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2178	16.99	2942	*89	59.11	*0.00	76	362.89	*20.43	58.33	2645	1268.2	*16.72	19.85
% of Calories				7.02%		*16.3%	24.4%	*0.0%		66.6%		10.7%				
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)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			1851	8.49	2423	*89	44.58	*0.00	34	331.56	*16.96	40.47	2219	983.3	*16.72	19.83
% of Calories				4.13%		*19.2%	21.7%	*0.0%		71.6%		8.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

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 (mg)	Vit-C (mg)	Iron (mg)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*N/A*	1.80
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000030 BREAKFAST PIZZA HS	slice	1	328	8.50	519	*0	14.52	*0.00	43	31.33	3.46	17.86	425	284.9	0.00	0.02
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
000680 APPLE FRUDEL PILLSBURY	EACH	1	210	1.00	260	11	5.99	0.00	0	35.96	2.00	4.99	0	0.0	0.00	1.08
Weighted Daily Average			2178	16.99	2942	*89	59.11	*0.00	76	362.89	*20.43	58.33	2645	1268.2	*16.72	19.85
% of Calories				7.02%		*16.3%	24.4%	*0.0%		66.6%		10.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Friday - 12/23/2022

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 (mg)	Vit-C (mg)	Iron (mg)
000999 Nutrigrain Bar Blueberry	each 1.55 oz	1	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	0	100.0	*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)
001946 CEREAL, ASSORTED	2oz	1	216	0.17	308	11	3.51	0.00	0	44.58	4.35	4.33	763	159.3	9.16	9.69
001340 Yogurt (upstate) Straw/Ban HS	2-4oz	1	180	0.00	100	28	0.00	0.00	0	38.00	0.00	6.00	0	600.0	2.40	0.00
001747 Granola Bulk	2 oz	1	227	0.00	175	14	2.58	0.00	0	45.36	4.12	5.15	515	20.6	0.00	1.86
001748 Bagel 2.2 oz WG Sky Blue IW	each	1	160	0.00	230	0	1.00	0.00	0	33.00	*N/A*	6.00	0	1.0	4.00	1.00
000477 BAGEL EGG & CHEESE SANDWICH	1 each	1	270	3.25	630	*0	8.00	0.00	120	37.44	3.00	11.49	400	134.9	4.79	2.16
900048 Cinnamon Rolls hs/ms	each	1	497	6.32	945	*N/A*	22.00	*N/A*	34	66.66	1.49	8.00	941	62.3	1.16	3.33
001742 Mini Pancakes Pillsbury	each	1	210	0.50	270	11	6.00	0.00	0	38.00	2.00	4.00	0	40.0	0.00	1.08
Weighted Daily Average			1910	10.74	2793	*79	46.59	*0.00	154	333.04	*17.96	46.97	2619	1118.2	*21.51	20.91
% of Calories				5.06%		*16.5%	22.0%	*0.0%		69.7%		9.8%				
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

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									

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

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									

Friday - 12/30/2022

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)	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			2072	13	2865	*88	53.15	*0.00	101	355.65	*19.39	51.97	2559	1156	*18.69	20.60
% of Calories				5.74%		*17.0%	23.1%	*0.0%		68.7%		10.0%				

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.