

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Menu Name: MIDDLE SCHOOL BREAKFAST
Site:

Include Cost: No
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)
001365 Muffin Blueberry 2G IW SKYB	1	1	270	1.50	280	21	7.00	0.00	35	45.00	2.00	6.00	105	20.0	0.00	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
001592 Juice Box	4 oz	1	60	*N/A*	5	12	0.00	*N/A*	*N/A*	14.00	*N/A*	*N/A*	500	20.0	60.00	*N/A*
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			798	*2.72	773	90	12.26	*0.00	*46	154.18	*8.35	*18.43	2018	469.3	*69.76	*11.82
% of Calories				*3.07%		45.1%	13.8%	*0.0%		77.3%		*9.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
001921 Donut Hole	6 holes	1	*248	*6.44	*279	*6	*12.88	*0.00	*0	*28.21	*2.15	*4.29	*0	*0.0	*0.00	*1.29
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
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

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)
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			*684	*7.69	*769	*52	*18.34	*0.00	*12	*117.12	*10.72	*17.21	*1416	*441.6	*15.61	*11.56
% of Calories				*10.12%		*30.4%	*24.1%	*0.0%		*68.5%		*10.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
001367 Apple Cinnamon Roll	each	1	210	1.00	210	18	5.00	0.00	0	35.00	3.00	5.00	90	40.0	0.00	1.80
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			644	2.26	700	51	10.39	0.00	12	123.22	10.84	17.81	1581	478.0	*16.43	12.00
% of Calories				3.16%		31.7%	14.5%	0.0%		76.5%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
000877 Yogurt PARFAIT HS/MS	8oz/.5cup/2G	1	441	0.00	325	*46	2.58	0.00	5	91.48	6.12	11.69	643	632.6	1.80	2.71

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)
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			920	1.37	815	*96	8.29	0.00	16	190.72	14.01	25.60	2143	1068.7	*23.39	13.09
% of Calories				1.34%		*41.7%	8.1%	0.0%		82.9%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
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
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			630	1.74	758	56	11.42	0.00	12	121.57	9.50	17.66	1708	521.7	*79.45	11.23
% of Calories				2.49%		35.6%	16.3%	0.0%		77.2%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
001365 Muffin Blueberry 2G IW SKYB	1	1	270	1.50	280	21	7.00	0.00	35	45.00	2.00	6.00	105	20.0	0.00	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
001592 Juice Box	4 oz	1	60	*N/A*	5	12	0.00	*N/A*	*N/A*	14.00	*N/A*	*N/A*	500	20.0	60.00	*N/A*
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			798	*2.72	773	90	12.26	*0.00	*46	154.18	*8.35	*18.43	2018	469.3	*69.76	*11.82
% of Calories				*3.07%		45.1%	13.8%	*0.0%		77.3%		*9.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
001921 Donut Hole	6 holes	1	*248	*6.44	*279	*6	*12.88	*0.00	*0	*28.21	*2.15	*4.29	*0	*0.0	*0.00	*1.29
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			*684	*7.69	*769	*52	*18.34	*0.00	*12	*117.12	*10.72	*17.21	*1416	*441.6	*15.61	*11.56
% of Calories				*10.12%		*30.4%	*24.1%	*0.0%		*68.5%		*10.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

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 (mg)	Vit-C (mg)	Iron (mg)
001367 Apple Cinnamon Roll	each	1	210	1.00	210	18	5.00	0.00	0	35.00	3.00	5.00	90	40.0	0.00	1.80
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			644	2.26	700	51	10.39	0.00	12	123.22	10.84	17.81	1581	478.0	*16.43	12.00
% of Calories				3.16%		31.7%	14.5%	0.0%		76.5%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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 (mg)	Vit-C (mg)	Iron (mg)
000877 Yogurt PARFAIT HS/MS	8oz/.5cup/2G	1	441	0.00	325	*46	2.58	0.00	5	91.48	6.12	11.69	643	632.6	1.80	2.71
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
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

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)
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			920	1.37	815	*96	8.29	0.00	16	190.72	14.01	25.60	2143	1068.7	*23.39	13.09
% of Calories				1.34%		*41.7%	8.1%	0.0%		82.9%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
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
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			630	1.74	758	56	11.42	0.00	12	121.57	9.50	17.66	1708	521.7	*79.45	11.23
% of Calories				2.49%		35.6%	16.3%	0.0%		77.2%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
001365 Muffin Blueberry 2G IW SKYB	1	1	270	1.50	280	21	7.00	0.00	35	45.00	2.00	6.00	105	20.0	0.00	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
001592 Juice Box	4 oz	1	60	*N/A*	5	12	0.00	*N/A*	*N/A*	14.00	*N/A*	*N/A*	500	20.0	60.00	*N/A*
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			798	*2.72	773	90	12.26	*0.00	*46	154.18	*8.35	*18.43	2018	469.3	*69.76	*11.82
% of Calories				*3.07%		45.1%	13.8%	*0.0%		77.3%		*9.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001921 Donut Hole	6 holes	1	*248	*6.44	*279	*6	*12.88	*0.00	*0	*28.21	*2.15	*4.29	*0	*0.0	*0.00	*1.29
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			*684	*7.69	*769	*52	*18.34	*0.00	*12	*117.12	*10.72	*17.21	*1416	*441.6	*15.61	*11.56
% of Calories				*10.12%		*30.4%	*24.1%	*0.0%		*68.5%		*10.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 12/19/2022

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)
001367 Apple Cinnamon Roll	each	1	210	1.00	210	18	5.00	0.00	0	35.00	3.00	5.00	90	40.0	0.00	1.80
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			644	2.26	700	51	10.39	0.00	12	123.22	10.84	17.81	1581	478.0	*16.43	12.00
% of Calories				3.16%		31.7%	14.5%	0.0%		76.5%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=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)
000877 Yogurt PARFAIT HS/MS	8oz/.5cup/2G	1	441	0.00	325	*46	2.58	0.00	5	91.48	6.12	11.69	643	632.6	1.80	2.71
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
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
900365 Milk Variety Middle School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			920	1.37	815	*96	8.29	0.00	16	190.72	14.01	25.60	2143	1068.7	*23.39	13.09
% of Calories				1.34%		*41.7%	8.1%	0.0%		82.9%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 12/21/2022

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)	Protrn (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 - 500	<10	540		<=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)	Protrn (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 - 500	<10	540		<=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 - 500	<10	540		<=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 - 500	<10	540		<=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 - 500	<10	540		<=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 - 500	<10	540		<=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 - 500	<10	540		<=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 - 500	<10	540		<=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	*743	*3.26	*763	*70	*12.19	*0.00	*20	*142.78	*10.77	*19.46	*1778	*601.2	*38.18	*11.99
% of Calories		*3.95%		*37.7%	*14.8%	*0.0%		*76.9%		*10.5%				

- *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
- 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.