

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

**Menu Name:** Breakfast

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Tuesday - 09/03/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990034 BASIC SMOOTHIE	18 OZ	1	272	*283	27	*2.50	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
001072 CEREAL,VARIETY	PIECE	1	98	96	11	0.64	22.70	1.05	1.25	638	12.4	9.58	3.66
990102 APPLE ASSORTED	APPLE	1	162	3	32	0.53	43.01	7.54	0.82	102	18.2	13.87	0.38
990061 ORANGE, FRESH	1 EACH	1	2	0	0	0.00	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990185 LOADED TOTS BAR	PLATE	1	231	407	*2	12.61	22.51	2.40	5.99	*110	*9.0	*10.46	*0.60
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990189 CANNED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
Weighted Daily Average			1148	*978	*122	*18.78	215.66	*16.97	*31.40	*2111	*248.4	*67.13	*6.64
% of Calories					*42.5%	*14.7%	75.1%		*10.9%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

### Wednesday - 09/04/2024

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990184 OMELET BAR	PLATE	1	*370	*372	*3	*15.80	*36.90	*3.45	*18.78	*12	*43.0	*3.91	*3.25
990150 DONUT VARIETY	PACK	1	320	270	19	15.00	41.00	2.00	5.00	0	40.0	0.00	1.80
990143 CEREAL VARIETY AND GRAHAM	EACH	1	200	230	12	4.00	41.00	2.00	2.00	*500	100.0	*3.60	3.42
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990190 FROZEN FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*1394	*1066	*98	*37.45	*236.52	*13.74	*34.62	*1795	*402.9	*26.99	*9.40
% of Calories					*28.1%	*24.2%	*67.9%		*9.9%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

### Thursday - 09/05/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990114 HASH BROWN EGG SANDWICH	SANDWICH	1	*202	*521	*0	*13.33	*2.33	*0.00	*14.75	*125	*74.2	*0.00	*0.30
990141 POPTART VARIETY	EACH	1	170	120	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*

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## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990190 FROZEN FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990118 BLUEBERRY BASH MINI WAFFLES	E	1	210	170	12	6.00	37.01	2.00	4.00	*N/A*	300.1	*N/A*	1.44
Weighted Daily Average			*1087	*1005	*92	*24.99	*193.97	*11.29	*29.59	*1908	*594.2	*19.49	*2.67
% of Calories					*33.9%	*20.7%	*71.4%		*10.9%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

### Monday - 09/09/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990034 BASIC SMOOTHIE	18 OZ	1	272	*283	27	*2.50	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
001072 CEREAL,VARIETY	PIECE	1	98	96	11	0.64	22.70	1.05	1.25	638	12.4	9.58	3.66
990102 APPLE ASSORTED	APPLE	1	162	3	32	0.53	43.01	7.54	0.82	102	18.2	13.87	0.38
990061 ORANGE, FRESH	1 EACH	1	2	0	0	0.00	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990185 LOADED TOTS BAR	PLATE	1	231	407	*2	12.61	22.51	2.40	5.99	*110	*9.0	*10.46	*0.60
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990189 CANNED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
Weighted Daily Average			1148	*978	*122	*18.78	215.66	*16.97	*31.40	*2111	*248.4	*67.13	*6.64
% of Calories					*42.5%	*14.7%	75.1%		*10.9%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

## Tuesday - 09/10/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990106 PANCAKE PARFAIT	12 OZ	1	151	*56	21	*1.07	32.04	*2.82	4.40	*500	*100.0	*29.00	*0.57
990141 POPTART VARIETY	EACH	1	170	120	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990143 CEREAL VARIETY AND GRAHAM	EACH	1	200	230	12	4.00	41.00	2.00	2.00	*500	100.0	*3.60	3.42
990189 CANNED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990151 BAGEL AND CREAM CHEESE	2 OZ	1	391	633	12	1.70	70.00	2.10	16.01	*0	110.0	*0.00	4.68
Weighted Daily Average			1416	*1233	*124	*12.43	297.67	*16.21	*33.24	*2783	*529.9	*52.09	*9.60
% of Calories					*35.0%	*7.9%	84.1%		*9.4%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

## Wednesday - 09/11/2024

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990185 LOADED TOTS BAR	PLATE	1	231	407	*2	12.61	22.51	2.40	5.99	*110	*9.0	*10.46	*0.60
990116 FRENCH TOAST WITH SYRUP	3 STICKS	1	220	358	11	9.00	29.90	3.00	8.00	*0	80.0	*0.00	1.44
990143 CEREAL VARIETY AND GRAHAM	EACH	1	200	230	12	4.00	41.00	2.00	2.00	*500	100.0	*3.60	3.42
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990189 CANNED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1155	*1189	*89	*28.26	211.04	*13.69	*24.83	*1894	*408.9	*33.55	*6.39
% of Calories					*30.8%	*22.0%	73.1%		*8.6%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

# Base Menu Spreadsheet

Weighted Values

Sep 1, 2024 thru Sep 30, 2024

## Thursday - 09/12/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990120 EGG & CHEESE MUFFIN	EACH	1	225	505	2	7.50	26.00	3.00	12.50	*250	175.0	*0.00	1.44
990141 POPTART VARIETY	EACH	1	170	120	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990186 MUFFIN VARIETY	EACH	1	220	320	*10	10.00	24.01	*0.00	9.00	*0	170.0	*0.00	*1.08
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990189 CANNED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
Weighted Daily Average			1119	*1139	*91	*23.16	204.64	*12.29	*32.34	*2033	*564.9	*19.49	*3.45
% of Calories					*32.5%	*18.6%	73.2%		*11.6%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

## Monday - 09/16/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990034 BASIC SMOOTHIE	18 OZ	1	272	*283	27	*2.50	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
990135 PANCAKE BAR	2 PANCAKES	1	307	*292	*29	*3.25	*59.48	*3.79	*4.48	*18	*53.4	*15.47	*1.64
001072 CEREAL,VARIETY	PIECE	1	98	96	11	0.64	22.70	1.05	1.25	638	12.4	9.58	3.66

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

990102 APPLE ASSORTED	APPLE	1	162	3	32	0.53	43.01	7.54	0.82	102	18.2	13.87	0.38
990061 ORANGE, FRESH	1 EACH	1	2	0	0	0.00	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990168 MIXED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1224	*863	*150	*9.42	*252.63	*18.36	*29.88	*2019	*292.8	*72.14	*7.68
% of Calories					*49.0%	*6.9%	*82.6%		*9.8%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Tuesday - 09/17/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990112 PEACHES AND CREAM WAFFLE DUNKERS	1 BOWL	1	324	261	30	12.75	48.69	*3.00	7.97	*480	184.4	*1.80	*0.76
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990141 POPTART VARIETY	EACH	1	170	120	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990168 MIXED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990138 BAGEL PIZZA	BAGEL	1	522	1177	*15	14.14	*77.00	*4.50	24.60	*0	*272.0	*0.00	*4.81
Weighted Daily Average			1410	*1751	*100	*32.54	*253.31	*14.79	*43.41	*2263	*676.3	*21.29	*6.50
% of Calories					*28.4%	*20.8%	*71.9%		*12.3%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

### Wednesday - 09/18/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990135 PANCAKE BAR	2 PANCAKES	1	307	*292	*29	*3.25	*59.48	*3.79	*4.48	*18	*53.4	*15.47	*1.64
990115 CINNIMON ROLL	EACH	1	132	86	*12	*0.00	28.00	*2.00	3.00	*0	*0.0	*0.00	*0.72
990143 CEREAL VARIETY AND GRAHAM	EACH	1	200	230	12	4.00	41.00	2.00	2.00	*500	100.0	*3.60	3.42
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990168 MIXED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1143	*802	*117	*9.90	*246.11	*14.08	*18.31	*1801	*373.3	*38.56	*6.71
% of Calories					*40.9%	*7.8%	*86.1%		*6.4%				
Weekly Nutrient Guideline			450 - 600	640		<=0							



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Weighted Values

Sep 1, 2024 thru Sep 30, 2024

## Thursday - 09/19/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990141 POPTART VARIETY	EACH	1	170	120	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990168 MIXED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990152 PANCAKE, CONFETTI MINI WHOLE GRAIN	3 OZ	1	400	420	22	11.99	71.92	11.99	7.99	1998	*N/A*	*N/A*	*N/A*
990196 CHEF'S CHOICE BF SANDWICH	EACH	1	276	845	3	14.16	26.47	0.91	9.22	*250	131.2	*0.00	1.30
Weighted Daily Average			1350	*1579	*104	*31.80	253.01	*22.18	*28.05	*4031	*351.1	*19.49	*2.24
% of Calories					*30.8%	*21.2%	75.0%		*8.3%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

## Monday - 09/23/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990034 BASIC SMOOTHIE	18 OZ	1	272	*283	27	*2.50	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
001072 CEREAL,VARIETY	PIECE	1	98	96	11	0.64	22.70	1.05	1.25	638	12.4	9.58	3.66
990102 APPLE	APPLE	1	162	3	32	0.53	43.01	7.54	0.82	102	18.2	13.87	0.38

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

ASSORTED													
990061 ORANGE, FRESH	1 EACH	1	2	0	0	0.00	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990136 BREAKFAST PLATE	PLATE	1	*179	*473	*1	*9.20	*1.89	*0.54	*13.42	*131	*8.7	*0.54	*0.12
990190 FROZEN FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*1096	*1043	*122	*15.37	*195.05	*15.11	*38.83	*2132	*248.1	*57.21	*6.15
% of Calories						*44.5%	*12.6%	*71.2%		*14.2%			
Weekly Nutrient Guideline			450 - 600	640		<=0							

## Tuesday - 09/24/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990141 POPTART VARIETY	EACH	1	170	120	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990190 FROZEN FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990111 ORANGE CREAM PARFAIT	1 portion	1	276	152	*22	3.41	58.37	*2.47	5.20	*1997	112.5	*27.46	*1.15

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990151 BAGEL AND CREAM CHEESE	2 OZ	1	391	633	12	1.70	70.00	2.10	16.01	*0	110.0	*0.00	4.68
Weighted Daily Average			1232	*1099	*89	*10.77	256.00	*11.86	*32.05	*3780	*442.4	*46.95	*6.76
% of Calories					*28.9%	*7.9%	83.1%		*10.4%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

## Wednesday - 09/25/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990150 DONUT VARIETY	PACK	1	320	270	19	15.00	41.00	2.00	5.00	0	40.0	0.00	1.80
990143 CEREAL VARIETY AND GRAHAM	EACH	1	200	230	12	4.00	41.00	2.00	2.00	*500	100.0	*3.60	3.42
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990190 FROZEN FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990136 BREAKFAST PLATE	PLATE	1	*179	*473	*1	*9.20	*1.89	*0.54	*13.42	*131	*8.7	*0.54	*0.12
Weighted Daily Average			*1203	*1167	*96	*30.86	*201.52	*10.83	*29.26	*1914	*368.6	*23.63	*6.27
% of Calories					*31.9%	*23.1%	*67.0%		*9.7%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

# Base Menu Spreadsheet

Weighted Values

Sep 1, 2024 thru Sep 30, 2024

## Thursday - 09/26/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990141 POPTART VARIETY	EACH	1	170	120	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990186 MUFFIN VARIETY	EACH	1	220	320	*10	10.00	24.01	*0.00	9.00	*0	170.0	*0.00	*1.08
990142 WHOLE FRUIT VARIETY	.5 CUP	1	70	1	14	0.16	18.46	2.86	0.33	22	12.1	17.02	0.21
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990190 FROZEN FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990119 EGG & CHEESE BISCUIT	EACH	1	276	845	3	14.16	26.47	0.91	9.22	*250	131.2	*0.00	1.30
Weighted Daily Average			1170	*1479	*92	*29.81	205.11	*10.19	*29.06	*2033	*521.2	*19.49	*3.32
% of Calories					*31.5%	*22.9%	70.1%		*9.9%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

## Monday - 09/30/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990034 BASIC SMOOTHIE	18 OZ	1	272	*283	27	*2.50	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
001072 CEREAL,VARIETY	PIECE	1	98	96	11	0.64	22.70	1.05	1.25	638	12.4	9.58	3.66
990102 APPLE ASSORTED	APPLE	1	162	3	32	0.53	43.01	7.54	0.82	102	18.2	13.87	0.38

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2024 thru Sep 30, 2024

990061 ORANGE, FRESH	1 EACH	1	2	0	0	0.00	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	130	180	24	0.00	25.00	0.00	8.00	1000	200.0	*N/A*	0.36
990148 FRENCH TOAST BAR	3 EACH	1	395	*361	35	*14.50	63.93	*6.59	*8.83	*36	*86.2	*30.94	*2.12
990189 CANNED FRUIT W/WHIP	4 OZ	1	145	*8	*2	2.50	32.17	*1.43	*0.51	*261	*7.8	*2.47	*0.36
990159 CRAISINS	1 EACH	1	110	0	24	0.00	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1312	*931	*155	*20.67	257.09	*21.16	*34.24	*2037	*325.6	*87.61	*8.15
% of Calories					*47.3%	*14.2%	78.4%		*10.4%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	*1225	*1144	*110	*22.19	*230.94	*14.98	*31.28	*2290	*412.3	*42.02	*6.16
% of Calories			*35.9%	*16.3%	*75.4%		*10.2%				

\*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  
<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.