

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

Menu Name: Breakfast **Include Cost:** No
Site: **Report Style:** Detailed
Use Alternate Menu Name: Alternate Menu Name 1

Tuesday - 10/01/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990110 PARFAIT	1 BOWL	1	200	*0.50	*99	27	*0	*3.50	*0.00	*30	41.38	*2.16	7.64	*750	*173.1	*14.50	*0.63
990138 PIZZA BAGEL	BAGEL	1	182	*3.50	627	*15	*0	14.14	*0.00	*26	*77.00	*4.50	24.60	*0	*272.0	*0.00	*4.81
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*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	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			816	*5.07	*783	*108	*23	*23.41	*0.00	*61	*256.85	*15.90	*43.56	*1652	*468.8	*34.42	*6.01
% of Calories				*5.59%		*52.9%	*11.3%	*25.8%	*0.0%		*125.9%		*21.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 10/02/2024 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990148 FRENCH TOAST BAR	3 EACH	1	295	*3.02	*161	35	*4	*14.50	*0.00	*105	63.93	*6.59	*8.83	*36	*86.2	*30.94	*2.12
990150 DONUTS	PACK	1	320	7.00	270	19	0	15.00	0.00	0	41.00	2.00	5.00	0	40.0	0.00	1.80
990143 CEREAL VARIETY/CRACKER	EACH	1	200	0.00	230	12	12	4.00	0.00	0	41.00	2.00	2.00	*500	100.0	*3.60	3.42
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990189 CANNED FRUIT W/WHIP	4 OZ	1	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1179	*10.08	*699	*117	*39	*36.26	*0.00	*110	247.41	*16.82	*25.15	*938	*249.9	*54.46	*7.91
% of Calories				*7.69%		*39.7%	*13.2%	*27.7%	*0.0%		83.9%		*8.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 10/03/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990196 CHEF'S CHOICE BF SANDWICH	EACH	1	251	1.00	690	3	0	14.16	0.91	102	26.47	0.91	9.22	*250	131.2	*0.00	1.30
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*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	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
990156 MINI BAGELS	2.43 oz	1	3969	70.87	2268	369	*N/A*	170.10	0.00	283	1162.33	56.70	170.10	2835	567.0	0.00	30.62
Weighted Daily Average			4654	*72.94	*3016	*437	*23	*190.02	*0.91	*391	1327.27	*66.84	*190.64	*3987	*721.9	*19.92	*32.49
% of Calories				*14.11 %		*37.6%	*2.0%	*36.7%	*0.2%		114.1%		*16.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 10/07/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990034 SMOOTHIE/CRACKER	18 OZ	1	272	*0.00	*283	27	*5	*2.50	*0.00	*12	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
001072 CEREAL	PIECE	1	98	0.33	96	11	*N/A*	0.64	0.03	0	22.70	1.05	1.25	638	12.4	9.58	3.66
990135 PANCAKE BAR	2 PANCAKES	1	307	*1.51	*292	*29	*12	*3.25	*0.00	*11	*59.48	*3.79	*4.48	*18	*53.4	*15.47	*1.64
990102 APPLE ASSORTED	APPLE	1	162	0.09	3	32	*0	0.53	*0.00	*0	43.01	7.54	0.82	102	18.2	13.87	0.38
990061 ORANGE 113 CT	1 EACH	1	2	0.00	0	0	0	0.00	0.00	0	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990168 MIXED FRUIT W/WHIP	4 OZ	1	95	*0.01	*7	*2	*2	2.52	*N/A*	*0	19.20	*1.70	*0.54	*363	*7.9	*2.13	*0.33
Weighted Daily Average			1044	*1.94	*707	*137	*40	*9.44	*0.03	*27	*226.67	*18.64	*29.92	*1120	*93.0	*71.80	*7.28
% of Calories				*1.67%		*52.5%	*15.3%	*8.1%	*0.0%		*86.8%		*11.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 10/08/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990199 BREAKFAST BOWL	1 BOWL	1	352	9.05	611	*0	*0	24.52	*0.00	159	27.49	*2.65	18.88	*322	44.4	*17.12	3.48
990151 CREAM CHEESE BAGEL	2 OZ	1	51	0.50	83	12	*0	1.70	*0.00	*15	70.00	2.10	16.01	*0	110.0	*0.00	4.68
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
990143 CEREAL VARIETY/CRACKER	EACH	1	200	0.00	230	12	12	4.00	0.00	0	41.00	2.00	2.00	*500	100.0	*3.60	3.42
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*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	95	*0.01	*7	*2	*2	2.52	*N/A*	*0	19.20	*1.70	*0.54	*363	*7.9	*2.13	*0.33
Weighted Daily Average			892	*10.62	*982	*67	*14	*36.02	*0.00	*179	240.81	*14.44	*48.31	*1860	*279.2	*40.62	*12.16
% of Calories				*10.72 %		*30.0%	*6.3%	*36.3%	*0.0%		108.0%		*21.7%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

Wednesday - 10/09/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990135 PANCAKE BAR	2 PANCAKES	1	307	*1.51	*292	*29	*12	*3.25	*0.00	*11	*59.48	*3.79	*4.48	*18	*53.4	*15.47	*1.64
990115 CINNIMON ROLL	EACH	1	132	*0.00	86	*12	*0	*0.00	*0.00	1	28.00	*2.00	3.00	*0	*0.0	*0.00	*0.72
990143 CEREAL VARIETY/CRACKER	EACH	1	200	0.00	230	12	12	4.00	0.00	0	41.00	2.00	2.00	*500	100.0	*3.60	3.42
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990168 MIXED FRUIT W/WHIP	4 OZ	1	95	*0.01	*7	*2	*2	2.52	*N/A*	*0	19.20	*1.70	*0.54	*363	*7.9	*2.13	*0.33
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			968	*1.58	*645	*104	*47	*10.04	*0.00	*17	*220.79	*14.48	*18.90	*1055	*178.2	*38.97	*6.36
% of Calories				*1.47%		*43.0%	*19.4%	*9.3%	*0.0%		*91.2%		*7.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 10/10/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990119 BF SANDWICH	EACH	1	251	1.00	690	3	0	14.16	0.91	102	26.47	0.91	9.22	*250	131.2	*0.00	1.30
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990186 MUFFIN & CHEESE STICK	EACH	1	220	*0.50	320	*10	*0	10.00	*0.00	35	24.01	*0.00	9.00	*0	170.0	*0.00	*1.08
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*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	95	*0.01	*7	*2	*2	2.52	*N/A*	*0	19.20	*1.70	*0.54	*363	*7.9	*2.13	*0.33
Weighted Daily Average			870	*2.57	*1068	*79	*23	*29.96	*0.91	*143	179.79	*10.59	*29.65	*1287	*326.1	*19.90	*2.96
% of Calories				*2.66%		*36.3%	*10.6%	*31.0%	*0.9%		82.7%		*13.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 10/14/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990034 SMOOTHIE/CRACKER	18 OZ	1	272	*0.00	*283	27	*5	*2.50	*0.00	*12	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
990148 FRENCH TOAST BAR	3 EACH	1	295	*3.02	*161	35	*4	*14.50	*0.00	*105	63.93	*6.59	*8.83	*36	*86.2	*30.94	*2.12
001072 CEREAL	PIECE	1	98	0.33	96	11	*N/A*	0.64	0.03	0	22.70	1.05	1.25	638	12.4	9.58	3.66
990102 APPLE ASSORTED	APPLE	1	162	0.09	3	32	*0	0.53	*0.00	*0	43.01	7.54	0.82	102	18.2	13.87	0.38
990061 ORANGE 113 CT	1 EACH	1	2	0.00	0	0	0	0.00	0.00	0	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*

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Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990190 FROZEN FRUIT W/WHIP	4 OZ	1	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1067	*3.45	*575	*142	*32	*20.66	*0.03	*122	240.29	*20.98	*34.17	*1003	*124.6	*87.30	*7.75
% of Calories				*2.91%		*53.2%	*12.0%	*17.4%	*0.0%		90.1%		*12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 10/15/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990160 PARFAIT	EACH	1	377	*1.61	*151	46	*7	6.67	*0.00	*2	78.98	*4.19	*5.82	*576	*105.9	*10.27	*1.03
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
990138 PIZZA BAGEL	BAGEL	1	182	*3.50	627	*15	*0	14.14	*0.00	*26	*77.00	*4.50	24.60	*0	*272.0	*0.00	*4.81
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990143 CEREAL VARIETY/CRACKER	EACH	1	200	0.00	230	12	12	4.00	0.00	0	41.00	2.00	2.00	*500	100.0	*3.60	3.42
990190 FROZEN FRUIT W/WHIP	4 OZ	1	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1193	*6.17	*1066	*139	*42	*30.57	*0.00	*33	*335.46	*19.93	*43.74	*1978	*501.6	*33.79	*9.82
% of Calories				*4.65%		*46.6%	*14.1%	*23.1%	*0.0%		*112.5%		*14.7%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 10/16/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990148 FRENCH TOAST BAR	3 EACH	1	295	*3.02	*161	35	*4	*14.50	*0.00	*105	63.93	*6.59	*8.83	*36	*86.2	*30.94	*2.12
990150 DONUTS	PACK	1	320	7.00	270	19	0	15.00	0.00	0	41.00	2.00	5.00	0	40.0	0.00	1.80
990143 CEREAL VARIETY/CRACKER	EACH	1	200	0.00	230	12	12	4.00	0.00	0	41.00	2.00	2.00	*500	100.0	*3.60	3.42
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990190 FROZEN FRUIT W/WHIP	4 OZ	1	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1179	*10.08	*699	*117	*39	*36.26	*0.00	*110	247.41	*16.82	*25.15	*938	*249.9	*54.46	*7.91
% of Calories				*7.69%		*39.7%	*13.2%	*27.7%	*0.0%		83.9%		*8.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

Thursday - 10/17/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990114 BF SANDWICH	SANDWICH	1	*190	*3.50	*443	*0	*0	*13.33	*0.00	*140	*2.33	*0.00	*14.75	*125	*74.2	*0.00	*0.30
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
990118 MINI WAFFLES	E	1	210	1.00	170	12	11	6.00	*N/A*	*N/A*	37.01	2.00	4.00	*N/A*	300.1	*N/A*	1.44
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*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	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
Weighted Daily Average			*834	*5.57	*671	*79	*34	*25.10	*0.00	*145	*177.82	*11.23	*30.08	*1027	*397.9	*19.92	*2.31
% of Calories				*6.01%		*37.9%	*16.3%	*27.1%	*0.0%		*85.3%		*14.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 10/21/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990034 SMOOTHIE/CRACKER	18 OZ	1	272	*0.00	*283	27	*5	*2.50	*0.00	*12	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
990136 BREAKFAST BAR	PLATE	1	*17885	*604.2 2	*47288	*114	*0	*920.05	*0.00	*6064	*189.24	*53.86	*1341.66	*13069	*870.5	*53.86	*11.91

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001072 CEREAL	PIECE	1	98	0.33	96	11	*N/A*	0.64	0.03	0	22.70	1.05	1.25	638	12.4	9.58	3.66
990102 APPLE ASSORTED	APPLE	1	162	0.09	3	32	*0	0.53	*0.00	*0	43.01	7.54	0.82	102	18.2	13.87	0.38
990061 ORANGE 113 CT	1 EACH	1	2	0.00	0	0	0	0.00	0.00	0	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990189 CANNED FRUIT W/WHIP	4 OZ	1	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
Weighted Daily Average			*18658	*604.65	*47703	*221	*28	*926.21	*0.03	*6080	*365.59	*68.25	*1367.01	*14037	*908.9	*110.22	*17.54
% of Calories				*29.17%		*4.7%	*0.6%	*44.7%	*0.0%		*7.8%		*29.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 10/22/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990106 PARFAIT	12 OZ	1	151	*0.00	*56	21	*0	*1.07	*0.00	*3	32.04	*2.82	4.40	*500	*100.0	*29.00	*0.57
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
990151 CREAM CHEESE BAGEL	2 OZ	1	51	0.50	83	12	*0	1.70	*0.00	*15	70.00	2.10	16.01	*0	110.0	*0.00	4.68
990143 CEREAL VARIETY/CRACKER	EACH	1	200	0.00	230	12	12	4.00	0.00	0	41.00	2.00	2.00	*500	100.0	*3.60	3.42
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*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	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			836	*1.57	*427	*111	*35	*12.53	*0.00	*23	281.52	*16.15	*33.73	*1902	*333.7	*52.52	*9.24
% of Calories				*1.69%		*53.1%	*16.7%	*13.5%	*0.0%		134.7%		*16.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 10/23/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990136 BREAKFAST BAR	PLATE	1	*17885	*604.22	*47288	*114	*0	*920.05	*0.00	*6064	*189.24	*53.86	*1341.66	*13069	*870.5	*53.86	*11.91
990116 FRENCH TOAST	3 STICKS	1	120	2.00	158	11	*0	9.00	*0.00	105	29.90	3.00	8.00	*0	80.0	*0.00	1.44
990143 CEREAL VARIETY/CRACKER	EACH	1	200	0.00	230	12	12	4.00	0.00	0	41.00	2.00	2.00	*500	100.0	*3.60	3.42
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990189 CANNED FRUIT W/WHIP	4 OZ	1	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			*18569	*606.29	*47714	*188	*35	*935.82	*0.00	*6174	*361.61	*65.10	*1360.99	*13972	*1074.2	*77.39	*17.34
% of Calories				*29.39%		*4.0%	*0.8%	*45.4%	*0.0%		*7.8%		*29.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 10/24/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990196 CHEF'S CHOICE BF SANDWICH	EACH	1	251	1.00	690	3	0	14.16	0.91	102	26.47	0.91	9.22	*250	131.2	*0.00	1.30
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
990186 MUFFIN & CHEESE STICK	EACH	1	220	*0.50	320	*10	*0	10.00	*0.00	35	24.01	*0.00	9.00	*0	170.0	*0.00	*1.08
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*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	130	*0.01	*7	*2	*2	2.49	*0.00	*0	28.37	*1.25	*0.44	*228	*6.8	*2.16	*0.32
Weighted Daily Average			905	*2.57	*1068	*79	*23	*29.92	*0.91	*143	188.96	*10.14	*29.55	*1152	*324.9	*19.92	*2.95
% of Calories				*2.56%		*34.9%	*10.2%	*29.8%	*0.9%		83.5%		*13.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

Monday - 10/28/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990034 SMOOTHIE/CRACKER	18 OZ	1	272	*0.00	*283	27	*5	*2.50	*0.00	*12	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
990135 PANCAKE BAR	2 PANCAKES	1	307	*1.51	*292	*29	*12	*3.25	*0.00	*11	*59.48	*3.79	*4.48	*18	*53.4	*15.47	*1.64
001072 CEREAL	PIECE	1	98	0.33	96	11	*N/A*	0.64	0.03	0	22.70	1.05	1.25	638	12.4	9.58	3.66
990102 APPLE ASSORTED	APPLE	1	162	0.09	3	32	*0	0.53	*0.00	*0	43.01	7.54	0.82	102	18.2	13.87	0.38
990061 ORANGE 113 CT	1 EACH	1	2	0.00	0	0	0	0.00	0.00	0	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990168 MIXED FRUIT W/WHIP	4 OZ	1	95	*0.01	*7	*2	*2	2.52	*N/A*	*0	19.20	*1.70	*0.54	*363	*7.9	*2.13	*0.33
Weighted Daily Average			1044	*1.94	*707	*137	*40	*9.44	*0.03	*27	*226.67	*18.64	*29.92	*1120	*93.0	*71.80	*7.28
% of Calories				*1.67%		*52.5%	*15.3%	*8.1%	*0.0%		*86.8%		*11.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 10/29/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990197 CINNAMON NACHOS	1tortilla&fruit	1	155	*1.09	*175	*5	*0	*3.32	*0.00	*0	27.29	4.34	4.51	*0	*81.3	*2.61	0.07
990138 PIZZA BAGEL	BAGEL	1	182	*3.50	627	*15	*0	14.14	*0.00	*26	*77.00	*4.50	24.60	*0	*272.0	*0.00	*4.81

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
990102 APPLE ASSORTED	APPLE	1	162	0.09	3	32	*0	0.53	*0.00	*0	43.01	7.54	0.82	102	18.2	13.87	0.38
990061 ORANGE 113 CT	1 EACH	1	2	0.00	0	0	0	0.00	0.00	0	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990168 MIXED FRUIT W/WHIP	4 OZ	1	95	*0.01	*7	*2	*2	2.52	*N/A*	*0	19.20	*1.70	*0.54	*363	*7.9	*2.13	*0.33
Weighted Daily Average			775	*5.69	*857	*105	*23	*23.52	*0.00	*31	*242.95	*23.13	*40.47	*965	*380.5	*20.36	*5.60
% of Calories				*6.61%		*54.2%	*11.9%	*27.3%	*0.0%		*125.4%		*20.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 10/30/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990135 PANCAKE BAR	2 PANCAKES	1	307	*1.51	*292	*29	*12	*3.25	*0.00	*11	*59.48	*3.79	*4.48	*18	*53.4	*15.47	*1.64
990115 CINNIMON ROLL	EACH	1	132	*0.00	86	*12	*0	*0.00	*0.00	1	28.00	*2.00	3.00	*0	*0.0	*0.00	*0.72
990143 CEREAL VARIETY/CRACKER	EACH	1	200	0.00	230	12	12	4.00	0.00	0	41.00	2.00	2.00	*500	100.0	*3.60	3.42
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990168 MIXED FRUIT W/WHIP	4 OZ	1	95	*0.01	*7	*2	*2	2.52	*N/A*	*0	19.20	*1.70	*0.54	*363	*7.9	*2.13	*0.33
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			968	*1.58	*645	*104	*47	*10.04	*0.00	*17	*220.79	*14.48	*18.90	*1055	*178.2	*38.97	*6.36
% of Calories				*1.47%		*43.0%	*19.4%	*9.3%	*0.0%		*91.2%		*7.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 10/31/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990120 BF SANDWICH	EACH	1	100	*1.00	134	2	*0	7.50	*0.00	*102	26.00	3.00	12.50	*250	175.0	*0.00	1.44
990141 POPTART	EACH	1	70	1.00	20	15	0	3.00	0.00	0	37.00	3.00	2.00	500	0.0	0.00	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	74	0.06	1	14	*N/A*	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990140 MILK VARIETY	8 OZ	1	0	0.00	25	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990159 CRAISINS	1 EACH	1	110	*N/A*	0	24	21	0.00	*N/A*	*N/A*	27.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	*N/A*	5	*N/A*	*N/A*	*N/A*	*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	95	*0.01	*7	*2	*2	2.52	*N/A*	*0	19.20	*1.70	*0.54	*363	*7.9	*2.13	*0.33

Base Menu Spreadsheet

Portion Values

Oct 1, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990152 MINI PANCAKES	3 OZ	1	400	2.00	420	22	22	11.99	0.00	0	71.92	11.99	7.99	1998	*N/A*	*N/A*	*N/A*
Weighted Daily Average			898	*4.07	*611	*90	*45	*25.28	*0.00	*108	227.23	*24.67	*31.92	*3285	*199.8	*19.90	*2.02
% of Calories				*4.08%		*40.1%	*20.0%	*25.3%	*0.0%		101.2%		*14.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
Weighted Averages	*3018	*71.50	*5823	*135	*33	*127.39	*0.15	*734	*306.10	*24.59	*180.62	*2860	*372.9	*46.67	*9.02
% of Calories		*21.32%		*17.9%	*4.4%	*38.0%	*0.0%		*40.6%		*23.9%				

- *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.