

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

Menu Name:

BREAKFAST ELEMENTARY, K8, & MIDDLE

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Wednesday - 08/05/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990258 FRENCH TOAST, STICKS	SERVING-3 STICK	1	270	330	8.00	*N/A*	10.00	0.00	0	40.00	4.00	7.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8.05	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9.00	*N/A*	3.50	0.00	0	30.00	3.00	2.00
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9.06	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9.00	*N/A*	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7.00	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	115	115	6.36	6.36	3.18	0.00	0	21.64	1.27	1.27
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7.00	*N/A*	3.00	0.00	0	21.00	1.00	2.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2004	1664	*202.07	*6.36	34.27	*0.00	24	382.47	22.90	54.28
% of Calories					*40.33 %	*1.27%	15.4%	*0.0%		76.3%		10.8%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Thursday - 08/06/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991263 BREAKFAST BENTO BOX- YOGURT, FRUIT & CHEX MIX BAG	1	1	286	137	*28.48	*0.00	4.74	*0.00	5	56.41	4.58	7.56
991262 BREAKFAST BENTO BOX- CHEESE, FRUIT & CHEX MIX BAG	1	1	266	267	*12.48	*2.00	10.24	*0.00	15	36.41	4.58	*8.56
100000 DONUT, GLAZED PULL APART	1 donut	1	240	300	8.00	*N/A*	11.00	0.00	0	31.00	2.00	4.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11.00	*N/A*	5.00	0.00	0	44.00	7.00	3.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12.00	11.00	3.00	0.00	0	46.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19.00	19.00	2.00	0.00	0	47.00	4.00	4.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2393	2520	*236.08	*44.00	41.29	*0.00	44	452.85	28.17	*64.52
% of Calories					*39.46 %	*7.35%	15.5%	*0.0%		75.7%		*10.8%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Friday - 08/07/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	295	620	3.50	*1.00	14.00	0.00	25	29.50	*0.00	10.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29.00	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2122	1918	*229.10	*1.00	32.55	*0.00	49	407.95	*20.58	54.96
% of Calories					*43.19 %	*0.19%	13.8%	*0.0%		76.9%		10.4%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Monday - 08/10/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991247 BISCUIT, HONEY SOUTHERN STYLE CHICKEN	1 BISCUIT	1	430	679	*3.00	*1.00	16.06	0.00	30	56.95	*1.00	14.00
991011 PANCAKES, MINI STRAWBERRY	1 POUCH	1	210	180	13.00	13.00	3.50	0.00	*N/A*	39.00	3.00	5.00
990257 PANCAKES, MINI MAPLE	POUCH	1	220	340	15.00	*N/A*	7.00	0.00	5	36.00	3.00	5.00
990255 PANCAKES, MINI BLUEBERRY	POUCH	1	230	330	16.00	*N/A*	6.00	0.00	5	38.00	3.00	5.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19.00	19.00	2.00	0.00	0	47.00	4.00	4.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12.00	11.00	3.00	0.00	0	46.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11.00	*N/A*	5.00	0.00	0	44.00	7.00	3.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2747	3347	*239.60	*56.00	48.12	*0.00	*64	513.40	*29.58	73.96
% of Calories					*34.89 %	*8.15%	15.8%	*0.0%		74.8%		10.8%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Tuesday - 08/11/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990836 HONEY BUN	1 BUN	1	240	250	9.00	*N/A*	10.00	0.00	*N/A*	34.00	3.00	5.00
991101 PIZZA, BREAKFAST FLATBREAD IW	1 PIZZA	1	230	310	5.00	2.00	7.00	0.00	20	31.00	3.00	11.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29.00	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2297	1858	*239.60	*2.00	35.55	*0.00	*44	443.45	26.58	60.96
% of Calories					*41.72 %	*0.35%	13.9%	*0.0%		77.2%		10.6%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Wednesday - 08/12/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990957 DONUT, POWDERED SUGAR	1 DOONUT	1	300	260	21.00	*N/A*	13.00	0.00	20	43.00	2.00	3.00
991281 PARFAIT, MANAGERS CHOICE (chilled/canned fruit)	1 PARFAIT	1	247	141	25.61	*N/A*	2.51	0.00	3	53.66	2.84	6.11
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8.05	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9.00	*N/A*	3.50	0.00	0	30.00	3.00	2.00
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9.06	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9.00	*N/A*	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7.00	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	115	115	6.36	6.36	3.18	0.00	0	21.64	1.27	1.27
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7.00	*N/A*	3.00	0.00	0	21.00	1.00	2.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2281	1735	*240.68	*6.36	39.78	*0.00	47	439.12	23.74	56.39
% of Calories					*42.21 %	*1.12%	15.7%	*0.0%		77.0%		9.9%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Thursday - 08/13/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991251 BREAKFAST CHICKEN & WAFFLE	1WAFFLE, 5CHICK	1	92	163	1.00	*0.00	3.11	0.00	1	14.13	1.02	2.15
990791 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	284	*0.00	*N/A*	7.46	0.04	*0	43.83	3.99	5.16
990792 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	298	*0.00	*N/A*	7.46	0.04	*0	43.48	3.95	5.20
990853 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	318	*N/A*	*N/A*	7.46	0.04	5	43.48	3.95	5.20
990852 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	304	*N/A*	*N/A*	7.46	0.04	5	43.83	3.99	5.16
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11.00	*N/A*	5.00	0.00	0	44.00	7.00	3.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12.00	11.00	3.00	0.00	0	46.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19.00	19.00	2.00	0.00	0	47.00	4.00	4.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2729	3184	*188.11	*42.00	48.27	0.18	*35	517.79	33.90	67.27
% of Calories					*27.57 %	*6.16%	15.9%	0.1%		75.9%		9.9%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Friday - 08/14/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	295	620	3.50	*1.00	14.00	0.00	25	29.50	*0.00	10.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29.00	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2122	1918	*229.10	*1.00	32.55	*0.00	49	407.95	*20.58	54.96
% of Calories					*43.19 %	*0.19%	13.8%	*0.0%		76.9%		10.4%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

Monday - 08/17/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991247 BISCUIT, HONEY SOUTHERN STYLE CHICKEN	1 BISCUIT	1	430	679	*3.00	*1.00	16.06	0.00	30	56.95	*1.00	14.00
990921 MUFFIN, DOUBLE FUDGE, 2 OZ EQ.	1 MUFFIN	1	229	125	18.50	*N/A*	6.00	0.00	30	40.00	3.10	3.80
990251 MUFFIN, CHERRY, 2 OZ EQ.	1 MUFFIN	1	228	115	17.00	4.50	6.00	0.00	30	39.00	3.30	3.90
990781 MUFFIN, CHOCOLATE CHIP, 2 OZ EQ.	1 MUFFIN	1	227	115	17.50	15.00	6.00	0.00	30	39.50	3.10	3.90
990854 MUFFIN, BLUEBERRY, 2 OZ EQ.	1 MUFFIN	1	223	115	16.50	*N/A*	6.00	0.00	30	38.50	3.30	3.90
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19.00	19.00	2.00	0.00	0	47.00	4.00	4.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12.00	11.00	3.00	0.00	0	46.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11.00	*N/A*	5.00	0.00	0	44.00	7.00	3.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2994	2967	*265.10	*62.50	55.62	*0.00	174	557.40	*33.38	74.46
% of Calories					*35.42 %	*8.35%	16.7%	*0.0%		74.5%		9.9%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Tuesday - 08/18/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991271 SAUSAGE & CHEESE PASTRIES	2 PIECES	1	160	360	3.00	2.00	9.00	0.00	25	13.00	1.00	7.00
990127 CINNI MINI	1 PACK	1	240	300	15.00	*N/A*	8.00	0.00	0	40.00	2.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29.00	*N/A*	6.00	0.00	0	73.00	6.00	5.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2227	1958	*243.60	*2.00	35.55	*0.00	49	431.45	23.58	56.96
% of Calories					*43.75 %	*0.36%	14.4%	*0.0%		77.5%		10.2%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Wednesday - 08/19/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990258 FRENCH TOAST, STICKS	SERVING-3 STICK	1	270	330	8.00	*N/A*	10.00	0.00	0	40.00	4.00	7.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8.05	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9.00	*N/A*	3.50	0.00	0	30.00	3.00	2.00
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9.06	*N/A*	3.02	0.00	0	30.19	3.02	3.02

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9.00	*N/A*	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7.00	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	115	115	6.36	6.36	3.18	0.00	0	21.64	1.27	1.27
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7.00	*N/A*	3.00	0.00	0	21.00	1.00	2.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2004	1664	*202.07	*6.36	34.27	*0.00	24	382.47	22.90	54.28
% of Calories					*40.33 %	*1.27%	15.4%	*0.0%		76.3%		10.8%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Thursday - 08/20/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991263 BREAKFAST BENTO BOX- YOGURT, FRUIT & CHEX MIX BAG	1	1	286	137	*28.48	*0.00	4.74	*0.00	5	56.41	4.58	7.56
991262 BREAKFAST BENTO BOX- CHEESE, FRUIT & CHEX MIX BAG	1	1	266	267	*12.48	*2.00	10.24	*0.00	15	36.41	4.58	*8.56
100000 DONUT, GLAZED PULL APART	1 donut	1	240	300	8.00	*N/A*	11.00	0.00	0	31.00	2.00	4.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11.00	*N/A*	5.00	0.00	0	44.00	7.00	3.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12.00	11.00	3.00	0.00	0	46.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19.00	19.00	2.00	0.00	0	47.00	4.00	4.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2393	2520	*236.08	*44.00	41.29	*0.00	44	452.85	28.17	*64.52
% of Calories					*39.46 %	*7.35%	15.5%	*0.0%		75.7%		*10.8%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Friday - 08/21/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	295	620	3.50	*1.00	14.00	0.00	25	29.50	*0.00	10.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29.00	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2122	1918	*229.10	*1.00	32.55	*0.00	49	407.95	*20.58	54.96
% of Calories					*43.19 %	*0.19%	13.8%	*0.0%		76.9%		10.4%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Monday - 08/24/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991247 BISCUIT, HONEY SOUTHERN STYLE CHICKEN	1 BISCUIT	1	430	679	*3.00	*1.00	16.06	0.00	30	56.95	*1.00	14.00
991011 PANCAKES, MINI STRAWBERRY	1 POUCH	1	210	180	13.00	13.00	3.50	0.00	*N/A*	39.00	3.00	5.00
990257 PANCAKES, MINI MAPLE	POUCH	1	220	340	15.00	*N/A*	7.00	0.00	5	36.00	3.00	5.00
990255 PANCAKES, MINI BLUEBERRY	POUCH	1	230	330	16.00	*N/A*	6.00	0.00	5	38.00	3.00	5.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19.00	19.00	2.00	0.00	0	47.00	4.00	4.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12.00	11.00	3.00	0.00	0	46.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11.00	*N/A*	5.00	0.00	0	44.00	7.00	3.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2747	3347	*239.60	*56.00	48.12	*0.00	*64	513.40	*29.58	73.96
% of Calories					*34.89 %	*8.15%	15.8%	*0.0%		74.8%		10.8%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Tuesday - 08/25/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990836 HONEY BUN	1 BUN	1	240	250	9.00	*N/A*	10.00	0.00	*N/A*	34.00	3.00	5.00
991101 PIZZA, BREAKFAST FLATBREAD IW	1 PIZZA	1	230	310	5.00	2.00	7.00	0.00	20	31.00	3.00	11.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29.00	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2297	1858	*239.60	*2.00	35.55	*0.00	*44	443.45	26.58	60.96
% of Calories					*41.72 %	*0.35%	13.9%	*0.0%		77.2%		10.6%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Wednesday - 08/26/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990957 DONUT, POWDERED SUGAR	1 DOONUT	1	300	260	21.00	*N/A*	13.00	0.00	20	43.00	2.00	3.00
991281 PARFAIT, MANAGERS CHOICE (chilled/canned fruit)	1 PARFAIT	1	247	141	25.61	*N/A*	2.51	0.00	3	53.66	2.84	6.11
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8.05	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9.00	*N/A*	3.50	0.00	0	30.00	3.00	2.00
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9.06	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9.00	*N/A*	3.00	0.00	0	30.00	3.00	2.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7.00	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	115	115	6.36	6.36	3.18	0.00	0	21.64	1.27	1.27
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7.00	*N/A*	3.00	0.00	0	21.00	1.00	2.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2281	1735	*240.68	*6.36	39.78	*0.00	47	439.12	23.74	56.39
% of Calories					*42.21 %	*1.12%	15.7%	*0.0%		77.0%		9.9%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

Thursday - 08/27/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991251 BREAKFAST CHICKEN & WAFFLE	1WAFFLE, 5CHICK	1	92	163	1.00	*0.00	3.11	0.00	1	14.13	1.02	2.15
990791 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	284	*0.00	*N/A*	7.46	0.04	*0	43.83	3.99	5.16
990792 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	298	*0.00	*N/A*	7.46	0.04	*0	43.48	3.95	5.20
990853 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	318	*N/A*	*N/A*	7.46	0.04	5	43.48	3.95	5.20
990852 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	304	*N/A*	*N/A*	7.46	0.04	5	43.83	3.99	5.16
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11.00	*N/A*	5.00	0.00	0	44.00	7.00	3.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12.00	11.00	3.00	0.00	0	46.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19.00	19.00	2.00	0.00	0	47.00	4.00	4.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2729	3184	*188.11	*42.00	48.27	0.18	*35	517.79	33.90	67.27
% of Calories					*27.57 %	*6.16%	15.9%	0.1%		75.9%		9.9%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Friday - 08/28/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	295	620	3.50	*1.00	14.00	0.00	25	29.50	*0.00	10.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29.00	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29.00	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2122	1918	*229.10	*1.00	32.55	*0.00	49	407.95	*20.58	54.96
% of Calories					*43.19 %	*0.19%	13.8%	*0.0%		76.9%		10.4%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

Monday - 08/31/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991247 BISCUIT, HONEY SOUTHERN STYLE CHICKEN	1 BISCUIT	1	430	679	*3.00	*1.00	16.06	0.00	30	56.95	*1.00	14.00
990921 MUFFIN, DOUBLE FUDGE, 2 OZ EQ.	1 MUFFIN	1	229	125	18.50	*N/A*	6.00	0.00	30	40.00	3.10	3.80
990251 MUFFIN, CHERRY, 2 OZ EQ.	1 MUFFIN	1	228	115	17.00	4.50	6.00	0.00	30	39.00	3.30	3.90

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990781 MUFFIN, CHOCOLATE CHIP, 2 OZ EQ.	1 MUFFIN	1	227	115	17.50	15.00	6.00	0.00	30	39.50	3.10	3.90
990854 MUFFIN, BLUEBERRY, 2 OZ EQ.	1 MUFFIN	1	223	115	16.50	*N/A*	6.00	0.00	30	38.50	3.30	3.90
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19.00	19.00	2.00	0.00	0	47.00	4.00	4.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12.00	11.00	3.00	0.00	0	46.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11.00	*N/A*	5.00	0.00	0	44.00	7.00	3.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15.00	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13.00	0.00	0.00	0.00	0	14.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2994	2967	*265.10	*62.50	55.62	*0.00	174	557.40	*33.38	74.46
% of Calories					*35.42 %	*8.35%	16.7%	*0.0%		74.5%		9.9%
Weekly Nutrient Guideline			400 - 500	<=540		<10						

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages		2400	2325	*230.66	*23.39	40.61	*0.02	*58	456.64	*26.44	*62.13
% of Calories				*38.44 %	*3.90%	15.2%	*0.0%		76.1%		*10.4%

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
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.