

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

Menu Name:	BREAKFAST HS	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Tuesday - 09/01/2026Reimbursable 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)
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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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			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			450 - 600	<=640		<10						

Wednesday - 09/02/2026

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
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	110	90	6.00	5.00	3.00	0.00	0	20.00	2.00	2.00
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*

Portion Values

Sep 1, 2026 thru Sep 30, 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
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
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			1999	1639	*201.71	*5.00	34.09	*0.00	24	380.83	23.62	55.00
% of Calories					*40.36 %	*1.00%	15.3%	*0.0%		76.2%		11.0%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Thursday - 09/03/2026

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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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)
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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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			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			450 - 600	<=640		<10						

Friday - 09/04/2026

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
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 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			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			450 - 600	<=640		<10						

Monday - 09/07/2026 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)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0	0	0	0
% of Calories					0%	0%	0%	0%		0%		0%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Tuesday - 09/08/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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)
991321 PIZZA, BREAKFAST BACON SCRAMBLE	1 PIZZA	1	210	330	5.00	2.00	9.00	0.00	60	23.00	2.00	10.00
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
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
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
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

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Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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			2533	2030	*266.08	*4.00	42.29	*0.00	104	479.85	29.17	*70.52
% of Calories					*42.02 %	*0.63%	15.0%	*0.0%		75.8%		*11.1%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Wednesday - 09/09/2026

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)
991176 FRENCH TOAST W/ SAUSAGE LINKS	1TOAST +2SAUSAGE	1	151	306	4.36	*1.36	6.48	*0.00	50	14.37	*0.00	10.23
990127 CINNI MINI	1 PACK	1	240	300	15.00	*N/A*	8.00	0.00	0	40.00	2.00	5.00
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	110	90	6.00	5.00	3.00	0.00	0	20.00	2.00	2.00
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

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Sep 1, 2026 thru Sep 30, 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
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
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			2121	1915	*213.06	*6.36	38.58	*0.00	74	395.20	*21.62	63.23
% of Calories					*40.18 %	*1.20%	16.4%	*0.0%		74.5%		11.9%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Thursday - 09/10/2026

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)
991177 MANAGER'S CHOICE-FRUIT SMOOTHIE	1 SMOOTHIE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991014 DONUT, DUNKIN DONUT STICKS	1 pouch	1	300	360	23.00	22.00	10.00	0.00	0	48.00	3.00	5.00
991332 CEREAL, FROSTED CORN FLAKES, 2 OZ	1 BOWL	1	210	370	12.00	11.00	1.50	0.00	*N/A*	48.00	3.00	3.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 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)
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
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			2112	2545	222.11	*75.00	26.81	0.00	*24	425.04	23.00	52.41
% of Calories					42.07%	*14.20 %	11.4%	0.0%		80.5%		9.9%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Friday - 09/11/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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			450 - 600	<=640		<10						

Monday - 09/14/2026

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)
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
991332 CEREAL, FROSTED CORN FLAKES, 2 OZ	1 BOWL	1	210	370	12.00	11.00	1.50	0.00	*N/A*	48.00	3.00	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
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

Portion Values

Sep 1, 2026 thru Sep 30, 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			2957	3717	*251.60	*67.00	49.62	*0.00	*64	561.40	*32.58	76.96
% of Calories					*34.03 %	*9.06%	15.1%	*0.0%		75.9%		10.4%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Tuesday - 09/15/2026

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
991094 BREAKFAST SNACK BAG-CHEEZ ITS +NUTRIGRAIN STRAW (HS)	1 SNACK BAG	1	368	398	*7.00	*N/A*	10.46	0.04	*0	63.48	5.95	7.20

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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)
991095 BREAKFAST SNACK BAG-GOLDFISH +NUTRIGRAIN BB(HS)	1 SNACK BAG	1	370	404	*7.00	*N/A*	10.46	0.04	5	63.83	5.99	7.16
991093 BREAKFAST SNACK BAG-CHEEZ ITS +NUTRIGRAIN BB (HS)	1 SNACK BAG	1	370	384	*7.00	*N/A*	10.46	0.04	*0	63.83	5.99	7.16
991104 BREAKFAST SNACK BAG-GOLDFISH +NUTRIGRAIN STRAW (HS)	1 SNACK BAG	1	368	418	*7.00	*N/A*	10.46	0.04	5	63.48	5.95	7.20
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
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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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			3517	3230	*256.11	*0.00	70.15	0.18	*34	658.66	45.88	80.12
% of Calories					*29.13 %	*0.00%	18.0%	0.0%		74.9%		9.1%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Wednesday - 09/16/2026

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)
991255 EGGS, SCRAMBLED WITH CHEESE & BISCUIT	1/4CUP +1biscuit	1	355	749	*3.51	*1.00	19.33	0.00	257	30.61	*0.00	13.29
991322 DANISH, RASPBERRY SWIL	1 DANISH	1	220	220	12.00	10.00	6.00	0.00	0	38.00	2.00	4.00
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	110	90	6.00	5.00	3.00	0.00	0	20.00	2.00	2.00
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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
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
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			2304	2278	*209.21	*16.00	49.42	*0.00	281	409.44	*21.62	65.29
% of Calories					*36.32 %	*2.78%	19.3%	*0.0%		71.1%		11.3%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Thursday - 09/17/2026

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)
990214 PARFAIT, STRAWBERRY W/ GRANOLA	1 PARFAIT	1	293	121	38.48	*N/A*	2.26	0.00	2	63.89	*4.85	5.80
990941 DONUT, MINI CHOCOLATE	1 pouch (6 ct)	1	318	269	18.91	0.00	14.93	0.00	0	40.81	1.99	4.98

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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)
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
991332 CEREAL, FROSTED CORN FLAKES, 2 OZ	1 BOWL	1	210	370	12.00	11.00	1.50	0.00	*N/A*	48.00	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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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			2423	2575	256.51	*53.00	34.00	0.00	*27	481.74	*26.84	58.19
% of Calories					42.35%	*8.75%	12.6%	0.0%		79.5%		9.6%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Friday - 09/18/2026

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)
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
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

Portion Values

Sep 1, 2026 thru Sep 30, 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)
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			450 - 600	<=640		<10						

Monday - 09/21/2026 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)
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
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
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
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
991332 CEREAL, FROSTED CORN FLAKES, 2 OZ	1 BOWL	1	210	370	12.00	11.00	1.50	0.00	*N/A*	48.00	3.00	3.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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
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
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			3204	3337	*277.10	*73.50	57.12	*0.00	*174	605.40	*36.38	77.46
% of Calories					*34.59 %	*9.18%	16.0%	*0.0%		75.6%		9.7%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Tuesday - 09/22/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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)
990827 CINNAMON ROLL	1 CINNAMON ROLL	1	240	240	12.00	11.00	7.00	0.00	0	38.00	3.00	5.00
990725 MINI BAGEL, PILLSBURY, STAWBERRY CREAM	1 PACKAGE	1	230	180	13.00	*N/A*	6.00	0.00	10	41.00	2.00	6.00
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
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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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			2242	1715	245.11	*11.00	31.31	0.00	34	443.04	23.00	55.41
% of Calories					43.73%	*1.96%	12.6%	0.0%		79.0%		9.9%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Wednesday - 09/23/2026

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)
990863 CROISSANT, BACON, EGG & CHEESE	1 croissant	1	317	736	4.51	*N/A*	17.06	0.00	121	29.01	2.00	13.20
991137 WAFFLES, MINI, MAPLE	1 PACK	1	200	220	10.00	*N/A*	5.00	0.00	0	35.00	4.00	4.00
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	110	90	6.00	5.00	3.00	0.00	0	20.00	2.00	2.00
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

Portion Values

Sep 1, 2026 thru Sep 30, 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
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
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			2247	2266	*208.21	*5.00	46.15	*0.00	145	404.84	25.62	65.20
% of Calories					*37.06 %	*0.89%	18.5%	*0.0%		72.1%		11.6%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Thursday - 09/24/2026

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)
990502 BREAKFAST PROTEIN POWER PACK	1 pack	1	310	380	23.00	*5.00	10.50	0.00	20	40.00	2.00	15.00
991331 DONUT, MINI HOLES POWDERED SUGAR	1 CONTAINER	1	280	230	20.00	19.00	11.00	0.00	0	42.00	2.00	4.00
991332 CEREAL, FROSTED CORN FLAKES, 2 OZ	1 BOWL	1	210	370	12.00	11.00	1.50	0.00	*N/A*	48.00	3.00	3.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 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)
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
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			2402	2795	242.11	*77.00	38.31	0.00	*44	459.04	24.00	66.41
% of Calories					40.32%	*12.82 %	14.4%	0.0%		76.4%		11.1%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Friday - 09/25/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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			450 - 600	<=640		<10						

Monday - 09/28/2026

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)
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
991261 UNCRUSTABLE, PEANUT BUTTER & HONEY	1 sandwich	1	300	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00
990098 UNCRUSTABLE PBJ, GRAPE	1 UNCRUSTABLE	1	300	270	15.00	12.00	16.00	0.00	0	32.00	4.00	9.00
991332 CEREAL, FROSTED CORN FLAKES, 2 OZ	1 BOWL	1	210	370	12.00	11.00	1.50	0.00	*N/A*	48.00	3.00	3.00
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
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 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
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			2897	3407	*237.60	*79.00	65.12	*0.00	*54	512.40	*31.58	79.96
% of Calories					*32.81 %	*10.91 %	20.2%	*0.0%		70.7%		11.0%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Tuesday - 09/29/2026

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)
991321 PIZZA, BREAKFAST BACON SCRAMBLE	1 PIZZA	1	210	330	5.00	2.00	9.00	0.00	60	23.00	2.00	10.00
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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)
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
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
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			2533	2030	*266.08	*4.00	42.29	*0.00	104	479.85	29.17	*70.52
% of Calories					*42.02 %	*0.63%	15.0%	*0.0%		75.8%		*11.1%
Weekly Nutrient Guideline			450 - 600	<=640		<10						

Wednesday - 09/30/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 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)
991176 FRENCH TOAST W/ SAUSAGE LINKS	1TOAST +2SAUSAGE	1	151	306	4.36	*1.36	6.48	*0.00	50	14.37	*0.00	10.23
990127 CINNI MINI	1 PACK	1	240	300	15.00	*N/A*	8.00	0.00	0	40.00	2.00	5.00
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	110	90	6.00	5.00	3.00	0.00	0	20.00	2.00	2.00
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
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

Portion Values

Sep 1, 2026 thru Sep 30, 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			2121	1915	*213.06	*6.36	38.58	*0.00	74	395.20	*21.62	63.23
% of Calories					*40.18 %	*1.20%	16.4%	*0.0%		74.5%		11.9%
Weekly Nutrient Guideline			450 - 600	<=640		<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		2305	2252	*225.53	*24.19	39.59	*0.01	*70	436.73	*24.99	*60.96
% of Calories				*39.14 %	*4.20%	15.5%	*0.0%		75.8%		*10.6%

**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.