

# Base Menu Spreadsheet

## Portion Values

**Menu Name:** BREAKFAST HS      **Include Cost:** No  
**Site:**      **Report Style:** Detailed  
**Use Alternate Menu Name:** No

### Wednesday - 11/01/2023      Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990863 CROISSANT, BACON, EGG & CHEESE	1 croissant	1	287	655	5	*N/A*	12.54	0.00	116	32.01	2.00	14.21
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	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	*N/A*	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	*N/A*	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	*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	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2137	1812	*223	*0	35.72	0.00	146	418.27	*25.73	53.66
% of Calories					*41.7%	*0%	15.0%	0.0%		78.3%		10.0%
Weekly Nutrient Guideline			450 - 600	640			<=0					

### Thursday - 11/02/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990812 PARFAIT, VERY BERRY w/ GRANOLA	1 PARFAIT	1	243	122	*21	*N/A*	2.76	0.00	2	50.41	*4.05	6.12
990941 DONUT, MINI CHOCOLATE	1 pouch (6 ct)	1	318	269	19	0	14.93	0.00	0	40.81	1.99	4.98
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	*N/A*	2.50	0.00	0	45.00	4.00	5.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	*N/A*	2.50	0.00	0	47.00	3.00	3.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	*N/A*	2.50	0.00	0	46.00	4.00	5.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2067	2088	*213	*0	35.41	*0.00	33	400.68	*26.72	51.59
% of Calories					*41.2%	*0%	15.4%	*0.0%		77.5%		10.0%
Weekly Nutrient Guideline			450 - 600	640			<=0					

### Friday - 11/03/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	255	915	2	*N/A*	13.00	0.00	20	26.50	1.00	9.00
990099 GRITS, CHEESE (extra)	1/2 CUP	1	162	144	*1	*N/A*	6.71	*0.00	*6	*21.12	*1.19	*4.55
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	*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	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2514	2260	*261	*0	40.85	*0.00	*56	*501.50	*30.88	*51.96
% of Calories					*41.5%	*0%	14.6%	*0.0%		*79.8%		*8.3%
Weekly Nutrient Guideline			450 - 600	640			<=0					

# Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Monday - 11/06/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 BISCUIT, CHICKEN	1 BISCUIT	1	311	963	3	*N/A*	13.05	0.00	30	34.10	2.01	13.12
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	*N/A*	16.00	0.00	0	35.00	4.00	10.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	*N/A*	2.50	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	*N/A*	2.50	0.00	0	46.00	4.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	*N/A*	2.50	0.00	0	45.00	4.00	5.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2539	2994	*251	*0	46.69	0.00	60	485.98	*34.70	64.54
% of Calories					*39.5%	*0%	16.6%	0.0%		76.6%		10.2%
Weekly Nutrient Guideline			450 - 600	640			<=0					

## Tuesday - 11/07/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990727 FRENCH TOAST, MINI CINNAMON	1 pouch	1	220	200	11	*N/A*	7.00	0.00	*N/A*	37.00	2.00	4.00
990942 FRENCH TOAST, MINI BERRY	1 pouch	1	220	190	11	*N/A*	7.00	0.00	0	37.00	2.00	4.00
990943 BREAKFAST BUN, GLAZED	1 bun	1	270	210	13	*N/A*	10.00	10.00	0	40.00	3.00	6.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	*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	*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	*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	*N/A*	0.00	0.00	0	17.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2395	1778	*230	*0	45.22	*10.00	*30	460.47	*27.67	51.50
% of Calories					*38.4%	*0%	17.0%	*3.8%		76.9%		8.6%
Weekly Nutrient Guideline			450 - 600	640			<=0					

### Wednesday - 11/08/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990944 PIZZA, BREAKFAST BAGEL IW-SAUSAGE, EGG & CHEESE	1 PIZZA BAGEL	1	181	381	6	1	6.02	0.00	55	23.07	2.01	10.03
990945 PIZZA, BREAKFAST BAGEL IW-EGG & CHEESE ONLY	1 PIZZA BAGEL	1	183	386	6	1	6.09	0.00	56	23.36	2.03	9.14
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	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	*N/A*	3.00	0.00	0	30.00	3.00	2.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	*N/A*	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2213	1924	*231	*2	35.29	0.00	141	432.69	*27.77	58.62
% of Calories					*41.8%	*0.4%	14.4%	0.0%		78.2%		10.6%
Weekly Nutrient Guideline			450 - 600	640			<=0					

### Thursday - 11/09/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990813 SMOOTHIE, STRAWBERRY BANANA	8 oz.	1	90	100	*10	*N/A*	0.01	*0.00	3	15.65	0.50	6.45
990127 CINNI MINI	1 PACK	1	240	300	15	*N/A*	8.00	0.00	0	40.00	2.00	5.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	*N/A*	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	*N/A*	3.00	0.00	0	21.00	1.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	*N/A*	2.50	0.00	0	46.00	4.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	*N/A*	2.50	0.00	0	45.00	4.00	5.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	*N/A*	2.50	0.00	0	47.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*N/A*	0.00	0.00	0	17.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2165	2432	*219	*0	34.73	*0.00	33	426.12	*27.18	57.95
% of Calories					*40.5%	*0%	14.4%	*0.0%		78.7%		10.7%
Weekly Nutrient Guideline			450 - 600	640			<=0					

### Monday - 11/13/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 BISCUIT, CHICKEN	1 BISCUIT	1	311	963	3	*N/A*	13.05	0.00	30	34.10	2.01	13.12
990142 BREAD, BANANA, BRKFAST SLICE	1 SLICE	1	280	220	25	*N/A*	10.00	0.00	0	44.00	2.00	5.00
990158 BREAD, BLUEBERRY, BRKFAST SLICE	1 SLICE	1	270	190	24	*N/A*	9.00	0.00	0	43.00	2.00	6.00
990159 BREAD, BREAKFAST, PUMPKIN	1 SLICE	1	270	220	24	*N/A*	10.00	0.00	0	43.00	2.00	6.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	*N/A*	2.50	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	*N/A*	2.50	0.00	0	46.00	4.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	*N/A*	2.50	0.00	0	45.00	4.00	5.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			3049	3314	*311	*0	59.69	0.00	60	580.98	*36.70	71.54
% of Calories					*40.8%	*0%	17.6%	0.0%		76.2%		9.4%
Weekly Nutrient Guideline			450 - 600	640			<=0					

## Tuesday - 11/14/2023

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990257 PANCAKES, MINI MAPLE	POUCH	1	220	340	15	*N/A*	7.00	0.00	5	36.00	3.00	5.00
990255 PANCAKES, MINI BLUEBERRY	POUCH	1	230	330	16	*N/A*	6.00	0.00	5	38.00	3.00	5.00
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	*N/A*	6.00	0.00	0	36.00	2.00	5.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	*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	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2345	2108	*237	*0	40.22	*0.00	40	456.47	*28.67	52.50
% of Calories					*40.4%	*0%	15.4%	*0.0%		77.9%		9.0%
Weekly Nutrient Guideline			450 - 600	640			<=0					

## Wednesday - 11/15/2023

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990795 SANDWICH, BREAKFAST GRILLED CHEESE W/ BACON	1 each	1	410	1321	*4	*N/A*	24.78	1.41	35	30.12	2.00	24.69
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	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	*N/A*	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	*N/A*	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	*N/A*	3.00	0.00	0	21.00	1.00	2.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2259	2478	*222	*0	47.96	1.41	65	416.38	*25.73	64.14
% of Calories					*39.3%	*0%	19.1%	0.6%		73.7%		11.4%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Thursday - 11/16/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990731 BURRITO, BREAKFAST	1 BURRITO	1	210	300	1	*N/A*	10.00	0.00	90	20.00	0.00	9.00
990957 DONUT, POWDERED	1 DOONUT	1	300	260	21	*N/A*	13.00	0.00	20	43.00	2.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	*N/A*	2.50	0.00	0	46.00	4.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	*N/A*	2.50	0.00	0	45.00	4.00	5.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	*N/A*	2.50	0.00	0	47.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2015	2258	*194	*0	40.72	*0.00	140	372.47	*22.67	52.50
% of Calories					*38.5%	*0%	18.2%	*0.0%		73.9%		10.4%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Friday - 11/17/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	255	915	2	*N/A*	13.00	0.00	20	26.50	1.00	9.00
990099 GRITS, CHEESE (extra)	1/2 CUP	1	162	144	*1	*N/A*	6.71	*0.00	*6	*21.12	*1.19	*4.55
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	*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	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2514	2260	*261	*0	40.85	*0.00	*56	*501.50	*30.88	*51.96
% of Calories					*41.5%	*0%	14.6%	*0.0%		*79.8%		*8.3%
Weekly Nutrient Guideline			450 - 600	640			<=0					

### Monday - 11/27/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 BISCUIT, CHICKEN	1 BISCUIT	1	311	963	3	*N/A*	13.05	0.00	30	34.10	2.01	13.12
990251 MUFFIN, CHERRY, 2 OZ	1 MUFFIN	1	228	115	17	*N/A*	6.00	0.00	30	39.00	3.30	3.90
990781 MUFFIN, CHOCOLATE CHIP, 2 OZ	1 MUFFIN	1	227	115	18	*N/A*	6.00	0.00	30	39.50	3.10	3.90
990854 MUFFIN, BLUEBERRY, 2 OZ	1 MUFFIN	1	223	115	16	*N/A*	6.00	0.00	30	38.50	3.30	3.90
990921 MUFFIN, DOUBLE FUDGE, 2 OZ	1 MUFFIN	1	229	125	18	*N/A*	6.00	0.00	30	40.00	3.10	3.80
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	*N/A*	2.50	0.00	0	47.00	3.00	3.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	*N/A*	2.50	0.00	0	45.00	4.00	5.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	*N/A*	2.50	0.00	0	46.00	4.00	5.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			3076	3149	*294	*0	54.69	0.00	180	592.98	*43.50	70.04
% of Calories					*38.2%	*0%	16.0%	0.0%		77.1%		9.1%
Weekly Nutrient Guideline			450 - 600	640			<=0					

## Tuesday - 11/28/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990898 WAFFLES, CHOCOLATE, MINI	1 pouch	1	232	176	16	*N/A*	8.34	0.00	14	35.21	0.00	4.63
990150 WAFFLES, STRAWBERRY, MINI	1 POUCH	1	277	242	14	*N/A*	10.38	0.00	17	39.23	2.31	5.77

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990148 WAFFLES, MAPLE, MINI	1 POUCH	1	156	137	8	*N/A*	5.87	0.00	10	24.78	1.30	3.26
990897 WAFFLES, FUN & FRUITI, MINI	1 pouch	1	250	190	17	*N/A*	9.00	0.00	15	38.00	0.00	5.00
990149 WAFFLES, BLUEBERRY, MINI	1 POUCH	1	241	201	12	*N/A*	9.03	0.00	15	33.10	2.01	5.02
990852 BREAKFAST SNACK BAG- GOLDFISH W/ COOKIES & CREAM	1 BAR 1 CRACKER	1	250	172	*9	*N/A*	7.50	0.00	6	43.00	5.00	5.00
990791 BREAKFAST SNACK BAG- CHEEZ ITS W/ COOKIES & CREAM	1 BAR 1 CRACKER	1	152	4	9	*N/A*	4.07	0.00	*1	29.28	4.02	2.06
990853 BREAKFAST SNACK BAG- GOLDFISH W/ CHOC CHIP	1 BAR 1 CRACKER	1	260	305	*12	*N/A*	6.50	0.00	5	45.00	3.00	5.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			3503	2604	*292	*0	81.91	*0.00	*113	634.07	*38.31	73.23
% of Calories					*33.3%	*0%	21.0%	*0.0%		72.4%		8.4%
Weekly Nutrient Guideline			450 - 600	640			<=0					

### Wednesday - 11/29/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990863 CROISSANT, BACON, EGG & CHEESE	1 croissant	1	287	655	5	*N/A*	12.54	0.00	116	32.01	2.00	14.21
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	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	*N/A*	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	*N/A*	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	*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	*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	*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	*N/A*	0.00	0.00	0	20.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	*N/A*	0.00	0.00	0	30.00	2.00	0.00
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2137	1812	*223	*0	35.72	0.00	146	418.27	*25.73	53.66
% of Calories					*41.7%	*0%	15.0%	0.0%		78.3%		10.0%
Weekly Nutrient Guideline			450 - 600	640			<=0					

### Thursday - 11/30/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990812 PARFAIT, VERY BERRY w/ GRANOLA	1 PARFAIT	1	243	122	*21	*N/A*	2.76	0.00	2	50.41	*4.05	6.12
990941 DONUT, MINI CHOCOLATE	1 pouch (6 ct)	1	318	269	19	0	14.93	0.00	0	40.81	1.99	4.98

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	*N/A*	2.50	0.00	0	45.00	4.00	5.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	*N/A*	2.50	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	*N/A*	2.50	0.00	0	46.00	4.00	5.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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	*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	*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	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2067	2088	*213	*0	35.41	*0.00	33	400.68	*26.72	51.59
% of Calories					*41.2%	*0%	15.4%	*0.0%		77.5%		10.0%
Weekly Nutrient Guideline			450 - 600	640			<=0					

	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	2437	2335	*242	*0	44.44	*0.71	*83	*468.72	*29.97	*58.19
% of Calories			*39.7%	*0%	16.4%	*0.3%		*76.9%		*9.6%

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE:** *The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*