

# Base Menu Spreadsheet

## Portion Values

<b>Menu Name:</b>	BREAKFAST HS	<b>Include Cost:</b>	No
<b>Site:</b>		<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

### Friday - 09/01/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	13.00	0.00	20	26.50	1.00	9.00
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*
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	6.00	0.00	0	73.00	6.00	5.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2353	2116	*261	34.14	0.00	50	480.38	*29.69	47.41
% of Calories					*44.4%	13.1%	0.0%		81.7%		8.1%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Wednesday - 09/06/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990920 PIZZA, BREAKFAST SAUSAGE & GRAVY FLATBREAD IW	1 PIZZA	1	190	220	1	7.00	0.00	20	18.00	0.00	15.00
990258 FRENCH TOAST, STICKS	SERVING (4 STX)	1	270	280	11	12.02	0.00	0	35.06	3.00	6.01
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	3.00	0.00	0	20.00	1.00	2.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	3.00	0.00	0	21.00	1.00	2.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2310	1658	*230	42.20	0.00	50	439.32	*26.74	60.46
% of Calories					*39.8%	16.4%	0.0%		76.1%		10.5%
Weekly Nutrient Guideline			450 - 600	640		<=0					

Thursday - 09/07/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990729 CINNAMON TOAST PUFF PASTRY	1 BAR	1	250	310	15	7.00	0.00	*N/A*	43.00	3.00	7.00
990765 SMOOTHIE, WATERMELON	8 oz.	1	79	82	*10	0.00	*0.00	3	13.70	0.50	6.05
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	3.00	0.00	0	21.00	1.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	3.00	0.00	0	20.00	2.00	2.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	2.50	0.00	0	46.00	4.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	2.50	0.00	0	45.00	4.00	5.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	2.50	0.00	0	47.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	5.00	0.00	0	44.00	7.00	3.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2165	2424	*218	33.72	*0.00	*33	427.17	*28.18	59.54
% of Calories					*40.3%	14.0%	*0.0%		78.9%		11.0%
Weekly Nutrient Guideline			450 - 600	640		<=0					

Friday - 09/08/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	13.00	0.00	20	26.50	1.00	9.00
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*
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.10	0.00	0	18.87	0.96	0.50
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2353	2116	*261	34.14	0.00	50	480.38	*29.69	47.41
% of Calories					*44.4%	13.1%	0.0%		81.7%		8.1%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Monday - 09/11/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	13.05	0.00	30	34.10	2.01	13.12
990936 SCONE, BREAKFAST BERRY	1 SCONE	1	243	197	13	7.30	0.00	10	28.50	3.50	3.80
990935 SCONE, BANANA CHOCOLATE CHIP	1 SCONE	1	252	190	15	8.20	0.00	6	30.00	3.00	3.70
990934 SCONE, APPLE CINNAMON IW	1 SCONE	1	235	196	12	7.20	0.00	10	41.00	3.00	3.80
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	5.00	0.00	0	44.00	7.00	3.00

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	2.50	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	2.50	0.00	0	46.00	4.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	2.50	0.00	0	45.00	4.00	5.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2959	3267	*279	53.39	0.00	86	550.48	*40.20	65.84
% of Calories					*37.7%	16.2%	0.0%		74.4%		8.9%
Weekly Nutrient Guideline			450 - 600	640		<=0					

Tuesday - 09/12/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990150 WAFFLES, STRAWBERRY, MINI	1 POUCH	1	277	242	14	10.38	0.00	17	39.23	2.31	5.77
990148 WAFFLES, MAPLE, MINI	1 POUCH	1	156	137	8	5.87	0.00	10	24.78	1.30	3.26
990149 WAFFLES, BLUEBERRY, MINI	1 POUCH	1	241	201	12	9.03	0.00	15	33.10	2.01	5.02
990898 WAFFLES, CHOCOLATE, MINI	1 pouch	1	232	176	16	8.34	0.00	14	35.21	0.00	4.63
990897 WAFFLES, FUN & FRUITI, MINI	1 pouch	1	250	190	17	9.00	0.00	15	38.00	0.00	5.00
990725 MINI BAGEL, PILLSBURY, STAWBERRY CREAM	1 PACKAGE	1	230	180	13	6.00	0.00	10	41.00	2.00	6.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00



# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			3071	2303	*275	69.84	*0.00	111	557.79	*28.29	67.17
% of Calories					*35.8%	20.5%	*0.0%		72.7%		8.7%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Wednesday - 09/13/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990165 PANCAKE & SAUSAGE WRAP	1 EACH	1	200	310	4	10.00	0.00	25	17.00	3.00	7.00
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	6.00	0.00	0	36.00	2.00	5.00
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	3.00	0.00	0	20.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	3.00	0.00	0	21.00	1.00	2.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2260	1727	*233	39.18	0.00	55	439.26	*28.73	51.45
% of Calories					*41.2%	15.6%	0.0%		77.7%		9.1%
Weekly Nutrient Guideline			450 - 600	640		<=0					

# Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Thursday - 09/14/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990770 PARFAIT, PEACHY	1 PARFAIT	1	234	141	25	1.51	0.00	3	52.66	2.84	6.11
990827 CINNAMON ROLL	1 CINNAMON ROLL	1	240	240	12	7.00	0.00	0	38.00	3.00	5.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	2.50	0.00	0	46.00	4.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	2.50	0.00	0	45.00	4.00	5.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	2.50	0.00	0	47.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	5.00	0.00	0	44.00	7.00	3.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			1980	2079	*209	26.23	*0.00	33	400.13	*26.51	51.61
% of Calories					*42.2%	11.9%	*0.0%		80.8%		10.4%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Friday - 09/15/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	13.00	0.00	20	26.50	1.00	9.00
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*
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.10	0.00	0	18.87	0.96	0.50
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2353	2116	*261	34.14	0.00	50	480.38	*29.69	47.41
% of Calories					*44.4%	13.1%	0.0%		81.7%		8.1%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Monday - 09/18/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	13.05	0.00	30	34.10	2.01	13.12
990251 MUFFIN, CHERRY, 2 OZ	1 MUFFIN	1	228	115	17	6.00	0.00	30	39.00	3.30	3.90
990781 MUFFIN, CHOCOLATE CHIP, 2 OZ	1 MUFFIN	1	227	115	18	6.00	0.00	30	39.50	3.10	3.90
990854 MUFFIN, BLUEBERRY, 2 OZ	1 MUFFIN	1	223	115	16	6.00	0.00	30	38.50	3.30	3.90
990921 MUFFIN, DOUBLE FUDGE, 2 OZ	1 MUFFIN	1	229	125	18	6.00	0.00	30	40.00	3.10	3.80

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	5.00	0.00	0	44.00	7.00	3.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	2.50	0.00	0	47.00	3.00	3.00
990872 CEREAL, HONEY NUT CHERIO, 2 OZ	1 BOWL	1	210	320	19	2.50	0.00	0	45.00	4.00	5.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	2.50	0.00	0	46.00	4.00	5.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			3076	3149	*294	54.69	0.00	180	592.98	*43.50	70.04
% of Calories					*38.2%	16.0%	0.0%		77.1%		9.1%
Weekly Nutrient Guideline			450 - 600	640		<=0					

**Tuesday - 09/19/2023**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990910 DONUT, MINI POWDERED	1 pouch	1	270	290	19	11.00	0.00	0	41.00	*N/A*	4.00
990852 BREAKFAST SNACK BAG- GOLDFISH W/ COOKIES & CREAM	1 BAR 1 CRACKER	1	250	172	*9	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	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	6.50	0.00	5	45.00	3.00	5.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2617	1949	*244	50.29	*0.00	*42	504.75	*32.69	53.56
% of Calories					*37.3%	17.3%	*0.0%		77.1%		8.2%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Wednesday - 09/20/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990769 CROISSANT, HAM & CHEESE	1 croissant	1	255	591	4	10.03	0.00	27	31.01	2.00	13.52
990127 CINNI MINI	1 PACK	1	240	300	15	8.00	0.00	0	40.00	2.00	5.00
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	3.00	0.00	0	20.00	1.00	2.00



# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	3.00	0.00	0	21.00	1.00	2.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2345	2048	*237	41.21	0.00	57	457.27	*27.73	57.96
% of Calories					*40.4%	15.8%	0.0%		78.0%		9.9%
Weekly Nutrient Guideline			450 - 600	640		<=0					

Thursday - 09/21/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990919 SMOOTHIE, STRAWBERRY LEMONADE	8 oz.	1	90	100	*10	0.01	*0.00	3	15.78	0.50	6.45
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	3.00	0.00	0	21.00	1.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	3.00	0.00	0	20.00	2.00	2.00
990836 HONEY BUN	1 BUN	1	240	250	9	10.00	0.00	*N/A*	34.00	3.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	2.50	0.00	0	45.00	4.00	5.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	5.00	0.00	0	44.00	7.00	3.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	2.50	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	2.50	0.00	0	46.00	4.00	5.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2165	2382	*213	36.73	*0.00	*33	420.25	*28.18	57.95
% of Calories					*39.4%	15.3%	*0.0%		77.6%		10.7%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Friday - 09/22/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	13.00	0.00	20	26.50	1.00	9.00
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*
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	6.00	0.00	0	73.00	6.00	5.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.10	0.00	0	18.87	0.96	0.50
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2353	2116	*261	34.14	0.00	50	480.38	*29.69	47.41
% of Calories					*44.4%	13.1%	0.0%		81.7%		8.1%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Monday - 09/25/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	13.05	0.00	30	34.10	2.01	13.12
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	0.00	0	35.00	4.00	10.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	5.00	0.00	0	44.00	7.00	3.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	2.50	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	2.50	0.00	0	46.00	4.00	5.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	2.50	0.00	0	45.00	4.00	5.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2539	2994	*251	46.69	0.00	60	485.98	*34.70	64.54
% of Calories					*39.5%	16.6%	0.0%		76.6%		10.2%
Weekly Nutrient Guideline			450 - 600	640		<=0					

Tuesday - 09/26/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990255 PANCAKES, MINI BLUEBERRY	POUCH	1	230	330	16	6.00	0.00	5	38.00	3.00	5.00
990257 PANCAKES, MINI MAPLE	POUCH	1	220	340	15	7.00	0.00	5	36.00	3.00	5.00
990503 BREAKFAST BENTO BOX, CHEESE	1	1	303	361	*5	10.18	*0.04	15	44.94	5.62	10.69
990502 BREAKFAST BENTO BOX, YOGURT	1	1	324	213	*22	5.68	*0.04	5	63.16	5.62	7.65
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ	1 PACK	1	350	240	29	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2763	2421	*254	50.09	*0.09	60	528.58	*37.92	65.84
% of Calories					*36.8%	16.3%	*0.0%		76.5%		9.5%
Weekly Nutrient Guideline			450 - 600	640		<=0					

# Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Wednesday - 09/27/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990920 PIZZA, BREAKFAST SAUSAGE & GRAVY FLATBREAD IW	1 PIZZA	1	190	220	1	7.00	0.00	20	18.00	0.00	15.00
990258 FRENCH TOAST, STICKS	SERVING (4 STX)	1	270	280	11	12.02	0.00	0	35.06	3.00	6.01
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	3.00	0.00	0	21.00	1.00	2.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2310	1658	*230	42.20	0.00	50	439.32	*26.74	60.46
% of Calories					*39.8%	16.4%	0.0%		76.1%		10.5%
Weekly Nutrient Guideline			450 - 600	640		<=0					

Thursday - 09/28/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990729 CINNAMON TOAST PUFF PASTRY	1 BAR	1	250	310	15	7.00	0.00	*N/A*	43.00	3.00	7.00
990765 SMOOTHIE, WATERMELON	8 oz.	1	79	82	*10	0.00	*0.00	3	13.70	0.50	6.05
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	110	140	7	3.00	0.00	0	20.00	1.00	2.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	3.00	0.00	0	21.00	1.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	3.00	0.00	0	20.00	2.00	2.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	200	360	19	2.50	0.00	0	46.00	4.00	5.00
990872 CEREAL, HONEY NUT CHEERIO, 2 OZ	1 BOWL	1	210	320	19	2.50	0.00	0	45.00	4.00	5.00



# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	230	220	15	2.50	0.00	0	47.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ	1 BOWL	1	210	320	11	5.00	0.00	0	44.00	7.00	3.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2165	2424	*218	33.72	*0.00	*33	427.17	*28.18	59.54
% of Calories					*40.3%	14.0%	*0.0%		78.9%		11.0%
Weekly Nutrient Guideline			450 - 600	640		<=0					

### Friday - 09/29/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	13.00	0.00	20	26.50	1.00	9.00
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*

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990875 POPTART, STRAWBERRY, 2 OZ	1 PACK	1	340	230	29	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	0.00	0.00	0	15.00	0.00	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	0.00	0.00	0	14.05	0.99	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0.00	0	11.31	1.44	0.90
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total 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	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2353	2116	*261	34.14	0.00	50	480.38	*29.69	47.41
% of Calories					*44.4%	13.1%	0.0%		81.7%		8.1%
Weekly Nutrient Guideline			450 - 600	640		<=0					

	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	2447	2266	*247	41.63	*0.00	*60	477.49	*30.88	57.00
% of Calories			*40.4%	15.3%	*0.0%		78.1%		9.3%

\*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.**