

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

Menu Name: BREAKFAST ELEMENTARY, K8, & MIDDLE **Include Cost:** No
Site: **Report Style:** Detailed
Use Alternate Menu Name: No

Monday - 09/30/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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
990256 PANCAKES, MINI CINNAMON	POUCH	1	180	270	12	*N/A*	3.00	0.00	5	34.00	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
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
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
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00

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Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2527	3756	*234	*12	44.27	*0.00	70	468.57	32.68	76.62
% of Calories					*37.0%	*1.9%	15.8%	*0.0%		74.2%		12.1%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Tuesday - 10/01/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990729 CINNAMON TOAST PUFF PASTRY	1 BAR	1	250	310	15	*N/A*	7.00	0.00	*N/A*	43.00	3.00	7.00
990502 BREAKFAST BENTO BOX, YOGURT	1	1	323	231	*22	*N/A*	5.68	*0.04	5	62.94	5.62	7.69
990503 BREAKFAST BENTO BOX, CHEESE	1	1	303	361	*5	*N/A*	10.18	*0.04	15	44.94	5.62	10.69
990875 POPTART, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ EQ	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

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
990866 APPLESAUCE, GRANNY	HALF CUP	1	74	20	16	*N/A*	0.00	0.00	0	19.49	0.99	0.32
001263 APPLESAUCE, ROSY	HALF CUP	1	74	20	16	*N/A*	0.00	0.00	0	19.49	0.99	0.32
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2839	2274	*304	*12	41.36	*0.09	*45	567.31	36.42	71.03
% of Calories					*42.8%	*1.7%	13.1%	*0.0%		79.9%		10.0%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Wednesday - 10/02/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991101 PIZZA, BREAKFAST FLATBREAD IW	1 PIZZA	1	230	310	5	2	7.00	0.00	20	31.00	3.00	11.00
990258 FRENCH TOAST, STICKS	SERVING-3 STICK	1	270	330	8	*N/A*	10.00	0.00	0	40.00	4.00	7.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
991081 ORANGES, WEDGES	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52
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
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

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000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			2038	1926	194	*14	37.73	0.00	45	371.38	23.92	65.56
% of Calories					38.1%	*2.7%	16.7%	0.0%		72.9%		12.9%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 10/03/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991067 PARFAIT, STRAWBERRY & PEACH	1 PARFAIT	1	285	139	40	*N/A*	1.51	0.00	3	63.30	3.33	6.35
100000 DONUT, GLAZED PULL APART	1 donut	1	240	300	8	*N/A*	11.00	0.00	0	31.00	2.00	4.00
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
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
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
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
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

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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	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2573	2317	*307	*12	27.65	0.00	28	539.97	34.62	59.76
% of Calories					*47.7%	*1.9%	9.7%	0.0%		83.9%		9.3%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Friday - 10/04/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990096 BISCUIT, STEAK	1 BISCUIT	1	340	1010	2	*N/A*	17.00	0.00	25	35.00	3.00	13.00
990781 MUFFIN, CHOCOLATE CHIP, 2 OZ EQ.	1 MUFFIN	1	227	115	18	15	6.00	0.00	30	39.50	3.10	3.90

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Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990921 MUFFIN, DOUBLE FUDGE, 2 OZ EQ.	1 MUFFIN	1	229	125	18	*N/A*	6.00	0.00	30	40.00	3.10	3.80
990251 MUFFIN, CHERRY, 2 OZ EQ.	1 MUFFIN	1	228	115	17	4	6.00	0.00	30	39.00	3.30	3.90
990854 MUFFIN, BLUEBERRY, 2 OZ EQ.	1 MUFFIN	1	223	115	16	*N/A*	6.00	0.00	30	38.50	3.30	3.90
990875 POPTART, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ EQ	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
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
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			3012	2813	*283	*32	59.72	*0.00	170	555.47	36.47	74.00
% of Calories					*37.6%	*4.2%	17.8%	*0.0%		73.8%		9.8%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

Monday - 10/07/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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
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
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2207	3126	*204	*12	44.27	*0.00	55	395.57	26.68	71.62
% of Calories					*37.0%	*2.2%	18.1%	*0.0%		71.7%		13.0%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Tuesday - 10/08/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991103 FRENCH TOAST, CHOCOLATE CHIP BITES	1 PACK	1	200	210	11	11	5.00	0.00	0	37.00	6.00	5.00
990852 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	304	*N/A*	*N/A*	7.46	0.04	5	43.83	3.99	5.16
990791 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	162	137	*0	*N/A*	4.03	0.04	*0	30.11	3.01	2.22
990853 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	318	*N/A*	*N/A*	7.46	0.04	5	43.48	3.95	5.20
990792 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	298	*0	*N/A*	7.46	0.04	*0	43.48	3.95	5.20
990875 POPTART, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
001262 PEARS, ROSY	HALF CUP	1	108	18	*5	*N/A*	0.00	0.00	0	26.43	2.86	0.32
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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2956	2616	*222	*23	49.91	0.18	*35	573.34	41.76	68.10
% of Calories					*30.0%	*3.1%	15.2%	0.1%		77.6%		9.2%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Wednesday - 10/09/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990165 PANCAKE & SAUSAGE WRAP	1 EACH	1	200	310	4	*N/A*	10.00	0.00	25	17.00	3.00	7.00
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	*N/A*	6.00	0.00	0	36.00	2.00	5.00
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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
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
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	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
Weighted Daily Average			1944	1858	195	*12	36.77	0.00	50	353.45	21.35	58.40
% of Calories					40.1%	*2.5%	17.0%	0.0%		72.7%		12.0%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 10/10/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			400 - 500	540			<=0					

Friday - 10/11/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			400 - 500	540			<=0					

Monday - 10/14/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			400 - 500	540			<=0					

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

Tuesday - 10/15/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			400 - 500	540			<=0					

Wednesday - 10/16/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990769 CROISSANT, HAM & CHEESE	1 croissant	1	257	576	4	*N/A*	10.05	0.00	26	30.68	2.00	14.24
990836 HONEY BUN	1 BUN	1	240	250	9	*N/A*	10.00	0.00	*N/A*	34.00	3.00	5.00
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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
991096 PEARS, FRESH	1 pear	1	101	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2061	2114	197	*12	40.84	0.00	*51	373.18	23.56	65.92
% of Calories					38.2%	*2.3%	17.8%	0.0%		72.4%		12.8%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 10/17/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990765 SMOOTHIE, WATERMELON	8 oz.	1	89	100	*10	*N/A*	0.01	*0.00	3	15.65	0.50	6.45
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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990899 DONUT, CHOCOLATE, GLAZED IW	1 DONUT	1	310	300	25	*N/A*	13.00	0.00	15	45.00	2.00	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
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
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
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
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	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2666	2474	*308	*12	34.15	*0.00	43	547.33	34.80	62.86
% of Calories					*46.2%	*1.8%	11.5%	*0.0%		82.1%		9.4%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Friday - 10/18/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
990921 MUFFIN, DOUBLE FUDGE, 2 OZ EQ.	1 MUFFIN	1	229	125	18	*N/A*	6.00	0.00	30	40.00	3.10	3.80
990251 MUFFIN, CHERRY, 2 OZ EQ.	1 MUFFIN	1	228	115	17	4	6.00	0.00	30	39.00	3.30	3.90
990854 MUFFIN, BLUEBERRY, 2 OZ EQ.	1 MUFFIN	1	223	115	16	*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	18	15	6.00	0.00	30	39.50	3.10	3.90
990875 POPTART, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ EQ	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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2927	2718	*283	*32	55.72	*0.00	165	546.97	34.47	70.00
% of Calories					*38.7%	*4.4%	17.1%	*0.0%		74.7%		9.6%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Monday - 10/21/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990256 PANCAKES, MINI CINNAMON	POUCH	1	180	270	12	*N/A*	3.00	0.00	5	34.00	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
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
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
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2527	3756	*234	*12	44.27	*0.00	70	468.57	32.68	76.62
% of Calories					*37.0%	*1.9%	15.8%	*0.0%		74.2%		12.1%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

Tuesday - 10/22/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990729 CINNAMON TOAST PUFF PASTRY	1 BAR	1	250	310	15	*N/A*	7.00	0.00	*N/A*	43.00	3.00	7.00
990502 BREAKFAST BENTO BOX, YOGURT	1	1	323	231	*22	*N/A*	5.68	*0.04	5	62.94	5.62	7.69
990503 BREAKFAST BENTO BOX, CHEESE	1	1	303	361	*5	*N/A*	10.18	*0.04	15	44.94	5.62	10.69
990875 POPTART, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ EQ	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
990866 APPLESAUCE, GRANNY	HALF CUP	1	74	20	16	*N/A*	0.00	0.00	0	19.49	0.99	0.32
001263 APPLESAUCE, ROSY	HALF CUP	1	74	20	16	*N/A*	0.00	0.00	0	19.49	0.99	0.32
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2839	2274	*304	*12	41.36	*0.09	*45	567.31	36.42	71.03
% of Calories					*42.8%	*1.7%	13.1%	*0.0%		79.9%		10.0%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Wednesday - 10/23/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991101 PIZZA, BREAKFAST FLATBREAD IW	1 PIZZA	1	230	310	5	2	7.00	0.00	20	31.00	3.00	11.00
990258 FRENCH TOAST, STICKS	SERVING-3 STICK	1	270	330	8	*N/A*	10.00	0.00	0	40.00	4.00	7.00
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
991081 ORANGES, WEDGES	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	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
Weighted Daily Average			2038	1926	194	*14	37.73	0.00	45	371.38	23.92	65.56
% of Calories					38.1%	*2.7%	16.7%	0.0%		72.9%		12.9%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 10/24/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991067 PARFAIT, STRAWBERRY & PEACH	1 PARFAIT	1	285	139	40	*N/A*	1.51	0.00	3	63.30	3.33	6.35
100000 DONUT, GLAZED PULL APART	1 donut	1	240	300	8	*N/A*	11.00	0.00	0	31.00	2.00	4.00
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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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
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
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
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	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2573	2317	*307	*12	27.65	0.00	28	539.97	34.62	59.76
% of Calories					*47.7%	*1.9%	9.7%	0.0%		83.9%		9.3%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Friday - 10/25/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990096 BISCUIT, STEAK	1 BISCUIT	1	340	1010	2	*N/A*	17.00	0.00	25	35.00	3.00	13.00
990781 MUFFIN, CHOCOLATE CHIP, 2 OZ EQ.	1 MUFFIN	1	227	115	18	15	6.00	0.00	30	39.50	3.10	3.90
990921 MUFFIN, DOUBLE FUDGE, 2 OZ EQ.	1 MUFFIN	1	229	125	18	*N/A*	6.00	0.00	30	40.00	3.10	3.80
990251 MUFFIN, CHERRY, 2 OZ EQ.	1 MUFFIN	1	228	115	17	4	6.00	0.00	30	39.00	3.30	3.90
990854 MUFFIN, BLUEBERRY, 2 OZ EQ.	1 MUFFIN	1	223	115	16	*N/A*	6.00	0.00	30	38.50	3.30	3.90
990875 POPTART, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ EQ	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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			3012	2813	*283	*32	59.72	*0.00	170	555.47	36.47	74.00
% of Calories					*37.6%	*4.2%	17.8%	*0.0%		73.8%		9.8%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Monday - 10/28/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2207	3126	*204	*12	44.27	*0.00	55	395.57	26.68	71.62
% of Calories					*37.0%	*2.2%	18.1%	*0.0%		71.7%		13.0%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Tuesday - 10/29/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991103 FRENCH TOAST, CHOCOLATE CHIP BITES	1 PACK	1	200	210	11	11	5.00	0.00	0	37.00	6.00	5.00

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990852 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	304	*N/A*	*N/A*	7.46	0.04	5	43.83	3.99	5.16
990791 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	162	137	*0	*N/A*	4.03	0.04	*0	30.11	3.01	2.22
990853 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	318	*N/A*	*N/A*	7.46	0.04	5	43.48	3.95	5.20
990792 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	298	*0	*N/A*	7.46	0.04	*0	43.48	3.95	5.20
990875 POPTART, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTART, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTART, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
001262 PEARS, ROSY	HALF CUP	1	108	18	*5	*N/A*	0.00	0.00	0	26.43	2.86	0.32
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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2956	2616	*222	*23	49.91	0.18	*35	573.34	41.76	68.10
% of Calories					*30.0%	*3.1%	15.2%	0.1%		77.6%		9.2%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Wednesday - 10/30/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990165 PANCAKE & SAUSAGE WRAP	1 EACH	1	200	310	4	*N/A*	10.00	0.00	25	17.00	3.00	7.00
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	*N/A*	6.00	0.00	0	36.00	2.00	5.00
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
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
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

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	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
Weighted Daily Average			1944	1858	195	*12	36.77	0.00	50	353.45	21.35	58.40
% of Calories					40.1%	*2.5%	17.0%	0.0%		72.7%		12.0%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 10/31/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990957 DONUT, POWDERED	1 DOONUT	1	300	260	21	*N/A*	13.00	0.00	20	43.00	2.00	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
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
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
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
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	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	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
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Oct 31, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2768	2574	*311	*12	37.15	*0.00	48	565.33	35.80	64.86
% of Calories					*44.9%	*1.7%	12.1%	*0.0%		81.7%		9.4%
Weekly Nutrient Guideline			400 - 500	540			<=0					

	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	2109	2136	*208	*14	35.47	*0.02	*54	403.46	26.52	56.41
% of Calories			*39.4%	*2.7%	15.1%	*0.0%		76.5%		10.7%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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