

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

Menu Name:	BREAKFAST ELEMENTARY, K8, & MIDDLE	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 08/04/2025 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 (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
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
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
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19	19	2.00	0.00	0	47.00	4.00	4.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12	11	3.00	0.00	0	46.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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 Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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			2479	2520	243	*69	43.50	0.00	140	463.01	29.50	63.60
% of Calories					39.2%	*11.1%	15.8%	0.0%		74.7%		10.3%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Tuesday - 08/05/2025

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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 BISCUIT, CHICKEN	1 BISCUIT	1	300	920	2	*N/A*	12.50	0.00	30	32.00	2.00	13.00
990257 PANCAKES, MINI MAPLE	POUCH	1	220	340	15	*N/A*	7.00	0.00	5	36.00	3.00	5.00
991011 PANCAKES, MINI STRAWBERRY	1 POUCH	1	210	180	13	13	3.50	0.00	*N/A*	39.00	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
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00

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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 (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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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			3038	3117	*299	*25	48.88	*0.00	*65	587.57	42.85	76.24
% of Calories					*39.4%	*3.3%	14.5%	*0.0%		77.4%		10.0%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Wednesday - 08/06/2025 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990725 MINI BAGEL, PILLSBURY, STAWBERRY CREAM	1 PACKAGE	1	230	180	13	*N/A*	6.00	0.00	10	41.00	2.00	6.00
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	115	115	6	6	3.18	0.00	0	21.64	1.27	1.27
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	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 (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			2027	1776	199	*18	36.72	0.00	35	378.03	19.31	58.31
% of Calories					39.3%	*3.6%	16.3%	0.0%		74.6%		11.5%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 08/07/2025

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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
100000 DONUT, GLAZED PULL APART	1 donut	1	240	300	8	*N/A*	11.00	0.00	0	31.00	2.00	4.00
990502 BREAKFAST BENTO BOX, YOGURT	1	1	576	240	*51	*N/A*	6.84	*0.04	5	128.05	16.80	10.44
990503 BREAKFAST BENTO BOX, CHEESE	1	1	556	370	*34	*N/A*	11.34	*0.04	15	110.05	16.80	13.44
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12	11	3.00	0.00	0	46.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19	19	2.00	0.00	0	47.00	4.00	4.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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 (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
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			3281	2777	*313	*54	46.07	*0.09	45	676.67	66.45	76.12
% of Calories					*38.2%	*6.6%	12.6%	*0.0%		82.5%		9.3%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Friday - 08/08/2025

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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	275	890	2	*N/A*	14.00	0.00	25	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*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00

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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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	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			2353	2237	*255	*12	33.88	*0.00	50	469.07	32.85	57.24
% of Calories					*43.3%	*2.0%	13.0%	*0.0%		79.7%		9.7%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Monday - 08/11/2025

Reimbursable Meal Total 1

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Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 BISCUIT, CHICKEN	1 BISCUIT	1	300	920	2	*N/A*	12.50	0.00	30	32.00	2.00	13.00
990098 UNCRUSTABLE PBJ, GRAPE	1 UNCRUSTABLE	1	300	270	15	12	16.00	0.00	0	32.00	4.00	9.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19	19	2.00	0.00	0	47.00	4.00	4.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12	11	3.00	0.00	0	46.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
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
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 (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			2200	3045	203	*66	44.00	0.00	55	392.01	23.00	67.00
% of Calories					36.9%	*12.0%	18.0%	0.0%		71.3%		12.2%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Tuesday - 08/12/2025

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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990785 FRENCH TOAST W/ BACON	2 TOAST+2 BACON	1	216	417	7	*N/A*	7.00	*0.00	57	26.75	*0.00	11.33
991176 FRENCH TOAST W/ SAUSAGE	2TOAST +1SAUSAGE	1	200	347	7	*0	5.67	*0.00	63	27.08	*0.00	11.33
990791 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	284	*0	*N/A*	7.46	0.04	*0	43.83	3.99	5.16
990792 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	298	*0	*N/A*	7.46	0.04	*0	43.48	3.95	5.20
990852 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	304	*N/A*	*N/A*	7.46	0.04	5	43.83	3.99	5.16
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
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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			3529	3315	*267	*12	62.39	*0.18	*155	671.03	*47.73	91.62
% of Calories					*30.3%	*1.4%	15.9%	*0.0%		76.1%		10.4%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Wednesday - 08/13/2025 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990149 WAFFLE, BELGIAN, BLUEBERRY	1 POUCH	1	240	200	12	*N/A*	9.00	0.00	15	33.00	2.00	5.00
990148 WAFFLE, BELGIAN, MAPLE	1 POUCH	1	240	210	13	*N/A*	9.00	0.00	15	38.00	2.00	5.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990150 WAFFLE, BELGIAN, STRAWBERRY	1 POUCH	1	240	210	12	*N/A*	9.00	0.00	15	34.00	2.00	5.00
990897 WAFFLE, BELGIAN, FUN & FRUITI	1 pouch	1	250	190	17	*N/A*	9.00	0.00	15	38.00	0.00	5.00
990898 WAFFLE, BELGIAN, CHOC O CRISP	1 pouch	1	232	176	16	*N/A*	8.34	0.00	14	35.21	0.00	4.63
990127 CINNI MINI	1 PACK	1	240	300	15	*N/A*	8.00	0.00	0	40.00	2.00	5.00
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	*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	115	115	6	6	3.18	0.00	0	21.64	1.27	1.27
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*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			2968	2552	263	*18	73.06	0.00	99	515.23	21.31	74.95
% of Calories					35.4%	*2.4%	22.2%	0.0%		69.4%		10.1%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 08/14/2025

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 (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
991177 MANAGER'S CHOICE- FRUIT SMOOTHIE	1 SMOOTHIE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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	115	115	6	6	3.18	0.00	0	21.64	1.27	1.27
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	*N/A*	3.00	0.00	0	21.00	1.00	2.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12	11	3.00	0.00	0	46.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19	19	2.00	0.00	0	47.00	4.00	4.00

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
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			2543	2436	*261	*60	39.07	*0.00	45	513.21	37.12	56.52
% of Calories					*41.1%	*9.4%	13.8%	*0.0%		80.7%		8.9%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Friday - 08/15/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	275	890	2	*N/A*	14.00	0.00	25	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*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	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

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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			2353	2237	*255	*12	33.88	*0.00	50	469.07	32.85	57.24
% of Calories					*43.3%	*2.0%	13.0%	*0.0%		79.7%		9.7%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Monday - 08/18/2025

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 (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
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
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
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19	19	2.00	0.00	0	47.00	4.00	4.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12	11	3.00	0.00	0	46.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
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
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			2479	2520	243	*69	43.50	0.00	140	463.01	29.50	63.60
% of Calories					39.2%	*11.1%	15.8%	0.0%		74.7%		10.3%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Tuesday - 08/19/2025

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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 BISCUIT, CHICKEN	1 BISCUIT	1	300	920	2	*N/A*	12.50	0.00	30	32.00	2.00	13.00
990257 PANCAKES, MINI MAPLE	POUCH	1	220	340	15	*N/A*	7.00	0.00	5	36.00	3.00	5.00
991011 PANCAKES, MINI STRAWBERRY	1 POUCH	1	210	180	13	13	3.50	0.00	*N/A*	39.00	3.00	5.00

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990255 PANCAKES, MINI BLUEBERRY	POUCH	1	230	330	16	*N/A*	6.00	0.00	5	38.00	3.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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			3038	3117	*299	*25	48.88	*0.00	*65	587.57	42.85	76.24
% of Calories					*39.4%	*3.3%	14.5%	*0.0%		77.4%		10.0%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Wednesday - 08/20/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990258 FRENCH TOAST, STICKS	SERVING-3 STICK	1	270	330	8	*N/A*	10.00	0.00	0	40.00	4.00	7.00
990725 MINI BAGEL, PILLSBURY, STAWBERRY CREAM	1 PACKAGE	1	230	180	13	*N/A*	6.00	0.00	10	41.00	2.00	6.00
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	115	115	6	6	3.18	0.00	0	21.64	1.27	1.27
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	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

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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			2027	1776	199	*18	36.72	0.00	35	378.03	19.31	58.31
% of Calories					39.3%	*3.6%	16.3%	0.0%		74.6%		11.5%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 08/21/2025 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
100000 DONUT, GLAZED PULL APART	1 donut	1	240	300	8	*N/A*	11.00	0.00	0	31.00	2.00	4.00
990502 BREAKFAST BENTO BOX, YOGURT	1	1	576	240	*51	*N/A*	6.84	*0.04	5	128.05	16.80	10.44
990503 BREAKFAST BENTO BOX, CHEESE	1	1	556	370	*34	*N/A*	11.34	*0.04	15	110.05	16.80	13.44
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12	11	3.00	0.00	0	46.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19	19	2.00	0.00	0	47.00	4.00	4.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
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			3281	2777	*313	*54	46.07	*0.09	45	676.67	66.45	76.12
% of Calories					*38.2%	*6.6%	12.6%	*0.0%		82.5%		9.3%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Friday - 08/22/2025

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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	275	890	2	*N/A*	14.00	0.00	25	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*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	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			2353	2237	*255	*12	33.88	*0.00	50	469.07	32.85	57.24
% of Calories					*43.3%	*2.0%	13.0%	*0.0%		79.7%		9.7%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Monday - 08/25/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 BISCUIT, CHICKEN	1 BISCUIT	1	300	920	2	*N/A*	12.50	0.00	30	32.00	2.00	13.00
990098 UNCRUSTABLE PBJ, GRAPE	1 UNCRUSTABLE	1	300	270	15	12	16.00	0.00	0	32.00	4.00	9.00
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19	19	2.00	0.00	0	47.00	4.00	4.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12	11	3.00	0.00	0	46.00	3.00	3.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
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
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

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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			2200	3045	203	*66	44.00	0.00	55	392.01	23.00	67.00
% of Calories					36.9%	*12.0%	18.0%	0.0%		71.3%		12.2%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Tuesday - 08/26/2025

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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990785 FRENCH TOAST W/ BACON	2 TOAST+2 BACON	1	216	417	7	*N/A*	7.00	*0.00	57	26.75	*0.00	11.33
991176 FRENCH TOAST W/ SAUSAGE	2TOAST +1SAUSAGE	1	200	347	7	*0	5.67	*0.00	63	27.08	*0.00	11.33
990791 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	284	*0	*N/A*	7.46	0.04	*0	43.83	3.99	5.16
990792 BREAKFAST SNACK BAG- CHEEZ ITS +NUTRIGRAIN STRAW	1 BAR 1 CRACKER	1	258	298	*0	*N/A*	7.46	0.04	*0	43.48	3.95	5.20
990852 BREAKFAST SNACK BAG- GOLDFISH +NUTRIGRAIN BB	1 BAR 1 CRACKER	1	260	304	*N/A*	*N/A*	7.46	0.04	5	43.83	3.99	5.16
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
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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			3529	3315	*267	*12	62.39	*0.18	*155	671.03	*47.73	91.62
% of Calories					*30.3%	*1.4%	15.9%	*0.0%		76.1%		10.4%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Wednesday - 08/27/2025 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 (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990149 WAFFLE, BELGIAN, BLUEBERRY	1 POUCH	1	240	200	12	*N/A*	9.00	0.00	15	33.00	2.00	5.00
990148 WAFFLE, BELGIAN, MAPLE	1 POUCH	1	240	210	13	*N/A*	9.00	0.00	15	38.00	2.00	5.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990150 WAFFLE, BELGIAN, STRAWBERRY	1 POUCH	1	240	210	12	*N/A*	9.00	0.00	15	34.00	2.00	5.00
990897 WAFFLE, BELGIAN, FUN & FRUITI	1 pouch	1	250	190	17	*N/A*	9.00	0.00	15	38.00	0.00	5.00
990898 WAFFLE, BELGIAN, CHOC O CRISP	1 pouch	1	232	176	16	*N/A*	8.34	0.00	14	35.21	0.00	4.63
990127 CINNI MINI	1 PACK	1	240	300	15	*N/A*	8.00	0.00	0	40.00	2.00	5.00
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	*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	115	115	6	6	3.18	0.00	0	21.64	1.27	1.27
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*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			2968	2552	263	*18	73.06	0.00	99	515.23	21.31	74.95
% of Calories					35.4%	*2.4%	22.2%	0.0%		69.4%		10.1%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Thursday - 08/28/2025

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 (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
991177 MANAGER'S CHOICE- FRUIT SMOOTHIE	1 SMOOTHIE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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	115	115	6	6	3.18	0.00	0	21.64	1.27	1.27
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	*N/A*	3.00	0.00	0	21.00	1.00	2.00
990871 CEREAL, CINNAMON TOAST CRUNCH, 2 OZ EQ	1 BOWL	1	210	320	11	*N/A*	5.00	0.00	0	44.00	7.00	3.00
991135 CEREAL, TRIX, 2 OZ EQ	1 BOWL(2 OZ EQ)	1	220	320	12	11	3.00	0.00	0	46.00	3.00	3.00
990869 CEREAL, LUCKY CHARMS, 2 OZ	1 BOWL	1	210	350	19	19	2.00	0.00	0	47.00	4.00	4.00

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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
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			2543	2436	*261	*60	39.07	*0.00	45	513.21	37.12	56.52
% of Calories					*41.1%	*9.4%	13.8%	*0.0%		80.7%		8.9%
Weekly Nutrient Guideline			400 - 500	540			<=0					

Friday - 08/29/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	275	890	2	*N/A*	14.00	0.00	25	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*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	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

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (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			2353	2237	*255	*12	33.88	*0.00	50	469.07	32.85	57.24
% of Calories					*43.3%	*2.0%	13.0%	*0.0%		79.7%		9.7%
Weekly Nutrient Guideline			400 - 500	540			<=0					

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages		2677	2601	*256	*35	46.14	*0.03	*74	513.49	*35.30	67.88
% of Calories				*38.3%	*5.2%	15.5%	*0.0%		76.7%		10.1%

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

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.