

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

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

Wednesday - 10/01/2025 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)
991243 SANDWICH, BACON, EGG & CHEESE ENGLISH MUFFIN	1 SANDWICH	1	257	706	3	*1	10.56	0.00	*121	27.01	3.00	14.20
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
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9	*N/A*	3.50	0.00	0	30.00	3.00	2.00
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

Portion Values

Oct 1, 2025 thru Oct 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
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2492	2309	*235	*7	46.16	*0.00	*146	469.61	36.16	69.75
% of Calories					*37.7%	*1.1%	16.7%	*0.0%		75.4%		11.2%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Thursday - 10/02/2025

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)
990941 DONUT, MINI CHOCOLATE	1 pouch (6 ct)	1	318	269	19	0	14.93	0.00	0	40.81	1.99	4.98
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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)
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
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2263	2403	227	*48	39.61	0.00	25	433.45	23.26	55.25
% of Calories					40.1%	*8.5%	15.8%	0.0%		76.6%		9.8%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Friday - 10/03/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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	295	620	4	*1	14.00	0.00	25	29.50	*0.00	10.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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	*0	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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2383	1937	*258	*1	33.88	*0.00	50	474.07	*31.85	58.24
% of Calories					*43.3%	*0.2%	12.8%	*0.0%		79.6%		9.8%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Monday - 10/06/2025

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)
990093 BISCUIT, CHICKEN	1 BISCUIT	1	320	650	3	*1	12.50	0.00	30	35.00	*1.00	14.00
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	*N/A*	6.00	0.00	0	36.00	2.00	5.00
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
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2448	2747	*236	*43	35.38	*0.00	55	480.57	*33.85	67.24
% of Calories					*38.6%	*7.0%	13.0%	*0.0%		78.5%		11.0%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Tuesday - 10/07/2025

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)
990785 FRENCH TOAST W/ BACON	2 TOAST+2 BACON	1	216	417	7	*1	7.00	*0.00	57	26.75	*0.00	11.33
991104 BREAKFAST SNACK BAG-GOLDFISH +NUTRIGRAIN STRAW (HS)	1 SNACK BAG	1	368	418	*7	*N/A*	10.46	0.04	5	63.48	5.95	7.20
991095 BREAKFAST SNACK BAG-GOLDFISH +NUTRIGRAIN BB(HS)	1 SNACK BAG	1	370	404	*7	*N/A*	10.46	0.04	5	63.83	5.99	7.16
991093 BREAKFAST SNACK BAG-CHEEZ ITS +NUTRIGRAIN BB (HS)	1 SNACK BAG	1	370	384	*7	*N/A*	10.46	0.04	*0	63.83	5.99	7.16
991094 BREAKFAST SNACK BAG-CHEEZ ITS +NUTRIGRAIN STRAW (HS)	1 SNACK BAG	1	368	398	*7	*N/A*	10.46	0.04	*0	63.48	5.95	7.20

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Oct 1, 2025 thru Oct 31, 2025

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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
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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			3472	3327	*256	*1	67.34	*0.18	*92	646.38	*41.88	85.05
% of Calories					*29.5%	*0.1%	17.5%	*0.0%		74.5%		9.8%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Wednesday - 10/08/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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)
990165 PANCAKE & SAUSAGE WRAP	1 EACH	1	200	310	4	*N/A*	10.00	0.00	25	17.00	3.00	7.00
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
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9	*N/A*	3.50	0.00	0	30.00	3.00	2.00
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
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00

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Oct 1, 2025 thru Oct 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)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2435	1963	*242	*6	43.60	*0.00	50	465.59	35.16	62.55
% of Calories					*39.8%	*1.0%	16.1%	*0.0%		76.5%		10.3%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Wednesday - 10/15/2025

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)
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*
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
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
990251 MUFFIN, CHERRY, 2 OZ EQ.	1 MUFFIN	1	228	115	17	4	6.00	0.00	30	39.00	3.30	3.90
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
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9	*N/A*	3.50	0.00	0	30.00	3.00	2.00
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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)
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
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2902	1823	*293	*26	49.60	*0.00	145	565.59	42.96	66.05
% of Calories					*40.4%	*3.6%	15.4%	*0.0%		78.0%		9.1%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Thursday - 10/16/2025

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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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)
991008 PARFAIT, RAINBOW	1 PARFAIT	1	263	376	31	*N/A*	3.77	0.00	11	48.16	2.00	10.56
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
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2113	2501	227	*42	30.27	0.00	36	409.16	21.00	59.56
% of Calories					43.0%	*8.0%	12.9%	0.0%		77.5%		11.3%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Friday - 10/17/2025

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	295	620	4	*1	14.00	0.00	25	29.50	*0.00	10.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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	*0	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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2383	1937	*258	*1	33.88	*0.00	50	474.07	*31.85	58.24
% of Calories					*43.3%	*0.2%	12.8%	*0.0%		79.6%		9.8%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Monday - 10/20/2025

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	320	650	3	*1	12.50	0.00	30	35.00	*1.00	14.00
991011 PANCAKES, MINI STRAWBERRY	1 POUCH	1	210	180	13	13	3.50	0.00	*N/A*	39.00	3.00	5.00
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
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
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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
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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2898	3337	*269	*56	45.88	*0.00	*65	557.57	*40.85	77.24
% of Calories					*37.1%	*7.7%	14.2%	*0.0%		77.0%		10.7%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Tuesday - 10/21/2025

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)
991091 FRENCH TOAST, STICKS (HS)	SERVING-4 STICK	1	360	440	11	*N/A*	13.33	0.00	0	53.33	5.33	9.33
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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)
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
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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			3272	2355	*317	*0	50.02	*0.09	45	656.43	56.93	78.22
% of Calories					*38.8%	*0%	13.8%	*0.0%		80.2%		9.6%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Wednesday - 10/22/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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)
991243 SANDWICH, BACON, EGG & CHEESE ENGLISH MUFFIN	1 SANDWICH	1	257	706	3	*1	10.56	0.00	*121	27.01	3.00	14.20
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
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9	*N/A*	3.50	0.00	0	30.00	3.00	2.00
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
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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)
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2492	2309	*235	*7	46.16	*0.00	*146	469.61	36.16	69.75
% of Calories					*37.7%	*1.1%	16.7%	*0.0%		75.4%		11.2%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Thursday - 10/23/2025

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)
990941 DONUT, MINI CHOCOLATE	1 pouch (6 ct)	1	318	269	19	0	14.93	0.00	0	40.81	1.99	4.98
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
990870 CEREAL, COCOA PUFFS, 2 OZ	1 BOWL	1	220	230	12	12	3.00	0.00	0	47.00	3.00	3.00

Portion Values

Oct 1, 2025 thru Oct 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)
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2263	2403	227	*48	39.61	0.00	25	433.45	23.26	55.25
% of Calories					40.1%	*8.5%	15.8%	0.0%		76.6%		9.8%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Friday - 10/24/2025

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	295	620	4	*1	14.00	0.00	25	29.50	*0.00	10.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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)
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	*0	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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2383	1937	*258	*1	33.88	*0.00	50	474.07	*31.85	58.24
% of Calories					*43.3%	*0.2%	12.8%	*0.0%		79.6%		9.8%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Monday - 10/27/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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	320	650	3	*1	12.50	0.00	30	35.00	*1.00	14.00
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	*N/A*	6.00	0.00	0	36.00	2.00	5.00
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
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Portion Values

Oct 1, 2025 thru Oct 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)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2448	2747	*236	*43	35.38	*0.00	55	480.57	*33.85	67.24
% of Calories					*38.6%	*7.0%	13.0%	*0.0%		78.5%		11.0%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Tuesday - 10/28/2025 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)
990785 FRENCH TOAST W/ BACON	2 TOAST+2 BACON	1	216	417	7	*1	7.00	*0.00	57	26.75	*0.00	11.33
991104 BREAKFAST SNACK BAG-GOLDFISH +NUTRIGRAIN STRAW (HS)	1 SNACK BAG	1	368	418	*7	*N/A*	10.46	0.04	5	63.48	5.95	7.20
991095 BREAKFAST SNACK BAG-GOLDFISH +NUTRIGRAIN BB(HS)	1 SNACK BAG	1	370	404	*7	*N/A*	10.46	0.04	5	63.83	5.99	7.16
991093 BREAKFAST SNACK BAG-CHEEZ ITS +NUTRIGRAIN BB (HS)	1 SNACK BAG	1	370	384	*7	*N/A*	10.46	0.04	*0	63.83	5.99	7.16
991094 BREAKFAST SNACK BAG-CHEEZ ITS +NUTRIGRAIN STRAW (HS)	1 SNACK BAG	1	368	398	*7	*N/A*	10.46	0.04	*0	63.48	5.95	7.20
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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
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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			3472	3327	*256	*1	67.34	*0.18	*92	646.38	*41.88	85.05
% of Calories					*29.5%	*0.1%	17.5%	*0.0%		74.5%		9.8%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Wednesday - 10/29/2025 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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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)
990768 CEREAL BAR, GOLDEN GRAHAM	1 BAR	1	150	105	9	*N/A*	3.50	0.00	0	30.00	3.00	2.00
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
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 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)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2435	1963	*242	*6	43.60	*0.00	50	465.59	35.16	62.55
% of Calories					*39.8%	*1.0%	16.1%	*0.0%		76.5%		10.3%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Thursday - 10/30/2025

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)
991128 PARFAIT, CANDY CORN	1 PARFAIT	1	268	144	37	*N/A*	1.51	0.00	3	57.03	3.41	*6.11
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 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
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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
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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2178	2229	246	*42	30.01	0.00	48	430.03	22.41	*54.12
% of Calories					45.2%	*7.7%	12.4%	0.0%		79.0%		*9.9%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Friday - 10/31/2025 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	295	620	4	*1	14.00	0.00	25	29.50	*0.00	10.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 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)
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	*0	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
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2383	1937	*258	*1	33.88	*0.00	50	474.07	*31.85	58.24
% of Calories					*43.3%	*0.2%	12.8%	*0.0%		79.6%		9.8%
Weekly Nutrient Guideline			450 - 600	640			<=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	2585	2394	*251	*20	42.39	*0.02	*67	500.33	*34.32	*65.68
% of Calories			*38.8%	*3.1%	14.8%	*0.0%		77.4%		*10.2%

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.