

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

Menu Name: SHS Breakfast 9-12

Include Cost: No

Site:

Report Style: Detailed

Thursday - 10/01/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000927 Peach Cup	4 OZ	25	84	0.00	10	*N/A*	0.00	0.00	0	18.90	0.00	0.00	315	0.0	1.26	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	1	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001575 Poptart, Brown Sugar Cinnamon	EACH	1	183	0.95	192	15	2.75	0.05	0	37.35	2.80	2.35	500	100.0	0.00	1.80
Weighted Daily Average			164	0.04	33	*14	0.11	0.00	1	36.85	0.11	0.72	473	159.9	14.50	0.11
% of Calories				0.22%		*34.1%	0.6%	0.0%		89.9%		1.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 10/02/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	25	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001804 NutriGrain Bar - SWP 2020	Each	1	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
Weighted Daily Average			217	0.02	118	*14	0.16	0.00	7	45.93	1.12	7.34	399	307.4	17.16	0.58
% of Calories				0.08%		*25.8%	0.7%	0.0%		84.7%		13.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 10/05/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001405 Pineapple Chunks: 1/2 cup	1/2 CUP	25	65	0.01	1	19	0.15	0.00	0	16.84	1.00	0.45	48	17.5	9.39	0.49
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001429 MILK, FF STRAWBERRY	HALF PINT	10	110	0.00	125	25	0.00	0.00	5	19.00	0.00	8.00	196	115.0	0.90	0.24
001700 Poptart, Blueberry	each	1	187	1.04	187	16	2.60	0.00	0	39.52	3.12	2.08	520	104.0	0.00	1.87
Weighted Daily Average			267	0.05	167	*43	0.25	0.00	9	53.75	1.13	9.99	516	367.1	23.31	0.81
% of Calories				0.17%		*64.4%	0.8%	0.0%		80.5%		15.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 10/06/2020

Reimbursable Meal Total 25

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	24	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001426 MILK, 1% FAT	HALF PINT	1	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001149 Syrup, Ind.	Each	25	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900053 Pancakes, Mini, Maple	pouch	1	210	1.00	320	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
Weighted Daily Average			219	0.04	62	*25	0.24	0.00	1	54.17	1.12	1.75	213	158.3	16.69	0.49
% of Calories				0.16%		*45.7%	1.0%	0.0%		98.9%		3.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 10/08/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000927 Peach Cup	4 OZ	25	84	0.00	10	*N/A*	0.00	0.00	0	18.90	0.00	0.00	315	0.0	1.26	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	1	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001574 Poptart, Strawberry WG	EACH	1	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	1	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
Weighted Daily Average			102	0.04	28	*1	0.10	0.00	1	22.28	0.12	0.71	365	25.5	1.82	0.09
% of Calories				0.35%		*3.9%	0.9%	0.0%		87.4%		2.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 10/09/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001149 Syrup, Ind.	Each	25	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	1	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001473 Waffle Sticks: 4	2 each	25	200	0.67	293	7	6.67	0.00	27	29.33	4.00	4.00	33	53.3	0.00	1.92
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	25	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
Weighted Daily Average			425	0.67	345	*47	6.70	0.00	27	84.15	5.17	4.73	312	220.0	16.89	2.12
% of Calories				1.42%		*44.2%	14.2%	0.0%		79.2%		4.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 10/12/2020

Reimbursable Meal Total 25

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990071 Sausage Patty	1.5 OZ	25	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001477 Biscuit, So.Style WG 2.51oz	each	25	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
000339 Fruit, Canned, Assorted	1/2 CUP	25	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			546	10.51	684	*32	27.03	0.00	30	62.17	3.17	12.75	229	239.9	16.93	2.01
% of Calories				17.32%		*23.4%	44.6%	0.0%		45.5%		9.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 10/13/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	25	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001630 Strudel Stick, Cherry 2016	EACH	1	210	1.50	280	11	6.00	0.00	0	37.00	2.00	5.00	0	0.0	0.00	2.52
Weighted Daily Average			219	0.06	124	*14	0.24	0.00	7	46.21	1.08	7.46	369	299.4	17.16	0.61
% of Calories				0.25%		*25.6%	1.0%	0.0%		84.4%		13.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 10/15/2020

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001477 Biscuit, So.Style WG 2.51oz	each	25	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
001506 Smoked Sausage 2016	SVG	25	90	3.00	265	1	8.50	0.00	18	1.00	0.00	3.50	5	0.0	0.60	0.54
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	25	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	20	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000277 Jelly, Assorted	Each	25	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			198	2.50	261	*8	5.83	0.00	9	29.91	1.00	6.32	165	141.8	6.04	0.74
% of Calories				11.36%		*16.2%	26.5%	0.0%		60.4%		12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 10/16/2020

Reimbursable Meal Total 25

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	24	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001426 MILK, 1% FAT	HALF PINT	1	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001149 Syrup, Ind.	Each	25	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900353 Pancake, Mini, Berry	pack	1	210	1.00	310	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
Weighted Daily Average			219	0.04	62	*25	0.24	0.00	1	54.17	1.12	1.75	213	158.3	16.69	0.49
% of Calories				0.16%		*45.7%	1.0%	0.0%		98.9%		3.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 10/19/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001149 Syrup, Ind.	Each	25	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
000927 Peach Cup	4 OZ	25	84	0.00	10	*N/A*	0.00	0.00	0	18.90	0.00	0.00	315	0.0	1.26	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	1	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900168 Cereal, Apple Jacks	each	1	110	0.50	160	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
Weighted Daily Average			241	0.02	61	*25	0.04	0.00	1	56.31	0.12	0.67	684	159.1	14.98	0.18
% of Calories				0.07%		*41.5%	0.1%	0.0%		93.5%		1.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 10/20/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	1	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001473 Waffle Sticks: 4	2 each	25	200	0.67	293	7	6.67	0.00	27	29.33	4.00	4.00	33	53.3	0.00	1.92
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	25	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
Weighted Daily Average			345	0.67	315	*36	6.70	0.00	27	64.15	5.17	4.73	257	220.0	16.89	2.12
% of Calories				1.75%		*41.7%	17.5%	0.0%		74.4%		5.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 10/22/2020

Reimbursable Meal Total 25

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	15	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	15	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
900174 Cereal, Cinn Toast	bowl	25	110	0.50	150	8	3.00	0.00	0	22.00	1.00	1.00	400	80.0	4.80	3.60
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	25	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
Weighted Daily Average			355	0.58	285	*54	3.14	0.00	10	69.96	2.17	10.64	893	572.8	21.69	3.88
% of Calories				1.47%		*60.8%	8.0%	0.0%		78.8%		12.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 10/23/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	15	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	15	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
900065 Juice Assortment	SERVING	1	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	1	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001630 Strudel Stick, Cherry 2016	EACH	1	210	1.50	280	11	6.00	0.00	0	37.00	2.00	5.00	0	0.0	0.00	2.52
Weighted Daily Average			121	0.13	133	*19	0.36	0.00	10	16.92	0.13	9.74	297	355.2	0.68	0.19
% of Calories				0.97%		*62.8%	2.7%	0.0%		55.9%		32.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 10/26/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	25	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001804 NutriGrain Bar - SWP 2020	Each	1	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
Weighted Daily Average			217	0.02	118	*14	0.16	0.00	7	45.93	1.12	7.34	399	307.4	17.16	0.58
% of Calories				0.08%		*25.8%	0.7%	0.0%		84.7%		13.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 10/27/2020

Reimbursable Meal Total 25

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	15	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	15	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001589 Cereal Bar, Cinnamon Toast Cru	EACH	1	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80
900065 Juice Assortment	SERVING	1	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	1	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
Weighted Daily Average			119	0.09	127	*19	0.24	0.00	10	16.64	0.17	9.66	299	363.2	0.68	0.17
% of Calories				0.68%		*63.9%	1.8%	0.0%		55.9%		32.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 10/28/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001002 Poptart, Variety	SERVINGS	1	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
001021 Fruit Cup - 4oz	4 OZ.	1	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
900065 Juice Assortment	SERVING	1	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			510	1.12	459	*58	2.91	0.01	10	102.57	3.98	19.61	850	654.9	17.70	2.52
% of Calories				1.98%		*45.5%	5.1%	0.0%		80.4%		15.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 10/29/2020

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001405 Pineapple Chunks: 1/2 cup	1/2 CUP	25	65	0.01	1	19	0.15	0.00	0	16.84	1.00	0.45	48	17.5	9.39	0.49
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001429 MILK, FF STRAWBERRY	HALF PINT	10	110	0.00	125	25	0.00	0.00	5	19.00	0.00	8.00	196	115.0	0.90	0.24
001700 Poptart, Blueberry	each	1	187	1.04	187	16	2.60	0.00	0	39.52	3.12	2.08	520	104.0	0.00	1.87
Weighted Daily Average			267	0.05	167	*43	0.25	0.00	9	53.75	1.13	9.99	516	367.1	23.31	0.81
% of Calories				0.17%		*64.4%	0.8%	0.0%		80.5%		15.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 10/30/2020

Reimbursable Meal Total 25

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001149 Syrup, Ind.	Each	25	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	1	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001473 Waffle Sticks: 4	2 each	25	200	0.67	293	7	6.67	0.00	27	29.33	4.00	4.00	33	53.3	0.00	1.92
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	25	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
000303 Chicken Patty for Biscuit	EACH	25	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
900065 Juice Assortment	SERVING	25	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	25	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001426 MILK, 1% FAT	HALF PINT	10	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	10	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900145 Biscuit, Mini WG	each	1	110	3.00	250	1	5.00	0.00	0	15.00	1.71	2.00	2	20.9	0.00	0.35
Weighted Daily Average			770	2.29	667	*60	12.90	0.00	64	136.48	7.24	21.07	711	570.2	34.05	2.65
% of Calories				2.68%		*31.2%	15.1%	0.0%		70.9%		10.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			291	1	222	*29	3.56	0.00	13	55.38	1.91	7.74	429	297	15.49	1.11
% of Calories				3.09%		*39.9%	11.0%	0.0%		76.1%		10.6%				

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

**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.