

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

Menu Name: NL Breakfast 6-8

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/02/2022

Reimbursable Meal Total 70

	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)
000269 Muffin, Assorted	Each	70	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
900065 Juice Assortment	SERVING	70	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	70	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	50	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	20	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			382	0.49	273	*37	4.58	0.00	25	73.22	1.97	9.86	435	318.1	90.62	0.93
% of Calories				1.15%		*38.7%	10.8%	0.0%		76.7%		10.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 05/03/2022

Reimbursable Meal Total 185

	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)
900168 Cereal, Apple Jacks	each	185	110	0.50	160	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
000999 Yogurt Choice	4 oz	185	80	0.00	65	13	0.00	0.00	5	16.03	0.00	4.01	65	150.3	0.00	0.00
000086 Oranges	1/2 CUP	185	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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	185	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	50	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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			377	0.54	299	*47	1.30	0.00	9	79.96	6.38	10.22	5068	538.6	88.89	3.83
% of Calories				1.29%		*49.9%	3.1%	0.0%		84.8%		10.8%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 05/04/2022

Reimbursable Meal Total 100

	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)
990267 CRESCENT ROLLS, GRAPE-FILLED	EACH	100	220	1.00	260	9	5.99	0.00	0	34.96	2.00	4.99	0	0.0	0.00	1.60
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001085 Bananas	1/2 cup	100	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001427 MILK, FF CHOCOLATE	HALF PINT	50	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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			458	1.08	394	*32	6.24	0.00	8	82.95	3.95	13.63	481	343.0	20.18	1.97
% of Calories				2.12%		*27.9%	12.3%	0.0%		72.4%		11.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 05/05/2022

Reimbursable Meal Total 185

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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)
900154 Breakfast, Sausage Sandwich	sandwich	185	204	2.00	464	4	7.00	0.00	50	23.00	1.00	9.00	0	1.0	0.00	11.00
000814 Apples, Fresh (HUSC)	1/2 CUP	185	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900065 Juice Assortment	SERVING	185	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	50	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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			398	2.04	540	*32	7.23	0.00	54	65.72	4.31	13.59	360	257.0	19.79	11.27
% of Calories				4.61%		*32.2%	16.3%	0.0%		66.1%		13.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 05/06/2022

Reimbursable Meal Total 185

	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	185	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
000998 Raisins, Individual Box	Box	185	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900065 Juice Assortment	SERVING	185	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	50	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

May 2, 2022 thru May 26, 2022

	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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			442	1.00	267	*60	2.71	0.01	4	94.95	5.26	7.73	791	371.5	13.44	1.93
% of Calories				2.04%		*54.3%	5.5%	0.0%		85.9%		7.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 05/09/2022

Reimbursable Meal Total 70

	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)
000269 Muffin, Assorted	Each	70	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	70	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
900065 Juice Assortment	SERVING	70	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	50	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	20	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			382	0.49	273	*37	4.58	0.00	25	73.22	1.97	9.86	435	318.1	90.62	0.93
% of Calories				1.15%		*38.7%	10.8%	0.0%		76.7%		10.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 05/10/2022

Reimbursable Meal Total 185

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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)
990297 CEREAL BAR, STRAW CHEERIO (OSBORN)	SERVINGS	185	137	0.46	78	8	3.20	0.00	0	27.46	2.75	1.83	2	18.3	1.83	22.89
000814 Apples, Fresh (HUSSC)	1/2 CUP	185	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900065 Juice Assortment	SERVING	185	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	50	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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			331	0.50	153	*36	3.44	0.00	4	70.19	6.06	6.42	362	274.3	21.62	23.16
% of Calories				1.36%		*43.5%	9.4%	0.0%		84.8%		7.8%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 05/11/2022

Reimbursable Meal Total 100

	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)
001201 Muffin, Apple: WG	EACH	100	142	0.47	113	12	4.25	0.00	14	25.51	0.94	1.89	30	4.9	49.14	0.71
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000998 Raisins, Individual Box	Box	100	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	50	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

May 2, 2022 thru May 26, 2022

	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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			450	0.47	253	*56	4.25	0.00	22	89.45	3.23	10.85	463	367.0	62.79	0.89
% of Calories				0.94%		*49.8%	8.5%	0.0%		79.5%		9.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 05/12/2022

Reimbursable Meal Total 70

	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)
900177 Cereal Pouch, Fruit Loops	each	70	110	0.50	170	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
001515 Cheese, Mozz, String: 1oz	1 OZ	70	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	70	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900065 Juice Assortment	SERVING	70	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	50	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	20	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			504	4.00	472	*52	7.00	0.00	22	90.79	5.28	16.04	4979	613.0	25.84	3.91
% of Calories				7.14%		*41.3%	12.5%	0.0%		72.1%		12.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 05/13/2022

Reimbursable Meal Total 70

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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	70	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
001515 Cheese, Mozz, String: 1oz	1 OZ	70	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
001085 Bananas	1/2 cup	70	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
900065 Juice Assortment	SERVING	70	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	50	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	20	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			506	4.58	485	*38	8.96	0.01	22	89.07	4.93	17.07	1132	614.9	20.37	2.33
% of Calories				8.15%		*30.0%	15.9%	0.0%		70.4%		13.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 05/16/2022

Reimbursable Meal Total 70

	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)
000269 Muffin, Assorted	Each	70	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001515 Cheese, Mozz, String: 1oz	1 OZ	70	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900065 Juice Assortment	SERVING	70	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	70	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	50	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

May 2, 2022 thru May 26, 2022

	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	20	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			462	3.99	423	*37	10.58	0.00	40	74.22	1.97	15.86	634	525.1	90.62	1.03
% of Calories				7.77%		*32.0%	20.6%	0.0%		64.3%		13.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 05/17/2022

Reimbursable Meal Total 185

	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)
900168 Cereal, Apple Jacks	each	185	110	0.50	160	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
000999 Yogurt Choice	4 oz	185	80	0.00	65	13	0.00	0.00	5	16.03	0.00	4.01	65	150.3	0.00	0.00
000998 Raisins, Individual Box	Box	185	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900065 Juice Assortment	SERVING	185	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	50	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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			449	0.50	305	*65	1.00	0.00	9	96.76	5.28	10.37	4751	500.8	25.44	3.71
% of Calories				1.00%		*57.9%	2.0%	0.0%		86.2%		9.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 05/18/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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	100	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
001515 Cheese, Mozz, String: 1oz	1 OZ	100	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900065 Juice Assortment	SERVING	100	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.	100	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001427 MILK, FF CHOCOLATE	HALF PINT	50	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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			494	4.50	476	*29	8.71	0.01	23	87.08	3.98	17.18	1137	647.2	17.25	2.46
% of Calories				8.20%		*23.5%	15.9%	0.0%		70.5%		13.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 05/19/2022

Reimbursable Meal Total 100

	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)
000269 Muffin, Assorted	Each	70	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001021 Fruit Cup - 4oz	4 OZ.	70	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	70	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	50	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

May 2, 2022 thru May 26, 2022

	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	20	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			274	0.34	193	*19	3.21	0.00	17	53.36	1.39	7.60	304	222.7	23.96	0.90
% of Calories				1.12%		*27.7%	10.5%	0.0%		77.9%		11.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 05/20/2022

Reimbursable Meal Total 70

	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	70	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
001515 Cheese, Mozz, String: 1oz	1 OZ	70	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	70	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900065 Juice Assortment	SERVING	70	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	50	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	20	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			576	4.50	490	*60	8.71	0.01	22	105.01	5.26	17.40	1084	634.0	13.84	2.13
% of Calories				7.03%		*41.7%	13.6%	0.0%		72.9%		12.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 05/23/2022

Reimbursable Meal Total 70

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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	70	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
000999 Yogurt Choice	4 oz	70	80	0.00	65	13	0.00	0.00	5	16.03	0.00	4.01	65	150.3	0.00	0.00
000998 Raisins, Individual Box	Box	70	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900065 Juice Assortment	SERVING	70	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	50	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	20	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			576	1.00	405	*73	2.71	0.01	12	120.04	5.26	15.40	950	577.2	13.84	2.03
% of Calories				1.56%		*50.7%	4.2%	0.0%		83.4%		10.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 05/24/2022

Reimbursable Meal Total 70

	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)
990269 BITES, FRENCH TOAST WG	SERVINGS	70	192	5.04	272	7	12.10	0.00	15	19.16	1.01	2.02	0	0.0	0.00	2.02
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	70	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
001384 Juice, Orange/Pineapple	CARTON	70	60	0.00	0	13	0.00	0.00	0	15.00	0.00	0.00	0	0.0	36.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	50	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	20	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

May 2, 2022 thru May 26, 2022

	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	70	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			496	5.04	447	*42	12.10	0.00	22	85.67	2.00	9.92	322	163.1	96.64	2.21
% of Calories				9.15%		*33.9%	22.0%	0.0%		69.1%		8.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 05/25/2022

Reimbursable Meal Total 50

	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)
001589 Cereal Bar, Cinnamon Toast Cru	EACH	50	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80
990325 APPLE CRISPS, DRIED (OSBORN)	each	50	40	0.00	0	7	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
900065 Juice Assortment	SERVING	50	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	40	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	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
Weighted Daily Average			369	0.50	267	*28	3.00	0.00	6	73.46	5.00	10.93	398	488.7	13.92	2.03
% of Calories				1.22%		*30.4%	7.3%	0.0%		79.6%		11.8%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 05/26/2022

Reimbursable Meal Total 75

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

	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)
001576 Cereal Bar, Apple Fruit Filled	EACH	75	140	1.50	85	10	4.50	0.00	0	23.00	1.00	2.00	0	8.0	0.00	1.00
000998 Raisins, Individual Box	Box	75	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900065 Juice Assortment	SERVING	75	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	50	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	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			453	1.50	235	*54	4.50	0.00	7	88.38	3.28	11.02	391	342.0	13.80	1.21
% of Calories				2.98%		*47.7%	8.9%	0.0%		78.0%		9.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=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	441	2	350	*44	5.52	0.00	19	83.87	4.04	12.16	1288	427	40.18	3.62
% of Calories		3.98%		*39.9%	11.3%	0.0%		76.1%		11.0%				

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.