

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

Menu Name: PC Breakfast K-5

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/02/2022

Reimbursable Meal Total 400

	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	400	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	400	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	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			475	4.01	429	*35	10.72	0.00	40	76.86	2.56	16.27	846	526.3	44.36	1.25
% of Calories				7.60%		*29.5%	20.3%	0.0%		64.7%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 05/03/2022

Reimbursable Meal Total 400

	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)
001779 Breakfast Pizza, IW 2019	servings	400	144	1.50	204	2	4.80	0.00	9	18.59	1.80	6.60	0	117.5	1.20	1.20
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02

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)
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			385	1.52	359	*24	4.94	0.00	16	67.95	3.38	14.91	592	421.9	28.78	1.64
% of Calories				3.55%		*24.9%	11.5%	0.0%		70.6%		15.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 05/04/2022

Reimbursable Meal Total 400

	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)
001719 Cinnamon Roll (WG) w/ Icing	each	400	212	0.52	141	19	1.04	*0.00	5	46.57	3.13	5.21	208	41.8	3.13	1.88
001470 Sausage Link; 1 link	1 link	400	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			534	2.54	474	*41	8.18	*0.00	32	95.93	4.71	17.52	800	346.1	30.70	2.68
% of Calories				4.28%		*30.7%	13.8%	*0.0%		71.9%		13.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

May 2, 2022 thru May 26, 2022

Thursday - 05/05/2022

Reimbursable Meal Total 300

	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 (mg)	Vit-C (mg)	Iron (mg)
001631 Strudel Stick, Apple	EACH	400	290	3.00	240	22	9.00	0.00	15	48.00	3.00	5.00	0	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	400	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	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			708	4.03	526	*58	12.18	0.00	29	129.81	6.11	17.75	789	405.7	36.77	0.58
% of Calories				5.12%		*32.8%	15.5%	0.0%		73.3%		10.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 05/06/2022

Reimbursable Meal Total 400

	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 (mg)	Vit-C (mg)	Iron (mg)
000303 Chicken Patty for Biscuit	EACH	400	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	400	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	300	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	400	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			617	6.03	777	*31	15.16	0.00	37	93.42	3.58	22.32	650	454.5	27.58	1.88
% of Calories				8.80%		*20.1%	22.1%	0.0%		60.6%		14.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 05/09/2022

Reimbursable Meal Total 400

	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)
000269 Muffin, Assorted	Each	400	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
900506 Yogurt, Go-Gurt, Strawberry	each	400	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			465	0.51	309	*45	5.22	0.00	26	88.86	2.56	12.27	1047	419.3	44.36	1.15
% of Calories				0.99%		*38.7%	10.1%	0.0%		76.4%		10.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 05/10/2022

Reimbursable Meal Total 400

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)
000918 Pancake/Sausage on a Stick	Serving	400	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	0.00	0.00
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	400	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			479	1.71	590	*40	5.77	0.00	18	87.38	3.84	17.33	647	304.3	27.58	0.44
% of Calories				3.21%		*33.4%	10.8%	0.0%		73.0%		14.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 05/11/2022

Reimbursable Meal Total 400

	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)
001511 French Toast Sticks: 3	3 PIECES	400	225	2.25	300	11	9.75	0.00	0	32.25	2.25	4.50	56	0.0	0.00	1.08
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	400	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	100	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	300	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)
001149 Syrup, Ind.	Each	400	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			546	2.27	485	*44	9.89	0.00	7	101.61	3.83	12.81	703	304.3	27.58	1.52
% of Calories				3.74%		*32.2%	16.3%	0.0%		74.4%		9.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 05/12/2022

Reimbursable Meal Total 400

	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)
001586 Mini Cinnis	servings	400	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			474	1.96	446	*36	7.90	0.00	7	88.17	3.52	13.16	664	343.1	27.58	0.44
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.4%		11.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 05/13/2022

Reimbursable Meal Total 400

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)
990071 Sausage Patty	1.5 OZ	400	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	400	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	400	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			677	10.53	897	*31	27.16	0.00	37	86.42	2.58	20.32	620	404.5	27.58	2.60
% of Calories				14.00%		*18.3%	36.1%	0.0%		51.1%		12.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 05/16/2022

Reimbursable Meal Total 400

	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)
000269 Muffin, Assorted	Each	400	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	400	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	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

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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)
001427 MILK, FF CHOCOLATE	HALF PINT	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			475	4.01	429	*35	10.72	0.00	40	76.86	2.56	16.27	846	526.3	44.36	1.25
% of Calories				7.60%		*29.5%	20.3%	0.0%		64.7%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 05/17/2022

Reimbursable Meal Total 400

	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)
001779 Breakfast Pizza, IW 2019	servings	400	144	1.50	204	2	4.80	0.00	9	18.59	1.80	6.60	0	117.5	1.20	1.20
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			385	1.52	359	*24	4.94	0.00	16	67.95	3.38	14.91	592	421.9	28.78	1.64
% of Calories				3.55%		*24.9%	11.5%	0.0%		70.6%		15.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 05/18/2022

Reimbursable Meal Total 400

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)
001471 Pancakes (2)	2 Pancakes	400	160	0.67	260	7	4.00	0.00	7	27.33	2.00	3.33	33	26.7	0.00	0.96
001470 Sausage Link; 1 link	1 link	400	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	400	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			561	2.69	623	*40	11.14	0.00	33	96.69	3.58	15.64	680	331.0	27.58	1.76
% of Calories				4.32%		*28.5%	17.9%	0.0%		68.9%		11.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 05/19/2022

Reimbursable Meal Total 300

	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)
001631 Strudel Stick, Apple	EACH	400	290	3.00	240	22	9.00	0.00	15	48.00	3.00	5.00	0	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	400	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	100	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)
001427 MILK, FF CHOCOLATE	HALF PINT	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			708	4.03	526	*58	12.18	0.00	29	129.81	6.11	17.75	789	405.7	36.77	0.58
% of Calories				5.12%		*32.8%	15.5%	0.0%		73.3%		10.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 05/20/2022

Reimbursable Meal Total 400

	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)
000303 Chicken Patty for Biscuit	EACH	400	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	400	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	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	400	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			617	6.03	777	*31	15.16	0.00	37	93.42	3.58	22.32	650	454.5	27.58	1.88
% of Calories				8.80%		*20.1%	22.1%	0.0%		60.6%		14.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 05/23/2022

Reimbursable Meal Total 400

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)
000891 Manager's Choice																
990210 Toast, Mini French, IW, WG Berry Blast	each	400	210	1.00	190	11	6.99	0.00	0	35.92	2.00	3.99	0	69.9	0.00	1.50
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	400	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	100	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	300	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	400	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			531	1.02	374	*44	7.12	0.00	7	105.28	3.58	12.30	647	374.2	27.58	1.94
% of Calories				1.73%		*33.1%	12.1%	0.0%		79.3%		9.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 05/24/2022

Reimbursable Meal Total 400

	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)
000891 Manager's Choice																
001586 Mini Cinnis	servings	400	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22

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	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			474	1.96	446	*36	7.90	0.00	7	88.17	3.52	13.16	664	343.1	27.58	0.44
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.4%		11.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 05/25/2022

Reimbursable Meal Total 400

	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)
000891 Manager's Choice																
001582 Waffles, Mini Blueberry	EACH	400	210	1.00	180	12	6.00	0.00	4	37.00	3.00	4.00	60	20.0	0.00	0.72
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			451	1.02	335	*34	6.14	0.00	11	86.36	4.58	12.31	652	324.3	27.58	1.16
% of Calories				2.04%		*30.2%	12.3%	0.0%		76.6%		10.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 05/26/2022

Reimbursable Meal Total 400

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)
000891 Manager's Choice																
000269 Muffin, Assorted	Each	400	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
900506 Yogurt, Go-Gurt, Strawberry	each	400	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	300	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			465	0.51	309	*45	5.22	0.00	26	88.86	2.56	12.27	1047	419.3	44.36	1.15
% of Calories				0.99%		*38.7%	10.1%	0.0%		76.4%		10.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			528	3	498	*39	9.88	*0.00	24	92.10	3.69	15.87	733	396	32.37	1.37
% of Calories				5.20%		*29.5%	16.8%	*0.0%		69.8%		12.0%				

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.