

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: BREAKFAST k-12 18-19
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 04/01/2019

Reimbursable Meal Total 10

	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)
001538 KANGAROO SANDWICH	SERVING	10	167	1.73	264	*0	6.31	*0.00	213	19.61	1.04	9.80	12257	294.7	0.06	17.33
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			336	1.76	373	*4	6.44	*0.00	216	56.76	2.57	14.30	*12627	*457.8	*17.00	*17.61
% of Calories				4.71%		*4.8%	17.2%	*0.0%		67.6%		17.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 04/02/2019

Reimbursable Meal Total 10

	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)
001703 GRILLED CHEESE BFAS SANDWICH	SERVING	10	284	3.41	612	*4	8.07	*0.00	224	30.62	0.00	14.17	12398	411.1	0.00	18.04
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			453	3.44	721	*8	8.20	*0.00	226	67.76	1.54	18.66	*12769	*574.2	*16.94	*18.33
% of Calories				6.83%		*7.1%	16.3%	*0.0%		59.8%		16.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 04/03/2019

Reimbursable Meal Total 10

	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)
001763 PANCAKES	Each	5	86	0.71	271	*1	3.13	*0.00	20	11.67	1.00	3.01	184	40.2	0.26	0.59
001811 SYRUP, MAPLE	SERVINGS	5	135	0.00	6	35	0.00	*0.00	0	34.78	0.00	0.02	0	16.0	0.00	0.14
001662 Cereal, Malt-O-Meal	.5 Cup	1	65	*0.00	*3	*N/A*	0.25	*N/A*	*0	13.50	0.50	2.50	*0	51.9	*0.00	5.41
000846 BROWN SUGAR MELT-OATMEAL TOPPI	PACKET	5	50	0.00	5	*N/A*	0.00	0.00	0	12.04	0.00	0.00	0	0.0	0.00	0.36
000470 SAUSAGE PATTY, PORK	each	1	250	8.00	610	*N/A*	24.00	0.00	50	1.00	0.00	7.00	0	20.0	0.00	0.36
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			335	*1.19	*311	*22	4.12	*0.00	*17	67.84	2.09	6.96	*462	*198.4	*17.07	*1.41
% of Calories				*3.20%		*26.3%	11.1%	*0.0%		81.0%		8.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 04/04/2019

Reimbursable Meal Total 10

	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)
000140 SCRAMBLED EGG-1ea (2 oz)	EGG	1	72	1.56	71	*0	4.76	0.02	186	0.36	0.00	6.28	270	28.0	*0.00	0.88
001799 HASH BROWN POTATOES, 1/4 CUP	1/4 CUP	1	85	0.36	6	0	4.52	0.01	0	11.12	1.25	1.03	0	6.6	2.61	0.21
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			184	0.23	117	*4	1.06	0.00	21	38.30	1.66	5.23	*397	*166.6	*17.20	*0.39
% of Calories				1.12%		*8.7%	5.2%	0.0%		83.3%		11.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 04/05/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001601 BREAKFAST PIZZA	PIECE	10	210	2.00	480	*N/A*	8.00	0.00	15	27.00	3.00	10.00	300	150.0	0.00	1.80
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			379	2.04	589	*4	8.13	0.00	18	64.15	4.54	14.50	*670	*313.1	*16.94	*2.09
% of Calories				4.84%		*4.2%	19.3%	0.0%		67.7%		15.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 04/08/2019

Reimbursable Meal Total 10

	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)
001823 BACON, EGG AND TOMATO TOAST	PORTIONS	1	135	*3.06	225	*0	8.69	*0.00	*222	4.12	*0.32	10.03	*12425	266.7	*3.43	16.78
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

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Apr 1, 2019 thru Apr 30, 2019

	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)
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			182	*0.34	131	*4	1.00	*0.00	*25	37.56	*1.57	5.50	*1613	*189.8	*17.28	*1.96
% of Calories				*1.68%		*8.8%	4.9%	*0.0%		82.5%		12.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 04/09/2019

Reimbursable Meal Total 10

	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)
000140 SCRAMBLED EGG-1ea (2 oz)	EGG	1	72	1.56	71	*0	4.76	0.02	186	0.36	0.00	6.28	270	28.0	*0.00	0.88
000470 SAUSAGE PATTY, PORK	each	1	250	8.00	610	*N/A*	24.00	0.00	50	1.00	0.00	7.00	0	20.0	0.00	0.36
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			201	0.99	177	*4	3.01	0.00	26	37.28	1.54	5.82	*397	*167.9	*16.94	*0.41
% of Calories				4.43%		*8.0%	13.5%	0.0%		74.2%		11.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 04/10/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001818 TACO, BREAKFAST, CHORIZO	PORTIONS	10	442	7.02	728	*2	25.03	*0.00	*237	35.31	1.46	17.88	18947	*452.9	1.15	18.37
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			611	7.06	837	*6	25.16	*0.00	*239	72.46	3.00	22.37	*19318	*616.0	*18.09	*18.66
% of Calories				10.40%		*3.9%	37.1%	*0.0%		47.4%		14.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 04/11/2019

Reimbursable Meal Total 10

	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)
000299 FRENCH TOAST	1 EACH	10	158	1.31	251	4	3.94	0.04	78	22.72	1.21	7.31	167	109.9	0.06	1.91
001811 SYRUP, MAPLE	SERVINGS	10	135	0.00	6	35	0.00	*0.00	0	34.78	0.00	0.02	0	16.0	0.00	0.14
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			461	1.35	366	*43	4.08	*0.04	80	94.65	2.75	11.83	*538	*288.9	*17.00	*2.33
% of Calories				2.64%		*37.3%	8.0%	*0.1%		82.1%		10.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 04/12/2019

Reimbursable Meal Total 10

	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)
001790 CINNAMON ROLL	EACH	1	170	0.50	190	7	2.50	0.00	2	31.00	1.00	5.00	*N/A*	*N/A*	*N/A*	8.10
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			186	0.09	128	*5	0.38	0.00	3	40.25	1.64	5.00	*370	*163.1	*16.94	*1.10
% of Calories				0.44%		*10.8%	1.8%	0.0%		86.6%		10.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 04/15/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001675 FRUDEL, APPLE	EACH	5	210	1.50	280	*N/A*	6.00	*N/A*	*N/A*	36.00	2.00	5.00	*N/A*	*N/A*	*N/A*	1.08
001674 FRUDEL, CHERRY	EACH	5	210	1.50	280	*N/A*	6.00	*N/A*	*N/A*	36.00	2.00	5.00	*N/A*	*N/A*	*N/A*	1.08
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			379	1.54	389	*4	6.13	*0.00	*3	73.15	3.54	9.50	*370	*163.1	*16.94	*1.37
% of Calories				3.66%		*4.2%	14.6%	*0.0%		77.2%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 04/16/2019

Reimbursable Meal Total 10

	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)
001794 ENGLISH MUFFIN BREAKFAST PIZZA	SERVING	10	288	4.96	502	*1	12.21	*0.00	27	30.07	3.71	16.42	906	318.6	12.47	2.05
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			457	4.99	611	*6	12.34	*0.00	29	67.22	5.25	20.91	*1276	*481.7	*29.40	*2.34
% of Calories				9.83%		*5.3%	24.3%	*0.0%		58.8%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 04/17/2019

Reimbursable Meal Total 10

	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)
001637 WAFFLE STICKS, BELGAIN	SERVING	10	210	0.00	375	*N/A*	3.00	*N/A*	0	42.00	1.50	4.50	*N/A*	30.0	*N/A*	2.16
001811 SYRUP, MAPLE	SERVINGS	1	135	0.00	6	35	0.00	*0.00	0	34.78	0.00	0.02	0	16.0	0.00	0.14
001824 CREAM OF WHEAT, CHOCOLATE	1/2 CUP	5	10	0.01	35	*0	0.04	*N/A*	*0	*0.00	0.09	0.29	*0	11.8	*0.00	7.61
000846 BROWN SUGAR MELT-OATMEAL TOPPI	PACKET	5	50	0.00	5	*N/A*	0.00	0.00	0	12.04	0.00	0.00	0	0.0	0.00	0.36
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			422	0.04	504	*8	3.15	*0.00	*3	*88.64	3.08	9.14	*370	*200.6	*16.94	*6.44
% of Calories				0.09%		*7.6%	6.7%	*0.0%		*84.0%		8.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Thursday - 04/18/2019

Reimbursable Meal Total 10

	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)
001820 EGG AND BACON MUFFIN CUPS	PORTIONS	10	161	3.91	191	*0	11.10	*0.00	254	4.18	0.12	10.98	14293	389.8	0.00	19.53
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			330	3.95	300	*5	11.23	*0.00	257	41.33	1.66	15.48	*14663	*552.9	*16.94	*19.82
% of Calories				10.77%		*6.1%	30.6%	*0.0%		50.1%		18.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 04/23/2019

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)
001821 WAFFLE, BACON AND EGG SANDWICH	PORTIONS	1	*215	*3.76	592	*3	*12.41	*0.00	*240	*12.03	*0.30	*12.34	*549	*99.1	*0.54	*1.68
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	1	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
Weighted Daily Average			*443	*3.80	791	*7	*12.55	*0.00	*245	*59.18	*1.84	*20.84	*1170	*412.2	*18.07	*2.14
% of Calories				*7.72%		*6.3%	*25.5%	*0.0%		*53.4%		*18.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 04/24/2019

Reimbursable Meal Total 10

	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)
001817 COOKIE, BREAKFAST	COOKIE	10	306	2.49	103	*12	13.00	*0.00	0	41.41	5.25	9.03	14	8.9	1.92	2.10
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			475	2.53	212	*17	13.13	*0.00	3	78.55	6.79	13.53	*384	*172.0	*18.86	*2.38
% of Calories				4.79%		*14.3%	24.9%	*0.0%		66.1%		11.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 04/25/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001618 SAUSAGE GRAVY	1/2 Cup	10	114	0.87	171	*6	2.56	*0.00	14	12.76	1.01	10.44	312	162.0	*0.64	0.69
001577 BISCUITS: PLAIN,	2 OZ	10	170	5.00	280	*N/A*	5.00	0.00	0	27.00	2.00	4.00	0	*N/A*	0.00	*N/A*
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			452	5.90	560	*10	7.69	*0.00	17	76.91	4.55	18.94	*682	*325.0	*17.58	*0.97
% of Calories				11.75%		*8.8%	15.3%	*0.0%		68.1%		16.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 04/26/2019

Reimbursable Meal Total 10

	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)
000140 SCRAMBLED EGG-1ea (2 oz)	EGG	10	72	1.56	71	*0	4.76	0.02	186	0.36	0.00	6.28	270	28.0	*0.00	0.88
000374 HASHBROWN PATTY	1 EA.	10	110	*N/A*	250	*N/A*	6.00	*N/A*	5	13.00	*N/A*	2.00	*N/A*	*N/A*	21.00	0.36
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			290	*1.60	413	*5	10.89	*0.02	194	35.51	*1.54	12.78	*640	*191.1	*37.93	1.52
% of Calories				*4.97%		*6.9%	33.8%	*0.1%		49.0%		17.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 04/29/2019

Reimbursable Meal Total 10

	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)
001601 BREAKFAST PIZZA	PIECE	10	210	2.00	480	*N/A*	8.00	0.00	15	27.00	3.00	10.00	300	150.0	0.00	1.80
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			379	2.04	589	*4	8.13	0.00	18	64.15	4.54	14.50	*670	*313.1	*16.94	*2.09
% of Calories				4.84%		*4.2%	19.3%	0.0%		67.7%		15.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 04/30/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

	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)
001791 ENGLISH MUFFIN BREAKFAST SANDW	EACH	10	276	5.17	694	*1	11.57	*0.00	241	29.28	5.00	18.60	12336	338.0	0.00	18.17
001704 FRUIT, CHOICE	1/2 CUP	10	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	10	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	5	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	5	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			444	5.21	803	*5	11.70	*0.00	243	66.43	6.54	23.09	*12706	*501.1	*16.94	*18.46
% of Calories				10.56%		*4.5%	23.7%	*0.0%		59.8%		20.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=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.