

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 2019

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

Include Cost: Yes
Report Style: Detailed

Monday - 01/07/2019

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)	Cost
000368 FRENCH TOAST STICKS	1 SERVING	10	377	2.71	876	*N/A*	10.80	*N/A*	145	56.82	1.95	13.10	331	189.4	0.53	3.91	\$0.000
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	\$0.075
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	\$0.258
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*	\$0.000
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	\$0.000
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	\$0.235
Weighted Daily Average			680	2.75	991	*39	10.93	*0.00	148	128.75	3.48	17.62	*701	*368.5	*17.47	*4.34	\$0.451
% of Calories				3.64%		*22.9%	14.5%	*0.0%		75.7%		10.4%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 01/08/2019

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)	Cost
001076 BREAKFAST BURRITO 6"	1 ea	10	302	7.59	932	*N/A*	18.19	*0.00	351	14.10	0.32	19.97	18623	619.8	*2.38	25.72	\$0.174
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	\$0.258

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
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*	\$0.000
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	\$0.000
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	\$0.235
Weighted Daily Average			470	7.62	1041	*4	18.32	*0.00	354	51.25	1.86	24.47	*18993	*782.9	*19.31	*26.01	\$0.550
% of Calories				14.59%		*3.4%	35.1%	*0.0%		43.6%		20.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 01/09/2019

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)	Cost
001699 BREAKFAST CROISSANT SAND./HAM	SANDWICH	5	482	13.16	1026	5	24.96	*0.52	238	41.16	1.00	22.51	907	253.8	0.17	2.87	\$0.000
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
Weighted Daily Average			410	6.61	622	*7	12.61	*0.26	122	57.73	2.04	15.75	*824	*290.0	*17.02	*1.72	\$0.376
% of Calories				14.51%		*6.8%	27.7%	*0.6%		56.3%		15.4%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 01/10/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
001527 MUFFIN BLUEBERRY II	muffin	10	164	1.40	363	*12	7.14	*0.00	24	22.72	1.47	2.37	1640	72.9	0.63	2.60	\$0.038
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
Weighted Daily Average			332	1.44	472	*16	7.28	*0.00	26	59.87	3.01	6.87	*2010	*236.0	*17.57	*2.88	\$0.413
% of Calories				3.90%		*19.3%	19.7%	*0.0%		72.1%		8.3%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 01/11/2019

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)	Cost
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	\$0.136
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*	\$0.000
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	\$0.258
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	\$0.000

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	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)	Cost
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	\$0.235
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	\$0.511
% of Calories				10.77%		*6.1%	30.6%	*0.0%		50.1%		18.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 01/14/2019

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)	Cost
000069 EGG, SCRAMBLED-1	EGG	10	91	2.03	88	*1	6.70	0.38	169	0.98	0.00	6.09	353	40.3	*0.00	0.80	\$0.003
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	\$0.000
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
Weighted Daily Average			369	*2.07	447	*5	12.83	*0.38	176	51.13	*1.54	12.59	*723	*203.4	*37.93	*1.44	\$0.379
% of Calories				*5.05%		*5.4%	31.3%	*0.9%		55.4%		13.6%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 01/15/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
001649 PARFAIT, BREAKFAST	EACH	10	352	0.91	119	*N/A*	4.36	0.00	5	75.77	*4.01	7.06	529	129.7	52.80	1.62	\$1.120
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
Weighted Daily Average			520	0.95	228	*4	4.49	0.00	7	112.92	*5.54	11.56	*900	*292.7	*69.74	*1.90	\$1.496
% of Calories				1.64%		*3.1%	7.8%	0.0%		86.9%		8.9%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 01/16/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001650 BISCUIT SANDWICH W/SAUSAGE	Sandwich	5	536	15.61	1239	*0	36.82	*0.02	239	28.88	2.00	20.75	392	*145.5	0.00	*1.29	\$0.361
000360 CREAM OF WHEAT	1/2 CUP	5	59	0.04	460	0	0.23	0.00	0	12.08	0.69	1.91	0	121.1	0.00	5.51	\$0.001
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	\$0.222
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*	\$0.000
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	\$0.258
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	\$0.000

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Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
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	\$0.235
Weighted Daily Average			491	7.86	961	*5	18.66	*0.01	122	63.64	2.88	15.83	*567	*296.4	*16.94	*3.87	\$0.668
% of Calories				14.41%		*4.1%	34.2%	*0.0%		51.8%		12.9%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 01/17/2019

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)	Cost
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	\$0.000
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	\$0.075
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
Weighted Daily Average			513	0.04	490	*39	3.13	*0.00	3	113.93	3.04	9.02	*370	*209.1	*16.94	*2.58	\$0.451
% of Calories				0.07%		*30.4%	5.5%	*0.0%		88.8%		7.0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 01/18/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
001700 BREAKFAST EGG QUESADILLA	1 SERVING	10	431	8.15	758	*1	21.69	*0.00	469	26.77	0.00	30.98	24585	896.5	0.00	34.52	\$0.370
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
Weighted Daily Average			599	8.19	867	*5	21.82	*0.00	472	63.91	1.54	35.48	*24955	*1059.5	*16.94	*34.81	\$0.746
% of Calories				12.31%		*3.3%	32.8%	*0.0%		42.7%		23.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 01/22/2019

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)	Cost
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	\$0.122
001792 BACON, PRECOOKED	2 SLICES	1	45	1.50	125	0	3.50	0.00	10	0.00	0.00	3.00	0	0.0	0.00	0.00	\$0.000
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*	\$0.000
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	\$0.258
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	\$0.000

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Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
001378 MILK, FF SKIM,CHOCOLATE	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	\$0.235
Weighted Daily Average			180	0.34	129	*4	0.96	0.00	22	37.18	1.54	5.42	*397	*165.9	*16.94	*0.37	\$0.388
% of Calories				1.70%		*8.9%	4.8%	0.0%		82.6%		12.0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 01/23/2019

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)	Cost
001697 BREAKFAST ENCHILADAS	SERVINGS	10	599	15.68	918	*1	32.97	*0.03	402	31.64	*5.25	44.66	1576	*637.5	*9.68	2.66	\$0.247
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*	\$0.000
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	\$0.258
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	\$0.000
001378 MILK, FF SKIM,CHOCOLATE	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	\$0.235
Weighted Daily Average			768	15.72	1027	*5	33.10	*0.03	405	68.79	*6.79	49.15	*1946	*800.6	*26.61	*2.95	\$0.622
% of Calories				18.42%		*2.6%	38.8%	*0.0%		35.8%		25.6%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 01/24/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
000368 FRENCH TOAST STICKS	1 SERVING	10	377	2.71	876	*N/A*	10.80	*N/A*	145	56.82	1.95	13.10	331	189.4	0.53	3.91	\$0.000
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
Weighted Daily Average			546	2.75	985	*4	10.93	*0.00	148	93.97	3.48	17.59	*701	*352.5	*17.47	*4.20	\$0.376
% of Calories				4.53%		*2.9%	18.0%	*0.0%		68.8%		12.9%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 01/25/2019

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)	Cost
000382 SAUSAGE AND PANCAKE ON A STICK	1 EA.	10	230	3.00	430	*N/A*	12.00	*N/A*	15	23.00	1.00	9.00	*N/A*	*N/A*	*N/A*	8.00	\$0.000
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*	\$0.000
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	\$0.258
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	\$0.000

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
001378 MILK, FF SKIM,CHOCOLATE	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	\$0.235
Weighted Daily Average			399	3.04	539	*4	12.13	*0.00	18	60.15	2.54	13.49	*370	*163.1	*16.94	*8.29	\$0.376
% of Calories				6.86%		*4.0%	27.4%	*0.0%		60.3%		13.5%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 01/28/2019

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)	Cost
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	\$0.116
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*	\$0.000
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	\$0.258
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	\$0.000
001378 MILK, FF SKIM,CHOCOLATE	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	\$0.235
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	\$0.492
% of Calories				4.71%		*4.8%	17.2%	*0.0%		67.6%		17.0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 01/29/2019

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
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	\$0.178
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
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	\$0.554
% of Calories				6.83%		*7.1%	16.3%	*0.0%		59.8%		16.5%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 01/30/2019

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)	Cost
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	\$0.024
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	\$0.075
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	\$0.000
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	\$0.222
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	\$0.361
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*	\$0.000
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	\$0.258

Base Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 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)	Cost
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	\$0.000
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	\$0.235
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	\$0.572
% of Calories				*3.20%		*26.3%	11.1%	*0.0%		81.0%		8.3%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 01/31/2019

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)	Cost
001822 PEANUT BUTTER & JELLY GRAHAM	PORTION	10	310	4.00	210	13	18.00	*N/A*	*N/A*	31.00	5.00	10.00	0	180.0	0.00	1.44	\$0.000
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*	\$0.000
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	\$0.258
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	\$0.000
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	\$0.235
Weighted Daily Average			479	4.04	319	*17	18.13	*0.00	*3	68.15	6.54	14.50	*370	*343.1	*16.94	*1.73	\$0.376
% of Calories				7.59%		*14.2%	34.1%	*0.0%		56.9%		12.1%					
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.*