

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

Menu Name: BREAKFAST k-12 18-19

Include Cost: No

Site:

Report Style: Detailed

Thursday - 11/01/2018

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)
001636 WAFFLE STICKS	SERVING	1	140	0.00	250	*N/A*	2.00	*N/A*	0	28.00	1.00	3.00	*N/A*	20.0	*N/A*	1.44
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
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
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
001636 WAFFLE STICKS	SERVING	1	140	0.00	250	*N/A*	2.00	*N/A*	0	28.00	1.00	3.00	*N/A*	20.0	*N/A*	1.44
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
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	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
Weighted Daily Average			1006	0.07	910	*78	4.26	*0.00	10	219.85	5.08	23.03	*1241	*698.1	*35.07	*4.09
% of Calories				0.06%		*31.0%	3.8%	*0.0%		87.4%		9.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 11/02/2018

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)
001700 BREAKFAST EGG QUESADILLA	1 SERVING	1	431	8.15	758	*1	21.69	*0.00	469	26.77	0.00	30.98	24585	896.5	0.00	34.52
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
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
001700 BREAKFAST EGG QUESADILLA	1 SERVING	1	431	8.15	758	*1	21.69	*0.00	469	26.77	0.00	30.98	24585	896.5	0.00	34.52
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	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
Weighted Daily Average			1318	16.38	1913	*10	43.64	*0.00	948	147.83	3.08	78.96	*50410	*2419.1	*35.07	*69.97
% of Calories				11.19%		*3.0%	29.8%	*0.0%		44.9%		24.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 11/05/2018

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)
000370 EGG,HARD-BOILED, 1 EA	EACH	1	78	1.63	62	1	5.30	*N/A*	186	0.56	0.00	6.29	260	25.0	0.00	0.60
000374 HASHBROWN PATTY	1 EA.	1	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
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
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
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
Weighted Daily Average			666	*9.67	1121	*5	35.44	*0.00	247	61.71	*1.54	23.79	*880	*358.1	*38.53	*1.78
% of Calories				*13.07%		*3.0%	47.9%	*0.0%		37.1%		14.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 11/06/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
001794 ENGLISH MUFFIN BREAKFAST PIZZA	SERVING	1	288	4.96	502	*1	12.21	*0.00	27	30.07	3.71	16.42	906	318.6	12.47	2.05
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
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
Weighted Daily Average			517	4.99	701	*6	12.34	*0.00	32	77.22	5.25	24.91	*1526	*631.7	*30.00	*2.52
% of Calories				8.69%		*4.6%	21.5%	*0.0%		59.7%		19.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 11/07/2018

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)
001697 BREAKFAST ENCHILADAS	SERVINGS	1	599	15.68	918	*1	32.97	*0.03	402	31.64	*5.25	44.66	1576	*637.5	*9.68	2.66
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	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
Weighted Daily Average			828	15.72	1117	*5	33.10	*0.03	407	78.79	*6.79	53.15	*2196	*950.6	*27.21	*3.13
% of Calories				17.09%		*2.4%	36.0%	*0.0%		38.1%		25.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 11/08/2018

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)
000368 FRENCH TOAST STICKS	1 SERVING	1	377	2.71	876	*N/A*	10.80	*N/A*	145	56.82	1.95	13.10	331	189.4	0.53	3.91
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
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
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
Weighted Daily Average			740	2.75	1081	*39	10.93	*0.00	150	138.74	3.48	21.62	*951	*518.5	*18.07	*4.52
% of Calories				3.34%		*21.1%	13.3%	*0.0%		75.0%		11.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 11/09/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
000382 SAUSAGE AND PANCAKE ON A STICK	1 EA.	1	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
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
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
Weighted Daily Average			459	3.04	629	*4	12.13	*0.00	20	70.15	2.54	17.49	*620	*313.1	*17.54	*8.47
% of Calories				5.96%		*3.5%	23.8%	*0.0%		61.1%		15.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 11/12/2018

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)
001538 KANGAROO SANDWICH	SERVING	1	167	1.73	264	*0	6.31	*0.00	213	19.61	1.04	9.80	12257	294.7	0.06	17.33
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	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
Weighted Daily Average			396	1.76	463	*4	6.44	*0.00	218	66.76	2.57	18.30	*12877	*607.8	*17.60	*17.79
% of Calories				4.00%		*4.0%	14.6%	*0.0%		67.4%		18.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 11/13/2018

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)
001703 GRILLED CHEESE BFAST SANDWICH	SERVING	1	284	3.41	612	*4	8.07	*0.00	224	30.62	0.00	14.17	12398	411.1	0.00	18.04
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
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
Weighted Daily Average			513	3.44	811	*8	8.20	*0.00	229	77.76	1.54	22.66	*13019	*724.2	*17.54	*18.51
% of Calories				6.04%		*6.2%	14.4%	*0.0%		60.6%		17.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 11/14/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	1	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	1	135	0.00	6	35	0.00	*0.00	0	34.78	0.00	0.02	0	16.0	0.00	0.14
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
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
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
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, CHOCOLATE Vit 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
Weighted Daily Average			764	*8.75	*1089	*40	27.51	*0.00	*75	108.09	3.04	21.03	*805	*441.2	*17.80	*6.97
% of Calories				*10.31%		*20.9%	32.4%	*0.0%		56.6%		11.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 11/15/2018

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001822 PEANUT BUTTER & JELLY GRAHAM	PORTION	1	310	4.00	210	13	18.00	*N/A*	*N/A*	31.00	5.00	10.00	0	180.0	0.00	1.44
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	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
Weighted Daily Average			539	4.04	409	*17	18.13	*0.00	*5	78.15	6.54	18.50	*620	*493.1	*17.54	*1.91
% of Calories				6.75%		*12.6%	30.3%	*0.0%		58.0%		13.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 11/16/2018

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)
001601 BREAKFAST PIZZA	PIECE	1	210	2.00	480	*N/A*	8.00	0.00	15	27.00	3.00	10.00	300	150.0	0.00	1.80
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
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
Weighted Daily Average			439	2.04	679	*4	8.13	0.00	20	74.15	4.54	18.50	*920	*463.1	*17.54	*2.27
% of Calories				4.18%		*3.6%	16.7%	0.0%		67.6%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 11/26/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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
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
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
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
Weighted Daily Average			345	3.10	395	*5	8.39	0.02	201	47.51	1.54	17.78	*890	*341.1	*17.54	*1.34
% of Calories				8.09%		*5.8%	21.9%	0.1%		55.1%		20.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 11/27/2018

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)
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	1	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	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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	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
Weighted Daily Average			399	0.54	389	*11	2.63	0.00	7	78.15	2.54	13.50	*620	*313.1	*17.54	*8.57
% of Calories				1.22%		*11.0%	5.9%	0.0%		78.3%		13.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 11/28/2018

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)
001818 TACO, BREAKFAST, CHORIZO	PORTIONS	1	442	7.02	728	*2	25.03	*0.00	*237	35.31	1.46	17.88	18947	*452.9	1.15	18.37
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
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
Weighted Daily Average			671	7.06	927	*6	25.16	*0.00	*242	82.46	3.00	26.37	*19568	*766.0	*18.69	*18.84
% of Calories				9.47%		*3.6%	33.7%	*0.0%		49.2%		15.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 11/29/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	1	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	1	135	0.00	6	35	0.00	*0.00	0	34.78	0.00	0.02	0	16.0	0.00	0.14
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
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
Weighted Daily Average			521	1.35	456	*43	4.08	*0.04	83	104.65	2.75	15.83	*788	*438.9	*17.60	*2.51
% of Calories				2.33%		*33.0%	7.0%	*0.1%		80.3%		12.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 11/30/2018

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)
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
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	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
Weighted Daily Average			364	*3.09	424	*5	8.82	*0.00	*227	51.26	*1.86	18.52	*13045	*579.8	*20.96	*17.24
% of Calories				*7.64%		*5.5%	21.8%	*0.0%		56.3%		20.4%				
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.