

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

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

**Include Cost:** Yes  
**Report Style:** Detailed

### Monday - 10/01/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
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	\$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
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			379	1.54	389	*4	6.13	*0.00	*3	73.15	3.54	9.50	*370	*163.1	*16.94	*1.37	\$0.376
% of Calories				3.66%		*4.2%	14.6%	*0.0%		77.2%		10.0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

### Tuesday - 10/02/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.207
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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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			457	4.99	611	*6	12.34	*0.00	29	67.22	5.25	20.91	*1276	*481.7	*29.40	*2.34	\$0.583
% of Calories				9.83%		*5.3%	24.3%	*0.0%		58.8%		18.3%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

### Wednesday - 10/03/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	1	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
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	\$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
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

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.235
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	\$0.494
% of Calories				0.09%		*7.6%	6.7%	*0.0%		*84.0%		8.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

### Thursday - 10/04/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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	\$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										

### Friday - 10/05/2018

### Reimbursable Meal Total 10

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.122
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			240	1.60	180	*5	4.89	0.02	189	37.51	1.54	10.78	*640	*191.1	*16.94	*1.16	\$0.498
% of Calories				6.00%		*8.3%	18.3%	0.1%		62.5%		18.0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 10/08/2018

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			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										

### Tuesday - 10/09/2018

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001817 COOKIE, BREAKFAST	COOKIE	1	306	2.49	103	*12	13.00	*0.00	0	41.41	5.25	9.03	14	8.9	1.92	2.10	\$0.254
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*	\$0.000
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	\$0.000
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	\$0.235
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	\$0.258
Weighted Daily Average			535	2.53	302	*17	13.13	*0.00	5	88.55	6.79	17.53	*634	*322.0	*19.46	*2.56	\$0.747
% of Calories				4.26%		*12.7%	22.1%	*0.0%		66.2%		13.1%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

### Wednesday - 10/10/2018

### Reimbursable Meal Total 10

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$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
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			*190	*0.41	168	*5	*1.37	*0.00	*26	*38.35	*1.57	*5.73	*425	*173.0	*16.99	*0.45	\$0.376
% of Calories				*1.94%		*10.5%	*6.5%	*0.0%		*80.7%		*12.1%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 10/11/2018

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
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*	\$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

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			452	5.90	560	*10	7.69	*0.00	17	76.91	4.55	18.94	*682	*325.0	*17.58	*0.97	\$0.376
% of Calories				11.75%		*8.8%	15.3%	*0.0%		68.1%		16.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

### Friday - 10/12/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.122
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
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			290	*1.60	413	*5	10.89	*0.02	194	35.51	*1.54	12.78	*640	*191.1	*37.93	1.52	\$0.498
% of Calories				*4.97%		*6.9%	33.8%	*0.1%		49.0%		17.6%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

### Monday - 10/15/2018

### Reimbursable Meal Total 10

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$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			379	2.04	589	*4	8.13	0.00	18	64.15	4.54	14.50	*670	*313.1	*16.94	*2.09	\$0.376
% of Calories				4.84%		*4.2%	19.3%	0.0%		67.7%		15.3%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 10/16/2018

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.481
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



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			444	5.21	803	*5	11.70	*0.00	243	66.43	6.54	23.09	*12706	*501.1	*16.94	*18.46	\$0.857
% of Calories				10.56%		*4.5%	23.7%	*0.0%		59.8%		20.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

### Wednesday - 10/17/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
000946 OATS, QUICK, QUAKER-1/2 CUP	SERVING-1/2 CUP	5	91	0.30	4	*N/A*	1.82	*0.00	0	16.40	2.43	3.04	0	2.8	0.00	1.11	\$0.064
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
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			349	0.54	252	*22	2.61	*0.00	12	74.59	3.25	7.53	*462	*192.6	*17.07	*1.39	\$0.568
% of Calories				1.39%		*25.2%	6.7%	*0.0%		85.5%		8.6%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

# Base Menu Spreadsheet

Portion Values

Oct 1, 2018 thru Oct 31, 2018

## Thursday - 10/18/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001363 Omelet, Skillet w/ Cheese	OMELET	10	170	5.00	600	2	12.00	0.00	260	4.00	*N/A*	11.00	750	150.0	0.00	1.44	\$0.000
001792 BACON, PRECOOKED	2 SLICES	10	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
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 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	\$0.235
Weighted Daily Average			324	6.54	817	*6	15.63	0.00	273	26.15	*1.54	18.50	1120	313.1	16.94	1.73	\$0.376
% of Calories				18.17%		*7.4%	43.4%	0.0%		32.3%		22.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

## Friday - 10/19/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001819 EGG, SCRAMBLED MEXICAN	#16 scoop	10	138	*2.02	262	*2	*6.72	*0.00	*265	9.37	*1.79	9.94	18859	*368.5	86.38	*21.34	\$0.426
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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			307	*2.06	371	*6	*6.85	*0.00	*268	46.52	*3.33	14.44	*19229	*531.6	*103.32	*21.62	\$0.801
% of Calories				*6.04%		*7.8%	*20.1%	*0.0%		60.6%		18.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

## Monday - 10/22/2018

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 - 10/23/2018

Reimbursable Meal Total 10

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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 - 10/24/2018

### Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			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 - 10/25/2018

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 - 10/26/2018

Reimbursable Meal Total 10

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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 - 10/29/2018

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			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 - 10/30/2018

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 - 10/31/2018

Reimbursable Meal Total 10

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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										

\*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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - 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.