

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

Menu Name: BREAKFAST K-12 2019-2020
Site:

Include Cost: Yes
Report Style: Detailed

Monday - 02/03/2020

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)	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	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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			425	3.10	520	*5	8.39	0.02	205	59.51	1.54	26.78	*1390	*641.1	*19.94	*1.34	\$0.615
% of Calories				6.56%		*4.7%	17.8%	0.0%		56.0%		25.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 02/04/2020

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)	Cost
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	\$0.000
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

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			519	2.04	804	*4	8.13	0.00	24	86.15	4.54	27.50	*1420	*763.1	*19.94	*2.27	\$0.493
% of Calories				3.54%		*3.1%	14.1%	0.0%		66.4%		21.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 02/05/2020

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)	Cost
001703 GRILLED CHEESE BFAS 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	\$0.178
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			593	3.44	936	*8	8.20	*0.00	233	89.76	1.54	31.66	*13519	*1024.2	*19.94	*18.51	\$0.671
% of Calories				5.22%		*5.4%	12.4%	*0.0%		60.5%		21.4%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 02/06/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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	1	43	0.71	271	*1	2.93	*0.00	20	2.67	0.00	1.61	184	36.2	0.26	0.09	\$0.024
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
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			487	0.75	601	*40	3.06	*0.00	29	96.59	1.54	19.13	*1305	*665.3	*20.20	*0.70	\$0.592
% of Calories				1.39%		*32.9%	5.7%	*0.0%		79.3%		15.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/07/2020

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)	Cost
990076 APPLE CINNAMON BREAKFAST BARS	SERVING	1	*335	*7.22	58	*27	*12.36	*0.00	*30	*53.90	*4.03	*4.40	*428	*35.9	*2.12	*1.71	\$0.120
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000

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Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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	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
Weighted Daily Average			*644	*7.26	382	*31	*12.49	*0.00	*39	*113.05	*5.57	*21.90	*1548	*649.0	*22.05	*2.18	\$0.613
% of Calories				*10.15%		*19.3%	*17.5%	*0.0%		*70.2%		*13.6%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 02/10/2020

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)	Cost
001818 TACO, BREAKFAST, CHORIZO	PORTIONS	1	397	5.38	601	*2	21.29	*0.00	*230	35.86	1.46	14.91	18947	*456.1	1.15	18.32	\$0.257
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			706	5.42	925	*6	21.42	*0.00	*239	95.00	3.00	32.40	*20068	*1069.1	*21.09	*18.79	\$0.750
% of Calories				6.91%		*3.4%	27.3%	*0.0%		53.8%		18.4%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 02/11/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
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	\$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
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			583	0.04	580	*39	2.13	*0.00	9	121.93	2.54	20.52	*1120	*649.1	*19.94	*2.04	\$0.568
% of Calories				0.06%		*26.8%	3.3%	*0.0%		83.7%		14.1%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 02/12/2020

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)	Cost
001697 BREAKFAST ENCHILADAS	SERVINGS	1	599	15.69	918	*1	32.97	*0.03	402	31.64	*5.25	44.66	1576	*637.5	*9.68	2.66	\$0.247
000360 CREAM OF WHEAT	1/2 CUP	1	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	1	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	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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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	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
Weighted Daily Average			1017	15.76	1707	*5	33.33	*0.03	411	114.91	*7.48	64.06	*2696	*1371.7	*29.61	*9.00	\$0.962
% of Calories				13.95%		*2.0%	29.5%	*0.0%		45.2%		25.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 02/13/2020

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)	Cost
001820 EGG AND BACON MUFFIN CUPS	PORTIONS	1	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	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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			470	3.95	515	*5	11.23	*0.00	263	63.32	1.66	28.48	*15413	*1002.9	*19.94	*20.00	\$0.629
% of Calories				7.56%		*4.3%	21.5%	*0.0%		53.9%		24.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/14/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
990077 DONUT, YEAST GLAZED	EACH	1	140	3.50	30	8	6.00	0.00	0	18.00	0.00	2.00	*N/A*	4.0	*N/A*	4.00	\$0.000
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			449	3.54	354	*12	6.13	0.00	9	77.15	1.54	19.50	*1120	*617.1	*19.94	*4.47	\$0.493
% of Calories				7.10%		*10.7%	12.3%	0.0%		68.7%		17.4%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 02/18/2020

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)	Cost
990099 Ham, Egg and Cheese Breakfast Bar	EACH	1	200	5.00	60	7	16.00	0.00	*N/A*	8.00	1.00	7.00	*N/A*	52.0	*N/A*	0.72	\$0.000
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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	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
Weighted Daily Average			509	5.04	384	*11	16.13	0.00	*9	67.15	2.54	24.50	*1120	*665.1	*19.94	*1.19	\$0.493
% of Calories				8.91%		*8.6%	28.5%	0.0%		52.8%		19.3%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 02/19/2020

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)	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
000374 POTATO, 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	\$0.000
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			490	*1.60	645	*5	10.89	*0.02	200	72.51	*1.54	25.78	*1390	*641.1	*40.93	*1.70	\$0.615
% of Calories				*2.94%		*4.1%	20.0%	*0.0%		59.2%		21.0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 02/20/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
001535 BISCUIT SANDWICH W/HAM	Sandwich	1	279	3.57	1074	*1	12.80	*0.02	208	20.48	0.46	19.38	393	142.6	0.00	2.62	\$0.000
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			587	3.61	1398	*6	12.93	*0.02	217	79.63	1.99	36.87	*1513	*755.7	*19.94	*3.09	\$0.493
% of Calories				5.53%		*4.1%	19.8%	*0.0%		54.3%		25.1%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/21/2020

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)	Cost
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	\$0.000
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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	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
Weighted Daily Average			479	0.54	514	*11	2.63	0.00	11	90.15	2.54	22.50	*1120	*613.1	*19.94	*8.57	\$0.493
% of Calories				1.01%		*9.2%	4.9%	0.0%		75.3%		18.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 02/24/2020

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)	Cost
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	\$0.000
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			519	2.04	804	*4	8.13	0.00	24	86.15	4.54	27.50	*1420	*763.1	*19.94	*2.27	\$0.493
% of Calories				3.54%		*3.1%	14.1%	0.0%		66.4%		21.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 02/25/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
990061 COOKIE, BREAKFAST	SERVING	1	460	3.53	154	*11	17.68	*0.00	0	68.49	7.50	13.04	12	15.2	3.59	19.33	\$0.187
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			768	3.57	478	*16	17.81	*0.00	9	127.63	9.04	30.54	*1132	*628.3	*23.53	*19.80	\$0.680
% of Calories				4.18%		*8.3%	20.9%	*0.0%		66.5%		15.9%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 02/26/2020

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)	Cost
990072 MORNING SAUSAGE ROLL	SERVING	1	170	3.00	360	4	9.00	0.00	25	16.00	1.00	6.00	*N/A*	40.0	*N/A*	1.08	\$0.000
000905 OATMEAL CEREAL	SERVING	1	43	0.15	97	*0	0.76	0.00	0	7.94	1.22	1.53	0	4.5	0.00	5.50	\$0.000
000846 BROWN SUGAR MELT-OATMEAL TOPPI	PACKET	1	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	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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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	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
Weighted Daily Average			571	3.19	786	*8	9.90	0.00	34	95.12	3.76	25.02	*1120	*657.6	*19.94	*7.40	\$0.715
% of Calories				5.03%		*5.6%	15.6%	0.0%		66.6%		17.5%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 02/27/2020

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)	Cost
001363 Omelet, Skillet w/ Cheese	OMELET	1	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
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	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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			729	13.04	1534	*6	36.13	0.00	319	64.15	*1.54	35.50	*1870	*783.1	*19.94	*2.27	\$0.854
% of Calories				16.10%		*3.3%	44.6%	0.0%		35.2%		19.5%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/28/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
001763 PANCAKES	Each	1	43	0.71	271	*1	2.93	*0.00	20	2.67	0.00	1.61	184	36.2	0.26	0.09	\$0.024
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
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
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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
Weighted Daily Average			487	0.75	601	*40	3.06	*0.00	29	96.59	1.54	19.13	*1305	*665.3	*20.20	*0.70	\$0.592
% of Calories				1.39%		*32.9%	5.7%	*0.0%		79.3%		15.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	*581	*4.14	761	*14	*12.22	*0.00	*122	*89.29	*3.16	*28.38	*3768	*769.7	*21.94	*6.65	\$0.622
% of Calories		*6.41%		*9.6%	*18.9%	*0.0%		*61.5%		*19.5%					

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.