

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

Menu Name: Nutrient Info Breakfast

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Wednesday - 05/01/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990485 2-Egg & Sausage Biscuit	ea	1	331	9.02	661	0	0	19.57	0.00	147	26.01	2.00	13.04	0	160.0	0.06	1.40
000840 2-Pancake on a Stick	Each	1	242	4.54	374	5	0	15.15	0.00	25	18.18	1.01	7.07	0	30.3	0.00	0.91
001711 2-PB&J - Breakfast	1 each	1	556	5.29	492	25	0	25.69	0.00	0	62.18	7.02	18.09	0	77.0	0.00	2.50
990226 2-Cereal, Cinn Toast Crch, Graham Cracker	bowl	1	170	0.50	225	11	0	4.50	0.00	0	33.00	2.00	2.00	400	140.0	4.80	3.60
003574 2-Cereal, Cinn Toast Crch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	400	80.0	4.80	3.60
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
990222 2-Banana, petite	Each	1	66	0.00	0	10	0	0.00	0.00	0	18.00	2.00	0.00	0	0.0	7.20	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1856	21.35	2352	109	0	71.91	0.00	192	243.37	16.03	61.20	1800	1247.3	88.06	12.37
% of Calories				10.35 %		23.5%	0%	34.9%	0.0%		52.5%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

Thursday - 05/02/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001712 2-Grilled Cheese - breakfast	ea	1	341	9.03	871	3	0	21.58	0.00	25	25.00	4.00	11.00	300	210.0	0.00	1.44
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18	0	5.95	0.00	30	39.69	3.08	3.77	47	3.5	0.20	0.99
001728 2-Applesauce Quickbread-2oz	2oz	1	431	3.02	191	38	0	19.22	0.00	49	62.88	1.60	6.18	108	26.0	0.00	2.24
990493 2-Cereal, Apple Cinnamon Cheerios/ Cracker	serving	1	170	0.00	175	12	0	3.00	0.00	0	34.00	2.00	3.00	0	60.0	0.00	0.00
990502 2-Cereal, Apple Cinnamon Cheerios-only	serving	1	110	0.00	110	9	0	1.50	0.00	0	23.00	2.00	2.00	0	0.0	0.00	0.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
003190 2-Peach Cup	1/2 cup	1	90	0.00	0	19	0	0.00	0.00	0	20.96	2.00	1.00	354	4.0	117.55	0.46
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
Weighted Daily Average			1739	14.44	1846	148	0	55.26	0.00	124	267.52	14.67	46.94	1809	1063.4	188.95	5.49
% of Calories				7.47%		34.0%	0%	28.6%	0.0%		61.5%		10.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Friday - 05/03/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001713 2-Hot Ham& Cheese Breakfast	each	1	281	3.51	890	5	0	10.04	0.00	48	32.01	3.00	18.61	150	275.0	0.00	2.89
990538 2-Yogurt w/ Chia Seeds	serving	1	212	0.00	100	22	0	1.71	0.00	10	41.09	0.79	6.34	2007	255.0	24.08	0.19
990095 2-Burrito, Los Cabos	each	1	296	4.05	499	1	0	8.94	0.00	18	40.86	8.81	15.12	300	200.0	1.20	2.70
990343 2-Cereal, Froot Loops w/ graham cracker	servings	1	170	0.00	235	13	0	2.50	0.00	0	35.00	3.00	3.00	400	60.0	0.00	3.60
990207 2-Cereal, Froot Loops-only	servings	1	110	0.00	170	10	0	1.00	0.00	0	24.00	3.00	2.00	400	0.0	0.00	3.60
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1497	9.06	2366	111	0	28.37	0.00	96	249.94	21.00	65.33	4312	1556.0	101.09	13.46
% of Calories				5.45%		29.7%	0%	17.1%	0.0%		66.8%		17.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Monday - 05/06/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	
990281	2-Biscuit, Ham & Egg	each	1	296	8.02	639	1	0	16.85	0.00	144	25.52	2.00	11.59	0	160.0	0.00	1.95
990486	2-Arroz con Leche	serving	1	480	4.44	372	45	0	12.41	0.00	12	81.40	0.76	11.28	400	389.9	0.96	1.52
990428	2-Donut, Breakfast, WG	Each	1	320	5.00	260	24	0	12.00	0.00	5	49.00	3.00	4.00	0	40.0	0.00	1.40
002088	2-Cereal, Frosted Flakes w/ graham cracker	1 each	1	160	0.00	235	9	0	1.50	0.00	0	35.00	2.00	3.00	0	60.0	0.00	1.80
003575	2-Cereal, Frosted Flakes-only	bowl	1	101	0.00	172	6	0	0.00	0.00	0	24.30	2.02	2.02	0	0.0	15.19	1.82
990404	j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392	Other																	
001411	2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000493	2-Pear, canned	1/2 cup	1	62	0.00	0	0	0	0.00	0.00	0	16.83	2.66	0.00	0	11.5	1.06	0.00
001876	2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879	2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001661	2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				1800	18.96	2118	135	0	46.76	0.00	181	296.05	12.44	51.90	1400	1421.4	88.41	8.85
% of Calories					9.48%		30.0%	0%	23.4%	0.0%		65.8%		11.5%				
Weekly Nutrient Guideline				450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Tuesday - 05/07/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990517 2-Breakfast Frittata Burrito	-serving	1	318	6.97	768	2	0	14.73	0.00	169	27.39	2.59	16.87	*436	233.2	*3.88	2.32
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16	0	5.95	0.00	30	38.20	3.27	3.87	52	8.4	1.19	1.09
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	20	0	8.00	0.00	15	47.00	3.00	5.00	0	30.0	0.00	2.00
990492 2-Cereal, Trix w/ Graham Cracker	bowl	1	170	0.00	205	10	0	3.00	0.00	0	35.00	1.00	2.00	0	60.0	0.00	0.00
990296 2-Cereal, Trix-only	bowl	1	110	0.00	140	7	0	1.50	0.00	0	24.00	1.00	1.00	0	0.0	0.00	0.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1527	12.36	1928	115	0	37.35	0.00	234	248.57	13.27	49.00	*1542	1097.6	*80.88	5.89
% of Calories				7.28%		30.1%	0%	22.0%	0.0%		65.1%		12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Wednesday - 05/08/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990385 2-Waffle Envy Belgian Maple	Each	1	240	2.50	200	12	0	9.00	0.00	15	33.00	2.00	5.00	0	8.0	0.00	0.00
990488 2-Bagel w/ Cream Cheese & avocado	serving	1	315	3.99	544	3	0	8.67	0.00	15	50.98	3.44	10.46	32	31.1	2.43	2.72
001711 2-PB&J - Breakfast	1 each	1	556	5.29	492	25	0	25.69	0.00	0	62.18	7.02	18.09	0	77.0	0.00	2.50
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	170	0.00	225	9	0	4.00	0.00	0	34.00	1.00	2.00	0	138.0	0.00	7.20
990501 2-Cereal, Cinn Chex -only	1 each	1	110	0.00	160	6	0	2.50	0.00	0	23.00	1.00	1.00	0	78.0	0.00	7.20
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
990222 2-Banana, petite	Each	1	66	0.00	0	10	0	0.00	0.00	0	18.00	2.00	0.00	0	0.0	7.20	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1842	13.28	2156	115	0	53.86	0.00	50	286.16	16.46	56.56	1032	1092.1	80.83	19.98
% of Calories				6.49%		25.0%	0%	26.3%	0.0%		62.1%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Thursday - 05/09/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	
990537	2-Bagel, Egg & Cheese	each	1	351	4.52	767	3	0	11.58	0.00	139	48.04	2.00	13.54	150	75.0	0.00	2.60
990543	2-Muffin, English w/ PB	each	1	419	6.27	403	16	0	19.17	0.00	10	49.05	4.77	12.09	0	100.3	0.00	2.22
990540	2-Oatmeal w/ Raisins	serving	1	555	3.67	207	37	0	10.00	0.00	10	110.70	9.00	11.00	0	23.7	*0.00	1.02
002882	2-Cereal, Honey Nut w/ graham cracker	bowl	1	170	0.00	225	12	0	3.00	0.00	0	33.00	2.00	3.00	500	160.0	6.00	4.50
990374	2-Cereal, Honey Nut-only	bowl	1	110	0.00	160	9	0	1.50	0.00	0	22.00	2.00	2.00	500	100.0	6.00	4.50
990404	j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392	Other																	
001411	2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
003190	2-Peach Cup	1/2 cup	1	90	0.00	0	19	0	0.00	0.00	0	20.96	2.00	1.00	354	4.0	117.55	0.46
001876	2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001876	2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879	2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666	2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001661	2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				2210	17.45	2457	161	0	51.75	0.00	194	364.74	21.77	72.63	3004	1622.9	*201.95	15.66
% of Calories					7.11%		29.1%	0%	21.1%	0.0%		66.0%		13.1%				
Weekly Nutrient Guideline				450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Friday - 05/10/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001712 2-Grilled Cheese - breakfast	ea	1	341	9.03	871	3	0	21.58	0.00	25	25.00	4.00	11.00	300	210.0	0.00	1.44
001281 2-Cinnamon Roll 2.25oz RICH'S	each	1	274	1.11	200	36	0	3.33	0.00	6	54.60	1.24	4.44	0	11.3	0.00	1.80
990544 2-Yogurt w/ Blueberries	serving	1	230	0.00	141	23	0	2.73	0.00	8	45.85	0.95	5.52	1531	243.5	22.66	0.13
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990226 2-Cereal, Cinn Toast Crch, Graham Cracker	bowl	1	170	0.50	225	11	0	4.50	0.00	0	33.00	2.00	2.00	400	140.0	4.80	3.60
003574 2-Cereal, Cinn Toast Crch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	400	80.0	4.80	3.60
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
Weighted Daily Average			1617	14.14	2048	139	0	43.31	0.00	68	261.42	12.60	46.22	3686	1610.8	109.27	10.69
% of Calories				7.87%		34.4%	0%	24.1%	0.0%		64.7%		11.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Monday - 05/13/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990455 2-Pancakes & Sausage Pattie	Serving	1	319	1.50	535	21	0	8.50	0.00	26	54.69	2.00	10.00	0	0.0	0.06	0.00
990454 2-French Toast Sticks, WG	Serving	1	240	1.00	260	12	0	7.00	0.00	10	38.00	2.00	6.00	0	21.0	0.00	0.00
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	20	0	8.00	0.00	15	47.00	3.00	5.00	0	30.0	0.00	2.00
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	165	0.00	178	11	0	2.92	0.00	0	34.53	1.98	2.98	0	60.0	0.00	0.00
990297 2-Cereal, Cocoa Puffs-only	bowl	1	105	0.00	113	8	0	1.42	0.00	0	23.53	1.98	1.98	0	0.0	0.00	0.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000493 2-Pear, canned	1/2 cup	1	62	0.00	0	0	0	0.00	0.00	0	16.83	2.66	0.00	0	11.5	1.06	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
Weighted Daily Average			1541	7.00	1692	120	0	31.84	0.00	71	276.58	13.62	45.97	1000	882.5	72.32	2.36
% of Calories				4.09%		31.1%	0%	18.6%	0.0%		71.8%		11.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Tuesday - 05/14/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990432 2-Burrito Egg Potato & Cheese	each	1	414	7.81	747	1	0	16.13	0.00	135	43.17	2.58	15.40	*427	239.5	*0.04	1.81

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990183 2-UBR Ultimate Breakfast Round	each	1	250	2.00	200	16	0	6.99	0.00	5	41.93	5.99	4.99	0	29.9	0.00	1.60
001969 2-Yogurt Parfait, Peach	servings	1	248	0.07	127	30	0	2.52	0.00	5	52.55	2.44	5.60	1504	180.5	180.05	0.55
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990378 2-Cereal, Cheerios w/ graham cracker	each	1	160	0.00	205	4	0	3.50	0.00	0	32.00	3.00	5.00	500	140.0	0.00	9.00
990077 2-Cereal, Cheerios-only	Each	1	100	0.00	140	1	0	2.00	0.00	0	21.00	3.00	4.00	500	80.0	0.00	9.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1670	11.38	2020	115	0	36.81	0.00	165	280.63	19.42	56.25	*3987	1496.0	*255.90	22.44
% of Calories				6.13%		27.5%	0%	19.8%	0.0%		67.2%		13.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Wednesday - 05/15/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990485 2-Egg & Sausage Biscuit	ea	1	331	9.02	661	0	0	19.57	0.00	147	26.01	2.00	13.04	0	160.0	0.06	1.40
000840 2-Pancake on a Stick	Each	1	242	4.54	374	5	0	15.15	0.00	25	18.18	1.01	7.07	0	30.3	0.00	0.91
001711 2-PB&J - Breakfast	1 each	1	556	5.29	492	25	0	25.69	0.00	0	62.18	7.02	18.09	0	77.0	0.00	2.50
990226 2-Cereal, Cinn Toast Crch, Graham Cracker	bowl	1	170	0.50	225	11	0	4.50	0.00	0	33.00	2.00	2.00	400	140.0	4.80	3.60
003574 2-Cereal, Cinn Toast Crch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	400	80.0	4.80	3.60
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
990222 2-Banana, petite	Each	1	66	0.00	0	10	0	0.00	0.00	0	18.00	2.00	0.00	0	0.0	7.20	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1856	21.35	2352	109	0	71.91	0.00	192	243.37	16.03	61.20	1800	1247.3	88.06	12.37
% of Calories				10.35 %		23.5%	0%	34.9%	0.0%		52.5%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Thursday - 05/16/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001712 2-Grilled Cheese - breakfast	ea	1	341	9.03	871	3	0	21.58	0.00	25	25.00	4.00	11.00	300	210.0	0.00	1.44

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18	0	5.95	0.00	30	39.69	3.08	3.77	47	3.5	0.20	0.99
001728 2-Applesauce Quickbread-2oz	2oz	1	431	3.02	191	38	0	19.22	0.00	49	62.88	1.60	6.18	108	26.0	0.00	2.24
990493 2-Cereal, Apple Cinnamon Cheerios/ Cracker	serving	1	170	0.00	175	12	0	3.00	0.00	0	34.00	2.00	3.00	0	60.0	0.00	0.00
990502 2-Cereal, Apple Cinnamon Cheerios-only	serving	1	110	0.00	110	9	0	1.50	0.00	0	23.00	2.00	2.00	0	0.0	0.00	0.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
003190 2-Peach Cup	1/2 cup	1	90	0.00	0	19	0	0.00	0.00	0	20.96	2.00	1.00	354	4.0	117.55	0.46
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
Weighted Daily Average			1739	14.44	1846	148	0	55.26	0.00	124	267.52	14.67	46.94	1809	1063.4	188.95	5.49
% of Calories				7.47%		34.0%	0%	28.6%	0.0%		61.5%		10.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Friday - 05/17/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001713 2-Hot Ham& Cheese Breakfast	each	1	281	3.51	890	5	0	10.04	0.00	48	32.01	3.00	18.61	150	275.0	0.00	2.89
990538 2-Yogurt w/ Chia Seeds	serving	1	212	0.00	100	22	0	1.71	0.00	10	41.09	0.79	6.34	2007	255.0	24.08	0.19

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990095 2-Burrito, Los Cabos	each	1	296	4.05	499	1	0	8.94	0.00	18	40.86	8.81	15.12	300	200.0	1.20	2.70
990343 2-Cereal, Froot Loops w/ graham cracker	servings	1	170	0.00	235	13	0	2.50	0.00	0	35.00	3.00	3.00	400	60.0	0.00	3.60
990207 2-Cereal, Froot Loops-only	servings	1	110	0.00	170	10	0	1.00	0.00	0	24.00	3.00	2.00	400	0.0	0.00	3.60
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1497	9.06	2366	111	0	28.37	0.00	96	249.94	21.00	65.33	4312	1556.0	101.09	13.46
% of Calories				5.45%		29.7%	0%	17.1%	0.0%		66.8%		17.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Monday - 05/20/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990281 2-Biscuit, Ham & Egg	each	1	296	8.02	639	1	0	16.85	0.00	144	25.52	2.00	11.59	0	160.0	0.00	1.95
990486 2-Arroz con Leche	serving	1	480	4.44	372	45	0	12.41	0.00	12	81.40	0.76	11.28	400	389.9	0.96	1.52

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990428 2-Donut, Breakfast, WG	Each	1	320	5.00	260	24	0	12.00	0.00	5	49.00	3.00	4.00	0	40.0	0.00	1.40
002088 2-Cereal, Frosted Flakes w/ graham cracker	1 each	1	160	0.00	235	9	0	1.50	0.00	0	35.00	2.00	3.00	0	60.0	0.00	1.80
003575 2-Cereal, Frosted Flakes-only	bowl	1	101	0.00	172	6	0	0.00	0.00	0	24.30	2.02	2.02	0	0.0	15.19	1.82
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000493 2-Pear, canned	1/2 cup	1	62	0.00	0	0	0	0.00	0.00	0	16.83	2.66	0.00	0	11.5	1.06	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1800	18.96	2118	135	0	46.76	0.00	181	296.05	12.44	51.90	1400	1421.4	88.41	8.85
% of Calories				9.48%		30.0%	0%	23.4%	0.0%		65.8%		11.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Tuesday - 05/21/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990517 2-Breakfast Frittata Burrito	serving	1	318	6.97	768	2	0	14.73	0.00	169	27.39	2.59	16.87	*436	233.2	*3.88	2.32
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16	0	5.95	0.00	30	38.20	3.27	3.87	52	8.4	1.19	1.09

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	20	0	8.00	0.00	15	47.00	3.00	5.00	0	30.0	0.00	2.00
990492 2-Cereal, Trix w/ Graham Cracker	bowl	1	170	0.00	205	10	0	3.00	0.00	0	35.00	1.00	2.00	0	60.0	0.00	0.00
990296 2-Cereal, Trix-only	bowl	1	110	0.00	140	7	0	1.50	0.00	0	24.00	1.00	1.00	0	0.0	0.00	0.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1527	12.36	1928	115	0	37.35	0.00	234	248.57	13.27	49.00	*1542	1097.6	*80.88	5.89
% of Calories				7.28%		30.1%	0%	22.0%	0.0%		65.1%		12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Wednesday - 05/22/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990385 2-Waffle Envy Belgian Maple	Each	1	240	2.50	200	12	0	9.00	0.00	15	33.00	2.00	5.00	0	8.0	0.00	0.00
990488 2-Bagel w/ Cream Cheese & avocado	serving	1	315	3.99	544	3	0	8.67	0.00	15	50.98	3.44	10.46	32	31.1	2.43	2.72

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001711 2-PB&J - Breakfast	1 each	1	556	5.29	492	25	0	25.69	0.00	0	62.18	7.02	18.09	0	77.0	0.00	2.50
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	170	0.00	225	9	0	4.00	0.00	0	34.00	1.00	2.00	0	138.0	0.00	7.20
990501 2-Cereal, Cinn Chex -only	1 each	1	110	0.00	160	6	0	2.50	0.00	0	23.00	1.00	1.00	0	78.0	0.00	7.20
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
990222 2-Banana, petite	Each	1	66	0.00	0	10	0	0.00	0.00	0	18.00	2.00	0.00	0	0.0	7.20	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1842	13.28	2156	115	0	53.86	0.00	50	286.16	16.46	56.56	1032	1092.1	80.83	19.98
% of Calories				6.49%		25.0%	0%	26.3%	0.0%		62.1%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Thursday - 05/23/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990537 2-Bagel, Egg & Cheese	each	1	351	4.52	767	3	0	11.58	0.00	139	48.04	2.00	13.54	150	75.0	0.00	2.60

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	
990543	2-Muffin, English w/ PB	each	1	419	6.27	403	16	0	19.17	0.00	10	49.05	4.77	12.09	0	100.3	0.00	2.22
990540	2-Oatmeal w/ Raisins	serving	1	555	3.67	207	37	0	10.00	0.00	10	110.70	9.00	11.00	0	23.7	*0.00	1.02
002882	2-Cereal, Honey Nut w/ graham cracker	bowl	1	170	0.00	225	12	0	3.00	0.00	0	33.00	2.00	3.00	500	160.0	6.00	4.50
990374	2-Cereal, Honey Nut-only	bowl	1	110	0.00	160	9	0	1.50	0.00	0	22.00	2.00	2.00	500	100.0	6.00	4.50
990404	j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392	Other																	
001411	2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
003190	2-Peach Cup	1/2 cup	1	90	0.00	0	19	0	0.00	0.00	0	20.96	2.00	1.00	354	4.0	117.55	0.46
001876	2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001876	2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879	2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666	2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001661	2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				2210	17.45	2457	161	0	51.75	0.00	194	364.74	21.77	72.63	3004	1622.9	*201.95	15.66
% of Calories					7.11%		29.1%	0%	21.1%	0.0%		66.0%		13.1%				
Weekly Nutrient Guideline				450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Friday - 05/24/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001712 2-Grilled Cheese - breakfast	ea	1	341	9.03	871	3	0	21.58	0.00	25	25.00	4.00	11.00	300	210.0	0.00	1.44
001281 2-Cinnamon Roll 2.25oz RICH'S	each	1	274	1.11	200	36	0	3.33	0.00	6	54.60	1.24	4.44	0	11.3	0.00	1.80
990544 2-Yogurt w/ Blueberries	serving	1	230	0.00	141	23	0	2.73	0.00	8	45.85	0.95	5.52	1531	243.5	22.66	0.13
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990226 2-Cereal, Cinn Toast Crch, Graham Cracker	bowl	1	170	0.50	225	11	0	4.50	0.00	0	33.00	2.00	2.00	400	140.0	4.80	3.60
003574 2-Cereal, Cinn Toast Crch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	400	80.0	4.80	3.60
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
Weighted Daily Average			1617	14.14	2048	139	0	43.31	0.00	68	261.42	12.60	46.22	3686	1610.8	109.27	10.69
% of Calories				7.87%		34.4%	0%	24.1%	0.0%		64.7%		11.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Monday - 05/27/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990455 2-Pancakes & Sausage Pattie	Serving	1	319	1.50	535	21	0	8.50	0.00	26	54.69	2.00	10.00	0	0.0	0.06	0.00
990454 2-French Toast Sticks, WG	Serving	1	240	1.00	260	12	0	7.00	0.00	10	38.00	2.00	6.00	0	21.0	0.00	0.00
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	20	0	8.00	0.00	15	47.00	3.00	5.00	0	30.0	0.00	2.00
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	165	0.00	178	11	0	2.92	0.00	0	34.53	1.98	2.98	0	60.0	0.00	0.00
990297 2-Cereal, Cocoa Puffs-only	bowl	1	105	0.00	113	8	0	1.42	0.00	0	23.53	1.98	1.98	0	0.0	0.00	0.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000493 2-Pear, canned	1/2 cup	1	62	0.00	0	0	0	0.00	0.00	0	16.83	2.66	0.00	0	11.5	1.06	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
Weighted Daily Average			1541	7.00	1692	120	0	31.84	0.00	71	276.58	13.62	45.97	1000	882.5	72.32	2.36
% of Calories				4.09%		31.1%	0%	18.6%	0.0%		71.8%		11.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Tuesday - 05/28/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990432 2-Burrito Egg Potato & Cheese	each	1	414	7.81	747	1	0	16.13	0.00	135	43.17	2.58	15.40	*427	239.5	*0.04	1.81

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990183 2-UBR Ultimate Breakfast Round	each	1	250	2.00	200	16	0	6.99	0.00	5	41.93	5.99	4.99	0	29.9	0.00	1.60
001969 2-Yogurt Parfait, Peach	servings	1	248	0.07	127	30	0	2.52	0.00	5	52.55	2.44	5.60	1504	180.5	180.05	0.55
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990378 2-Cereal, Cheerios w/ graham cracker	each	1	160	0.00	205	4	0	3.50	0.00	0	32.00	3.00	5.00	500	140.0	0.00	9.00
990077 2-Cereal, Cheerios-only	Each	1	100	0.00	140	1	0	2.00	0.00	0	21.00	3.00	4.00	500	80.0	0.00	9.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1670	11.38	2020	115	0	36.81	0.00	165	280.63	19.42	56.25	*3987	1496.0	*255.90	22.44
% of Calories				6.13%		27.5%	0%	19.8%	0.0%		67.2%		13.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Wednesday - 05/29/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990485 2-Egg & Sausage Biscuit	ea	1	331	9.02	661	0	0	19.57	0.00	147	26.01	2.00	13.04	0	160.0	0.06	1.40
000840 2-Pancake on a Stick	Each	1	242	4.54	374	5	0	15.15	0.00	25	18.18	1.01	7.07	0	30.3	0.00	0.91
001711 2-PB&J - Breakfast	1 each	1	556	5.29	492	25	0	25.69	0.00	0	62.18	7.02	18.09	0	77.0	0.00	2.50
990226 2-Cereal, Cinn Toast Crch, Graham Cracker	bowl	1	170	0.50	225	11	0	4.50	0.00	0	33.00	2.00	2.00	400	140.0	4.80	3.60
003574 2-Cereal, Cinn Toast Crch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	400	80.0	4.80	3.60
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
990222 2-Banana, petite	Each	1	66	0.00	0	10	0	0.00	0.00	0	18.00	2.00	0.00	0	0.0	7.20	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1856	21.35	2352	109	0	71.91	0.00	192	243.37	16.03	61.20	1800	1247.3	88.06	12.37
% of Calories				10.35 %		23.5%	0%	34.9%	0.0%		52.5%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Thursday - 05/30/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001712 2-Grilled Cheese - breakfast	ea	1	341	9.03	871	3	0	21.58	0.00	25	25.00	4.00	11.00	300	210.0	0.00	1.44

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18	0	5.95	0.00	30	39.69	3.08	3.77	47	3.5	0.20	0.99
001728 2-Applesauce Quickbread-2oz	2oz	1	431	3.02	191	38	0	19.22	0.00	49	62.88	1.60	6.18	108	26.0	0.00	2.24
990493 2-Cereal, Apple Cinnamon Cheerios/ Cracker	serving	1	170	0.00	175	12	0	3.00	0.00	0	34.00	2.00	3.00	0	60.0	0.00	0.00
990502 2-Cereal, Apple Cinnamon Cheerios-only	serving	1	110	0.00	110	9	0	1.50	0.00	0	23.00	2.00	2.00	0	0.0	0.00	0.00
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
003190 2-Peach Cup	1/2 cup	1	90	0.00	0	19	0	0.00	0.00	0	20.96	2.00	1.00	354	4.0	117.55	0.46
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
Weighted Daily Average			1739	14.44	1846	148	0	55.26	0.00	124	267.52	14.67	46.94	1809	1063.4	188.95	5.49
% of Calories				7.47%		34.0%	0%	28.6%	0.0%		61.5%		10.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

Friday - 05/31/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001713 2-Hot Ham& Cheese Breakfast	each	1	281	3.51	890	5	0	10.04	0.00	48	32.01	3.00	18.61	150	275.0	0.00	2.89
990538 2-Yogurt w/ Chia Seeds	serving	1	212	0.00	100	22	0	1.71	0.00	10	41.09	0.79	6.34	2007	255.0	24.08	0.19

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990095 2-Burrito, Los Cabos	each	1	296	4.05	499	1	0	8.94	0.00	18	40.86	8.81	15.12	300	200.0	1.20	2.70
990343 2-Cereal, Froot Loops w/ graham cracker	servings	1	170	0.00	235	13	0	2.50	0.00	0	35.00	3.00	3.00	400	60.0	0.00	3.60
990207 2-Cereal, Froot Loops-only	servings	1	110	0.00	170	10	0	1.00	0.00	0	24.00	3.00	2.00	400	0.0	0.00	3.60
990404 j-Cracker Graham Honey	Serving	1	60	0.00	65	3	0	1.50	0.00	0	11.00	0.00	1.00	0	60.0	0.00	0.00
990392 Other																	
001411 2-Juice, Orange, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	70.00	0.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	0.17	0.00	0	13.98	2.40	0.26	55	6.0	4.61	0.12
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1497	9.06	2366	111	0	28.37	0.00	96	249.94	21.00	65.33	4312	1556.0	101.09	13.46
% of Calories				5.45%		29.7%	0%	17.1%	0.0%		66.8%		17.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06	1500	400.00	18.11	4.50

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	1726	14	2110	126	0	46.52	0.00	137	274.38	16.27	55.54	*2394	1306	*126.67	11.55
% of Calories		7.34%		29.2%	0%	24.3%	0.0%		63.6%		12.9%				

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 8, 2024

**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.