

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 2024

Menu Name: 1-Summer Breakfast
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Tuesday - 07/09/2024

Reimbursable Meal Total 35

	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)
990559 Cereal, Variety	Each	1	167	0.06	213	10	0	3.11	0.00	0	33.82	2.12	3.00	225	102.2	1.35	3.71
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
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
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			96	0.22	115	14	0	0.45	0.00	5	16.86	0.15	6.67	368	231.9	2.56	0.32
% of Calories				2.06%		58.3%	0%	4.2%	0.0%		70.2%		27.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 07/10/2024

Reimbursable Meal Total 35

	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 Envoy 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

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15	0	0.00	0.00	0	14.00	0.00	0.00	0	0.0	1.20	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			98	0.29	115	14	0	0.62	0.00	5	16.87	0.15	6.73	361	229.2	0.56	0.21
% of Calories				2.66%		57.1%	0%	5.7%	0.0%		68.9%		27.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 07/11/2024

Reimbursable Meal Total 35

	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)
990559 Cereal, Variety	Each	1	167	0.06	213	10	0	3.11	0.00	0	33.82	2.12	3.00	225	102.2	1.35	3.71
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
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
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	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			96	0.22	115	14	0	0.45	0.00	5	16.86	0.15	6.67	368	231.9	2.56	0.32
% of Calories				2.06%		58.3%	0%	4.2%	0.0%		70.2%		27.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 07/12/2024

Reimbursable Meal Total 35

	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)
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			100	0.36	116	14	0	0.71	0.00	5	17.30	0.18	6.70	361	230.2	0.52	0.25
% of Calories				3.24%		56.0%	0%	6.4%	0.0%		69.2%		26.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 07/15/2024

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
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
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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			104	0.27	115	15	0	0.70	0.00	7	18.12	0.27	6.81	364	229.4	0.56	0.27
% of Calories				2.34%		57.7%	0%	6.1%	0.0%		69.7%		26.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 07/16/2024

Reimbursable Meal Total 35

	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)
990559 Cereal, Variety	Each	1	167	0.06	213	10	0	3.11	0.00	0	33.82	2.12	3.00	225	102.2	1.35	3.71
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
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
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			96	0.22	115	14	0	0.45	0.00	5	16.86	0.15	6.67	368	231.9	2.56	0.32
% of Calories				2.06%		58.3%	0%	4.2%	0.0%		70.2%		27.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 07/17/2024

Reimbursable Meal Total 35

	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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15	0	0.00	0.00	0	14.00	0.00	0.00	0	0.0	1.20	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	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			98	0.29	115	14	0	0.62	0.00	5	16.87	0.15	6.73	361	229.2	0.56	0.21
% of Calories				2.66%		57.1%	0%	5.7%	0.0%		68.9%		27.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 07/18/2024

Reimbursable Meal Total 35

	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)
990559 Cereal, Variety	Each	1	167	0.06	213	10	0	3.11	0.00	0	33.82	2.12	3.00	225	102.2	1.35	3.71
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
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
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			96	0.22	115	14	0	0.45	0.00	5	16.86	0.15	6.67	368	231.9	2.56	0.32
% of Calories				2.06%		58.3%	0%	4.2%	0.0%		70.2%		27.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 07/19/2024

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			100	0.36	116	14	0	0.71	0.00	5	17.30	0.18	6.70	361	230.2	0.52	0.25
% of Calories				3.24%		56.0%	0%	6.4%	0.0%		69.2%		26.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 07/22/2024

Reimbursable Meal Total 35

	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
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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19

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Jul 9, 2024 thru Aug 2, 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)
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			104	0.27	115	15	0	0.70	0.00	7	18.12	0.27	6.81	364	229.4	0.56	0.27
% of Calories				2.34%		57.7%	0%	6.1%	0.0%		69.7%		26.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 07/23/2024

Reimbursable Meal Total 35

	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)
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990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
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
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00

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Portion Values

Jul 9, 2024 thru Aug 2, 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)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	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			96	0.22	115	14	0	0.45	0.00	5	16.86	0.15	6.67	368	231.9	2.56	0.32
% of Calories				2.06%		58.3%	0%	4.2%	0.0%		70.2%		27.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 07/24/2024

Reimbursable Meal Total 35

	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 Envoy 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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15	0	0.00	0.00	0	14.00	0.00	0.00	0	0.0	1.20	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			98	0.29	115	14	0	0.62	0.00	5	16.87	0.15	6.73	361	229.2	0.56	0.21
% of Calories				2.66%		57.1%	0%	5.7%	0.0%		68.9%		27.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 07/25/2024

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
990559 Cereal, Variety	Each	1	167	0.06	213	10	0	3.11	0.00	0	33.82	2.12	3.00	225	102.2	1.35	3.71
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
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
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			96	0.22	115	14	0	0.45	0.00	5	16.86	0.15	6.67	368	231.9	2.56	0.32
% of Calories				2.06%		58.3%	0%	4.2%	0.0%		70.2%		27.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 07/26/2024

Reimbursable Meal Total 35

	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)
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			100	0.36	116	14	0	0.71	0.00	5	17.30	0.18	6.70	361	230.2	0.52	0.25
% of Calories				3.24%		56.0%	0%	6.4%	0.0%		69.2%		26.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 07/29/2024

Reimbursable Meal Total 35

	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
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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	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			104	0.27	115	15	0	0.70	0.00	7	18.12	0.27	6.81	364	229.4	0.56	0.27
% of Calories				2.34%		57.7%	0%	6.1%	0.0%		69.7%		26.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 07/30/2024

Reimbursable Meal Total 35

	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)
990559 Cereal, Variety	Each	1	167	0.06	213	10	0	3.11	0.00	0	33.82	2.12	3.00	225	102.2	1.35	3.71
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
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
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			96	0.22	115	14	0	0.45	0.00	5	16.86	0.15	6.67	368	231.9	2.56	0.32
% of Calories				2.06%		58.3%	0%	4.2%	0.0%		70.2%		27.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 07/31/2024

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15	0	0.00	0.00	0	14.00	0.00	0.00	0	0.0	1.20	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			98	0.29	115	14	0	0.62	0.00	5	16.87	0.15	6.73	361	229.2	0.56	0.21
% of Calories				2.66%		57.1%	0%	5.7%	0.0%		68.9%		27.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 08/01/2024

Reimbursable Meal Total 35

	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)
990559 Cereal, Variety	Each	1	167	0.06	213	10	0	3.11	0.00	0	33.82	2.12	3.00	225	102.2	1.35	3.71
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
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

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	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	20	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			96	0.22	115	14	0	0.45	0.00	5	16.86	0.15	6.67	368	231.9	2.56	0.32
% of Calories				2.06%		58.3%	0%	4.2%	0.0%		70.2%		27.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 08/02/2024

Reimbursable Meal Total 35

	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)
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	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
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	152	15.4	12.27	0.19
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	0	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Jul 9, 2024 thru Aug 2, 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)	CalcM (mg)	Vit-C (mg)	Iron (mg)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	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			100	0.36	116	14	0	0.71	0.00	5	17.30	0.18	6.70	361	230.2	0.52	0.25
% of Calories				3.24%		56.0%	0%	6.4%	0.0%		69.2%		26.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

	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)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	99	0	115	14	0	0.58	0.00	5	17.15	0.18	6.71	364	231	1.39	0.27
% of Calories		2.45%		56.6%	0%	5.3%	0.0%		69.3%		27.1%				

- *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.