

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 2024

Menu Name: 1-Summer Breakfast

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 06/03/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			127	0.27	116	18	0	0.77	0.00	7	24.13	1.10	6.96	403	233.3	3.72	0.32
% of Calories				1.91%		56.7%	0%	5.5%	0.0%		76.0%		21.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 06/04/2024

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 06/05/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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																	

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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)
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			122	0.29	115	17	0	0.68	0.00	5	22.88	0.97	6.88	400	233.2	3.71	0.26
% of Calories				2.14%		55.7%	0%	5.0%	0.0%		75.0%		22.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 06/06/2024

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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 2024

Friday - 06/07/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			124	0.36	117	18	0	0.77	0.00	5	23.31	1.00	6.85	400	234.1	3.68	0.30
% of Calories				2.61%		58.1%	0%	5.6%	0.0%		75.2%		22.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 06/10/2024

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)
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 .																	

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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)
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			127	0.27	116	18	0	0.77	0.00	7	24.13	1.10	6.96	403	233.3	3.72	0.32
% of Calories				1.91%		56.7%	0%	5.5%	0.0%		76.0%		21.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 06/11/2024

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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 06/12/2024

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)
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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			122	0.29	115	17	0	0.68	0.00	5	22.88	0.97	6.88	400	233.2	3.71	0.26
% of Calories				2.14%		55.7%	0%	5.0%	0.0%		75.0%		22.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 06/13/2024

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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 06/14/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			124	0.36	117	18	0	0.77	0.00	5	23.31	1.00	6.85	400	234.1	3.68	0.30
% of Calories				2.61%		58.1%	0%	5.6%	0.0%		75.2%		22.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 06/17/2024

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)
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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			127	0.27	116	18	0	0.77	0.00	7	24.13	1.10	6.96	403	233.3	3.72	0.32
% of Calories				1.91%		56.7%	0%	5.5%	0.0%		76.0%		21.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 06/18/2024

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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 06/19/2024

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			122	0.29	115	17	0	0.68	0.00	5	22.88	0.97	6.88	400	233.2	3.71	0.26
% of Calories				2.14%		55.7%	0%	5.0%	0.0%		75.0%		22.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 06/20/2024

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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 06/21/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			124	0.36	117	18	0	0.77	0.00	5	23.31	1.00	6.85	400	234.1	3.68	0.30
% of Calories				2.61%		58.1%	0%	5.6%	0.0%		75.2%		22.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 06/24/2024

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)
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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			127	0.27	116	18	0	0.77	0.00	7	24.13	1.10	6.96	403	233.3	3.72	0.32
% of Calories				1.91%		56.7%	0%	5.5%	0.0%		76.0%		21.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 2024

Tuesday - 06/25/2024

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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 06/26/2024

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)
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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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)
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			122	0.29	115	17	0	0.68	0.00	5	22.88	0.97	6.88	400	233.2	3.71	0.26
% of Calories				2.14%		55.7%	0%	5.0%	0.0%		75.0%		22.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 06/27/2024

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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 06/28/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			124	0.36	117	18	0	0.77	0.00	5	23.31	1.00	6.85	400	234.1	3.68	0.30
% of Calories				2.61%		58.1%	0%	5.6%	0.0%		75.2%		22.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 07/01/2024

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			127	0.27	116	18	0	0.77	0.00	7	24.13	1.10	6.96	403	233.3	3.72	0.32
% of Calories				1.91%		56.7%	0%	5.5%	0.0%		76.0%		21.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 07/02/2024

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990559 Cereal, Variety	Each	1	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 07/03/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			122	0.29	115	17	0	0.68	0.00	5	22.88	0.97	6.88	400	233.2	3.71	0.26
% of Calories				2.14%		55.7%	0%	5.0%	0.0%		75.0%		22.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 07/04/2024

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)
990566 No School Today	each	1	0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 07/05/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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			124	0.36	117	18	0	0.77	0.00	5	23.31	1.00	6.85	400	234.1	3.68	0.30
% of Calories				2.61%		58.1%	0%	5.6%	0.0%		75.2%		22.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 07/08/2024

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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			127	0.27	116	18	0	0.77	0.00	7	24.13	1.10	6.96	403	233.3	3.72	0.32
% of Calories				1.91%		56.7%	0%	5.5%	0.0%		76.0%		21.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 07/10/2024

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jun 3, 2024 thru Jul 12, 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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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			122	0.29	115	17	0	0.68	0.00	5	22.88	0.97	6.88	400	233.2	3.71	0.26
% of Calories				2.14%		55.7%	0%	5.0%	0.0%		75.0%		22.6%				
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	1335	0.50	1703	81	0	24.92	0.00	0	270.53	16.98	23.98	1800	818.0	10.80	29.70
001036 .																	
990306 2-Fruit, Variety	1/2 cup	1	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			153	0.23	158	19	0	1.14	0.00	5	29.64	1.40	7.43	452	256.4	5.99	1.11
% of Calories				1.35%		49.7%	0%	6.7%	0.0%		77.5%		19.4%				
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	910	0.00	24	125	0	2.47	0.00	0	233.78	32.00	5.92	1517	154.5	122.74	1.94
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

Jun 3, 2024 thru Jul 12, 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			124	0.36	117	18	0	0.77	0.00	5	23.31	1.00	6.85	400	234.1	3.68	0.30
% of Calories				2.61%		58.1%	0%	5.6%	0.0%		75.2%		22.1%				
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	131	0	128	18	0	0.86	0.00	5	24.93	1.13	6.86	406	234	4.42	0.58
% of Calories		1.85%		55.0%	0%	5.9%	0.0%		76.1%		20.9%				

- *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.