

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: PPSD Cafe Breakfast Menu

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990193 WAFFLE HMSTY WG 144/each	2 each	1	193	1.59	431	2	6.80	29.48	2.27
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06	0.00
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62	4.01
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1362	*16.53	1627	91	*41.27	198.21	*15.29
% of Calories				*10.92%		26.7%	*27.3%	58.2%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/02/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990145 Egg & Cheese on Flatbread	1 sandwich	1	288	4.65	445	3	13.68	29.33	*3.00
990121 MUFFIN APPLE CINN WG RF IW	1 each	1	179	1.99	124	15	5.97	30.84	1.99
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1189	*13.51	1278	99	*34.98	181.21	*14.00
% of Calories				*10.23%		33.3%	*26.5%	61.0%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Wednesday - 11/03/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990189 Pumpkin Bread, slice	1 each	1	261	1.51	241	24	8.03	44.18	2.01
990197 Peach Yogurt Parfait	1 each	1	220	0.00	128	20	4.07	37.13	*2.75
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1203	*8.38	1078	126	*27.44	202.36	*13.77
% of Calories				*6.27%		41.9%	*20.5%	67.3%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Thursday - 11/04/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990120 Scrambled Eggs	2 oz	1	88	1.84	82	0	5.49	0.41	*0.00
990157 BISCUIT BKD WG EZ SPLIT	1 each	1	189	4.04	296	2	8.09	25.16	1.80
990196 HOME FRIES, MCCAIN	1/2 cup	1	122	*N/A*	511	*N/A*	3.34	20.01	2.22
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	13	8.00	36.00	2.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1350	*13.25	1809	*96	*40.25	202.62	*15.03
% of Calories				*8.83%		*28.4%	*26.8%	60.0%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Friday - 11/05/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.99	129	16	5.97	29.84	1.99
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79	3.62
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1062	*9.26	930	106	*24.93	180.68	*14.62
% of Calories				*7.85%		39.9%	*21.1%	68.1%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Monday - 11/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990168 Pancakes, Buttermilk, Bulk, 4"	2 each	1	240	0.50	610	8	3.00	46.00	6.00
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06	0.00
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62	4.01
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1409	*15.45	1806	97	*37.47	214.73	*19.02
% of Calories				*9.87%		27.5%	*23.9%	61.0%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990130 Bacon & Egg on English Muffin	1 sandwich	1	316	6.54	1016	2	18.90	20.50	2.00
990125 MUFFIN CORN 51% WG	1 each	1	158	0.83	158	14	5.00	26.68	0.83
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1196	*14.24	1883	97	*39.24	168.23	*11.84
% of Calories				*10.72%		32.4%	*29.5%	56.3%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Wednesday - 11/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990131 Guava Flip Bar	1 each	1	263	0.92	263	19	7.09	45.56	3.04
990197 Peach Yogurt Parfait	1 each	1	220	0.00	128	20	4.07	37.13	*2.75
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1205	*7.79	1100	121	*26.49	203.74	*14.80
% of Calories				*5.82%		40.2%	*19.8%	67.6%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Thursday - 11/11/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990120 Scrambled Eggs	2 oz	1	88	1.84	82	0	5.49	0.41	*0.00
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	1	71	*N/A*	162	1	1.01	13.16	1.01
990196 HOME FRIES, MCCAIN	1/2 cup	1	122	*N/A*	511	*N/A*	3.34	20.01	2.22
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	14	3.99	29.96	3.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1162	*9.15	1614	*97	*29.17	184.59	*15.24
% of Calories				*7.09%		*33.4%	*22.6%	63.5%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Friday - 11/12/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990136 Cinnamon Chip Muffin	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37	3.15
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			989	*8.29	842	97	*23.21	160.42	*12.16
% of Calories				*7.54%		39.2%	*21.1%	64.9%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Monday - 11/15/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990193 WAFFLE HMSTY WG 144/each	2 each	1	193	1.59	431	2	6.80	29.48	2.27
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06	0.00
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62	4.01
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1362	*16.53	1627	91	*41.27	198.21	*15.29
% of Calories				*10.92%		26.7%	*27.3%	58.2%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990143 Egg, Ham, & Cheese on a Bagel	1 sandwich	1	325	3.93	473	*4	11.31	36.77	*4.01
990121 MUFFIN APPLE CINN WG RF IW	1 each	1	179	1.99	124	15	5.97	30.84	1.99
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1225	*12.79	1306	*100	*32.62	188.65	*15.01
% of Calories				*9.40%		*32.7%	*24.0%	61.6%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Wednesday - 11/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990188 Banana Bread, slice	1 each	1	261	1.51	241	24	8.03	45.18	2.01
990197 Peach Yogurt Parfait	1 each	1	220	0.00	128	20	4.07	37.13	*2.75
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1203	*8.38	1078	126	*27.44	203.36	*13.77
% of Calories				*6.27%		41.9%	*20.5%	67.6%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Thursday - 11/18/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990120 Scrambled Eggs	2 oz	1	88	1.84	82	0	5.49	0.41	*0.00
990157 BISCUIT BKD WG EZ SPLIT	1 each	1	189	4.04	296	2	8.09	25.16	1.80
990196 HOME FRIES, MCCAIN	1/2 cup	1	122	*N/A*	511	*N/A*	3.34	20.01	2.22
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	13	8.00	36.00	2.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1350	*13.25	1809	*96	*40.25	202.62	*15.03
% of Calories				*8.83%		*28.4%	*26.8%	60.0%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Friday - 11/19/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.99	129	16	5.97	29.84	1.99
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79	3.62
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1062	*9.26	930	106	*24.93	180.68	*14.62
% of Calories				*7.85%		39.9%	*21.1%	68.1%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Monday - 11/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990037 French Toast Sticks	4 Sticks	1	503	3.62	1168	*N/A*	14.40	75.76	2.60
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06	0.00
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62	4.01
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1672	*18.56	2364	*89	*48.86	244.48	*15.62
% of Calories				*9.99%		*21.3%	*26.3%	58.5%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990144 Egg & Cheese on a Biscuit	1 sandwich	1	297	7.69	412	3	16.76	26.49	*1.80
990125 MUFFIN CORN 51% WG	1 each	1	158	0.83	158	14	5.00	26.68	0.83
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1177	*15.39	1279	98	*37.10	174.22	*11.64
% of Calories				*11.77%		33.3%	*28.4%	59.2%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Wednesday - 11/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990146 ROLL CINNAMON WW IW	1 each	1	232	0.77	242	12	7.05	38.27	3.02
990197 Peach Yogurt Parfait	1 each	1	220	0.00	128	20	4.07	37.13	*2.75
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1173	*7.64	1079	114	*26.46	196.45	*14.78
% of Calories				*5.86%		38.9%	*20.3%	67.0%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Thursday - 11/25/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990120 Scrambled Eggs	2 oz	1	88	1.84	82	0	5.49	0.41	*0.00
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	1	71	*N/A*	162	1	1.01	13.16	1.01
990196 HOME FRIES, MCCAIN	1/2 cup	1	122	*N/A*	511	*N/A*	3.34	20.01	2.22
990135 Apple NutriGrain Bar	1 each	1	160	0.44	130	14	3.99	29.96	3.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1162	*9.15	1594	*97	*29.17	184.59	*15.24
% of Calories				*7.09%		*33.4%	*22.6%	63.5%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Friday - 11/26/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990191 Confetti Muffin, SHRI	1 each	1	270	4.49	260	16	4.99	38.95	2.00
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37	3.15
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1259	*12.78	1102	113	*28.21	199.37	*14.16
% of Calories				*9.14%		35.9%	*20.2%	63.3%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Monday - 11/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990037 French Toast Sticks	4 Sticks	1	503	3.62	1168	*N/A*	14.40	75.76	2.60
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06	0.00
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62	4.01
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1672	*18.56	2364	*89	*48.86	244.48	*15.62
% of Calories				*9.99%		*21.3%	*26.3%	58.5%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990144 Egg & Cheese on a Biscuit	1 sandwich	1	297	7.69	412	3	16.76	26.49	*1.80
990125 MUFFIN CORN 51% WG	1 each	1	158	0.83	158	14	5.00	26.68	0.83
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			1177	*15.39	1279	98	*37.10	174.22	*11.64
% of Calories				*11.77%		33.3%	*28.4%	59.2%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
Weighted Averages	1256	*12.43	1444	*102	*33.94	194.91	*14.46
% of Calories		*8.91%		*32.5%	*24.3%	62.1%	

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.