

# Base Menu Spreadsheet

## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

**Menu Name:** PPSD Cafe Breakfast Menu

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Friday - 10/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990192 CINNAMON CHIP MUFFIN, SHRI	1 each	1	280	4.99	250	11	6.99	39.95
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	14	*N/A*	15.00
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			1283	*12.60	1137	107	*29.64	202.04
% of Calories				*8.84%		33.4%	*20.8%	63.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

# Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Monday - 10/04/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990156 WAFFLE MINI MAPLE	1 each	1	187	1.40	205	9	4.67	32.68
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	14	*N/A*	15.00
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			1370	*15.66	1446	97	*38.57	203.08
% of Calories				*10.29%		28.3%	*25.3%	59.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

# Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

## Tuesday - 10/05/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990145 Egg & Cheese on Flatbread	1 sandwich	1	288	4.65	445	3	13.68	29.33
990121 MUFFIN APPLE CINN WG RF IW	1 each	1	179	1.99	124	15	5.97	30.84
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	14	*N/A*	15.00
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			1203	*12.82	1323	98	*34.42	182.89
% of Calories				*9.59%		32.6%	*25.8%	60.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

## Wednesday - 10/06/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990131 Guava Flip Bar	1 each	1	263	0.92	263	19	7.09	45.56
990132 Blueberry Yogurt Parfait	1 each	1	206	0.18	154	18	3.02	35.61
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	14	*N/A*	15.00
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			1205	*7.29	1171	118	*24.88	203.89
% of Calories				*5.44%		39.2%	*18.6%	67.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Thursday - 10/07/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990120 Scrambled Eggs	2 oz	1	88	1.84	82	0	5.49	0.41

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990157 BISCUIT BKD WG EZ SPLIT	1 each	1	189	4.04	296	2	8.09	25.16
990038 Home Fries	1/2 cup	1	146	0.68	444	0	5.79	21.66
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	13	8.00	36.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	14	*N/A*	15.00
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			1388	*13.26	1786	95	*42.14	205.94
% of Calories				*8.60%		27.4%	*27.3%	59.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

Friday - 10/08/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.99	129	16	5.97	29.84
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	14	*N/A*	15.00
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			1076	*8.58	975	105	*24.37	182.35
% of Calories				*7.18%		39.0%	*20.4%	67.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Monday - 10/11/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990168 Pancakes, Buttermilk, Bulk, 4"	2 each	1	240	0.50	610	8	3.00	46.00

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1409	*15.45	1806	97	*37.47	214.73
% of Calories				*9.87%		27.5%	*23.9%	61.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

Tuesday - 10/12/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990130 Bacon & Egg on English Muffin	1 sandwich	1	316	6.54	1016	2	18.90	20.50
990125 MUFFIN CORN 51% WG	1 each	1	158	0.83	158	14	5.00	26.68
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1196	*14.24	1883	97	*39.24	168.23
% of Calories				*10.72%		32.4%	*29.5%	56.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Wednesday - 10/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990131 Guava Flip Bar	1 each	1	263	0.92	263	19	7.09	45.56

# Base Menu Spreadsheet

## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990197 Peach Yogurt Parfait	1 each	1	220	0.00	128	20	4.07	37.13
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1205	*7.79	1100	121	*26.49	203.74
% of Calories				*5.82%		40.2%	*19.8%	67.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

Thursday - 10/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990120 Scrambled Eggs	2 oz	1	88	1.84	82	0	5.49	0.41
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	1	71	*N/A*	162	1	1.01	13.16

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990196 HOME FRIES, MCCAIN	1/2 cup	1	122	*N/A*	511	*N/A*	3.34	20.01
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	14	3.99	29.96
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1162	*9.15	1614	*97	*29.17	184.59
% of Calories				*7.09%		*33.4%	*22.6%	63.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Friday - 10/15/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990136 Cinnamon Chip Muffin	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			989	*8.29	842	97	*23.21	160.42
% of Calories				*7.54%		39.2%	*21.1%	64.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Monday - 10/18/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990193 WAFFLE HMSTY WG 144/each	2 each	1	193	1.59	431	2	6.80	29.48
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1362	*16.53	1627	91	*41.27	198.21
% of Calories				*10.92%		26.7%	*27.3%	58.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Tuesday - 10/19/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990143 Egg, Ham, & Cheese on a Bagel	1 sandwich	1	325	3.93	473	*4	11.31	36.77

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990121 MUFFIN APPLE CINN WG RF IW	1 each	1	179	1.99	124	15	5.97	30.84
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1225	*12.79	1306	*100	*32.62	188.65
% of Calories				*9.40%		*32.7%	*24.0%	61.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Wednesday - 10/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990188 Banana Bread, slice	1 each	1	261	1.51	241	24	8.03	45.18
990197 Peach Yogurt Parfait	1 each	1	220	0.00	128	20	4.07	37.13

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1203	*8.38	1078	126	*27.44	203.36
% of Calories				*6.27%		41.9%	*20.5%	67.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Thursday - 10/21/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990120 Scrambled Eggs	2 oz	1	88	1.84	82	0	5.49	0.41
990157 BISCUIT BKD WG EZ SPLIT	1 each	1	189	4.04	296	2	8.09	25.16
990196 HOME FRIES, MCCAIN	1/2 cup	1	122	*N/A*	511	*N/A*	3.34	20.01

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	13	8.00	36.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1350	*13.25	1809	*96	*40.25	202.62
% of Calories				*8.83%		*28.4%	*26.8%	60.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Friday - 10/22/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.99	129	16	5.97	29.84

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1062	*9.26	930	106	*24.93	180.68
% of Calories				*7.85%		39.9%	*21.1%	68.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Monday - 10/25/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990037 French Toast Sticks	4 Sticks	1	503	3.62	1168	*N/A*	14.40	75.76
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	4	11.13	35.62
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1672	*18.56	2364	*89	*48.86	244.48
% of Calories				*9.99%		*21.3%	*26.3%	58.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Tuesday - 10/26/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990144 Egg & Cheese on a Biscuit	1 sandwich	1	297	7.69	412	3	16.76	26.49

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990125 MUFFIN CORN 51% WG	1 each	1	158	0.83	158	14	5.00	26.68
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1177	*15.39	1279	98	*37.10	174.22
% of Calories				*11.77%		33.3%	*28.4%	59.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Wednesday - 10/27/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990146 ROLL CINNAMON WW IW	1 each	1	232	0.77	242	12	7.05	38.27
990197 Peach Yogurt Parfait	1 each	1	220	0.00	128	20	4.07	37.13

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1173	*7.64	1079	114	*26.46	196.45
% of Calories				*5.86%		38.9%	*20.3%	67.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Thursday - 10/28/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990120 Scrambled Eggs	2 oz	1	88	1.84	82	0	5.49	0.41
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	1	71	*N/A*	162	1	1.01	13.16
990196 HOME FRIES, MCCAIN	1/2 cup	1	122	*N/A*	511	*N/A*	3.34	20.01

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990135 Apple NutriGrain Bar	1 each	1	160	0.44	130	14	3.99	29.96
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1162	*9.15	1594	*97	*29.17	184.59
% of Calories				*7.09%		*33.4%	*22.6%	63.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

### Friday - 10/29/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990191 Confetti Muffin, SHRI	1 each	1	270	4.49	260	16	4.99	38.95
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1259	*12.78	1102	113	*28.21	199.37
% of Calories				*9.14%		35.9%	*20.2%	63.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
Weighted Averages	1244	*11.85	1393	*103	*32.66	194.50
% of Calories		*8.57%		*33.1%	*23.6%	62.5%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.