

# Base Menu Spreadsheet

## Weighted Values

Sep 8, 2021 thru Sep 30, 2021

**Menu Name:** PPSD Cafe Breakfast Menu

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Thursday - 09/09/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990120 Scrambled Eggs	2 oz	1	88	1.86	82	5.51	*N/A*	0.41	7.49
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	1	71	*N/A*	162	1.01	*N/A*	13.16	*N/A*
990196 HOME FRIES, MCCAIN	1/2 cup	1	122	*N/A*	511	3.34	*N/A*	20.01	*N/A*
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	3.99	*N/A*	29.96	2.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1074	*8.94	1657	*28.81	*0.00	159.51	*37.70
% of Calories				*7.49%		*24.1%	*0.0%	59.4%	*14.0%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

# Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

## Friday - 09/10/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990125 MUFFIN CORN 51% WG	1 each	1	189	1.99	134	8.95	*N/A*	21.88	*N/A*
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	7.87	*N/A*	39.37	4.72
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1090	*10.05	1020	*31.79	*0.00	157.22	*32.94
% of Calories				*8.30%		*26.2%	*0.0%	57.7%	*12.1%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

## Monday - 09/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990126 Mini Pancakes	1 each	1	97	0.40	137	2.42	*N/A*	16.96	2.00

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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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	0.00	*N/A*	12.06	0.00
990129 Sausage Link, turkey	2 each	1	125	2.32	332	9.34	*N/A*	0.00	9.34
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	11.13	*0.00	35.62	9.05
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1285	*15.49	1531	*38.16	*0.00	187.36	*49.58
% of Calories				*10.85%		*26.7%	*0.0%	58.3%	*15.4%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

Tuesday - 09/14/2021

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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990130 Bacon & Egg on English Muffin	1 sandwich	1	339	6.01	942	18.83	*0.00	25.69	16.03
990125 MUFFIN CORN 51% WG	1 each	1	189	1.99	134	8.95	*N/A*	21.88	*N/A*
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1264	*14.69	1829	*43.05	*0.00	170.29	*45.22
% of Calories				*10.46%		*30.7%	*0.0%	53.9%	*14.3%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Wednesday - 09/15/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990131 Guava Flip Bar	1 each	1	263	0.92	263	7.09	*N/A*	45.56	4.05

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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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990133 Strawberry Yogurt Parfait	1 each	1	187	0.18	156	3.11	*N/A*	31.83	8.51
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1186	*7.79	1172	*25.47	*0.00	200.12	*41.75
% of Calories				*5.91%		*19.3%	*0.0%	67.5%	*14.1%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Thursday - 09/16/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990120 Scrambled Eggs	2 oz	1	88	1.86	82	5.51	*N/A*	0.41	7.49
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	1	71	*N/A*	162	1.01	*N/A*	13.16	*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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990038 Home Fries	1/2 cup	1	146	0.68	444	5.76	*0.02	21.57	2.94
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	3.99	*N/A*	29.96	2.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1200	*9.66	1592	*31.55	*0.02	187.82	*41.61
% of Calories				*7.24%		*23.7%	*0.0%	62.6%	*13.9%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Friday - 09/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990192 CINNAMON CHIP MUFFIN, SHRI	1 each	1	280	4.99	250	6.99	*N/A*	39.95	*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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	7.87	*N/A*	39.37	4.72
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1283	*13.10	1137	*30.14	*0.00	202.04	*33.91
% of Calories				*9.19%		*21.1%	*0.0%	63.0%	*10.6%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Monday - 09/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990156 WAFFLE MINI MAPLE	1 each	1	187	1.40	205	4.67	0.00	32.68	3.73
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	0.00	*N/A*	12.06	0.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990129 Sausage Link, turkey	2 each	1	125	2.32	332	9.34	*N/A*	0.00	9.34
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	11.13	*0.00	35.62	9.05
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1375	*16.49	1598	*40.41	*0.00	203.08	*51.31
% of Calories				*10.79%		*26.5%	*0.0%	59.1%	*14.9%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Tuesday - 09/21/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990143 Egg, Ham, & Cheese on a Bagel	1 sandwich	1	328	3.40	469	11.24	*N/A*	36.95	17.16



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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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990121 MUFFIN APPLE CINN WG RF IW	1 each	1	7	0.00	5	0.21	*N/A*	1.05	0.10
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1070	*10.09	1227	*26.73	*0.00	160.73	*46.46
% of Calories				*8.49%		*22.5%	*0.0%	60.1%	*17.4%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Wednesday - 09/22/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990131 Guava Flip Bar	1 each	1	263	0.92	263	7.09	*N/A*	45.56	4.05
990132 Blueberry Yogurt Parfait	1 each	1	206	0.18	154	3.02	*N/A*	35.61	8.14

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1205	*7.79	1171	*25.38	*0.00	203.89	*41.38
% of Calories				*5.82%		*19.0%	*0.0%	67.7%	*13.7%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

Thursday - 09/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990120 Scrambled Eggs	2 oz	1	88	1.86	82	5.51	*N/A*	0.41	7.49
990157 BISCUIT BKD WG EZ SPLIT	1 each	1	189	4.04	296	8.09	0.00	25.16	4.49
990038 Home Fries	1/2 cup	1	146	0.68	444	5.76	*0.02	21.57	2.94

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	8.00	*N/A*	36.00	4.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1388	*13.77	1786	*42.63	*0.02	205.85	*48.11
% of Calories				*8.93%		*27.6%	*0.0%	59.3%	*13.9%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Friday - 09/24/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.70	129	5.97	*N/A*	29.84	2.98

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	151	0.40	86	3.52	*N/A*	30.19	2.01
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1076	*8.79	968	*24.77	*0.00	182.75	*34.19
% of Calories				*7.35%		*20.7%	*0.0%	67.9%	*12.7%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Monday - 09/27/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990037 French Toast Sticks	4 Sticks	1	503	3.62	1168	14.40	*N/A*	75.76	17.46
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	0.00	*N/A*	12.06	0.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990129 Sausage Link, turkey	2 each	1	125	2.32	332	9.34	*N/A*	0.00	9.34
990127 Bagel w/ Cream Cheese	1 each	1	282	6.07	292	11.13	*0.00	35.62	9.05
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1691	*18.71	2561	*50.14	*0.00	246.16	*65.04
% of Calories				*9.96%		*26.7%	*0.0%	58.2%	*15.4%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Tuesday - 09/28/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990144 Egg & Cheese on a Biscuit	1 sandwich	1	300	7.16	408	16.69	*0.00	26.67	10.06

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990125 MUFFIN CORN 51% WG	1 each	1	189	1.99	134	8.95	*N/A*	21.88	*N/A*
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1225	*15.84	1295	*40.92	*0.00	171.28	*39.25
% of Calories				*11.64%		*30.1%	*0.0%	55.9%	*12.8%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Wednesday - 09/29/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990146 ROLL CINNAMON WW IW	1 each	1	232	0.77	242	7.05	*N/A*	38.27	4.03
990133 Strawberry Yogurt Parfait	1 each	1	187	0.18	156	3.11	*N/A*	31.83	8.51

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1155	*7.64	1151	*25.43	*0.00	192.83	*41.73
% of Calories				*5.95%		*19.8%	*0.0%	66.8%	*14.5%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

### Thursday - 09/30/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990120 Scrambled Eggs	2 oz	1	88	1.86	82	5.51	*N/A*	0.41	7.49
000325 TOAST,WHOLE-WHEAT BREAD	1 SLICE	1	71	*N/A*	162	1.01	*N/A*	13.16	*N/A*
990038 Home Fries	1/2 cup	1	146	0.68	444	5.76	*0.02	21.57	2.94

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990135 Apple NutriGrain Bar	1 each	1	160	0.44	130	3.99	*N/A*	29.96	2.00
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990148 JUICE, ORANGE ECO CRTN, 4 OZ 72ct	4 oz	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1200	*9.66	1572	*31.55	*0.02	187.82	*41.61
% of Calories				*7.24%		*23.7%	*0.0%	62.6%	*13.9%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
Weighted Averages	1235	*11.78	1454	*33.56	*0.00	188.67	*43.24
% of Calories		*8.58%		*24.5%	*0.0%	61.1%	*14.0%



*\*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.*