

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Menu Name: PPSD Elementary BIC Menu

Include Cost: No

Site:

Report Style: Detailed

Friday - 10/01/2021

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)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93
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			700	*1.06	534	*87	*6.47	136.06
% of Calories				*1.36%		*49.7%	*8.3%	77.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Monday - 10/04/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990191 Confetti Muffin, SHRI	1 each	1	270	4.49	260	16	4.99	38.95
990158 CEREAL FROSTED MINI WHEAT	1 each	1	101	0.00	0	6	0.00	24.30
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
990169 CRANBERRY DRIED CRAISIN IW 200/1.6oz	1 each	1	110	0.00	0	24	0.00	26.99
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			932	*6.58	677	105	*11.35	165.95
% of Calories				*6.35%		45.1%	*11.0%	71.2%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Tuesday - 10/05/2021

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)
990171 Strawberry Mini Bagel	1 each	1	240	2.50	180	13	5.99	40.93
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
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06

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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)
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			814	*7.58	780	79	*16.32	135.24
% of Calories				*8.38%		38.8%	*18.0%	66.5%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Wednesday - 10/06/2021

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)
990189 Pumpkin Bread, slice	1 each	1	261	1.51	241	24	8.03	44.18
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
990170 PINEAPPLE TIDBIT CUP	1/2 cup	1	69	0.00	0	17	0.00	18.37
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

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			882	*3.60	831	101	*14.90	161.55
% of Calories				*3.67%		45.8%	*15.2%	73.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Thursday - 10/07/2021

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)
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	8	0.40	21.87
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
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			814	*5.96	706	92	*16.35	130.19
% of Calories				*6.59%		45.2%	*18.1%	64.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Friday - 10/08/2021

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)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93
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			700	*1.06	534	*87	*6.47	136.06
% of Calories				*1.36%		*49.7%	*8.3%	77.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Monday - 10/11/2021

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)
990121 MUFFIN APPLE CINN WG RF IW	1 each	1	179	1.99	124	15	5.97	30.84
990158 CEREAL FROSTED MINI WHEAT	1 each	1	101	0.00	0	6	0.00	24.30

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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)
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
990159 RAISIN, Box	1 each	1	126	0.00	4	25	0.00	33.57
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			843	*4.76	502	105	*12.89	162.75
% of Calories				*5.08%		49.8%	*13.8%	77.2%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Tuesday - 10/12/2021

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)
990131 Guava Flip Bar	1 each	1	263	0.92	263	19	7.09	45.56
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
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

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
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			782	*6.66	818	79	*17.83	126.83
% of Calories				*7.66%		40.4%	*20.5%	64.9%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Wednesday - 10/13/2021

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)
990188 Banana Bread, slice	1 each	1	261	1.51	241	24	8.03	45.18
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
990161 MELONS,HONEYDEW,RAW	1/2 cup	1	31	0.03	15	7	0.12	7.73
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

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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)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			830	*4.31	801	92	*15.58	150.24
% of Calories				*4.67%		44.3%	*16.9%	72.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Thursday - 10/14/2021

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)
990163 Pancake, Mini Blueberry	1 each	1	210	1.00	310	11	5.99	34.96
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	8	0.40	21.87
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
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			741	*6.22	837	88	*15.04	124.10
% of Calories				*7.55%		47.5%	*18.3%	67.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Friday - 10/15/2021

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)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93
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			686	*1.74	489	*88	*7.04	134.39
% of Calories				*2.28%		*51.3%	*9.2%	78.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Monday - 10/18/2021

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)
990136 Cinnamon Chip Muffin	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990158 CEREAL FROSTED MINI WHEAT	1 each	1	101	0.00	0	6	0.00	24.30

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
990169 CRANBERRY DRIED CRAISIN IW 200/1.6oz	1 each	1	110	0.00	0	24	0.00	26.99
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			648	*2.77	373	90	*6.92	125.33
% of Calories				*3.85%		55.6%	*9.6%	77.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Tuesday - 10/19/2021

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)
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
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
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

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
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			720	*6.21	706	81	*14.89	122.59
% of Calories				*7.76%		45.0%	*18.6%	68.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Wednesday - 10/20/2021

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)
990146 ROLL CINNAMON WW IW	1 each	1	232	0.77	242	12	7.05	38.27
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
990170 PINEAPPLE TIDBIT CUP	1/2 cup	1	69	0.00	0	17	0.00	18.37
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

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			838	*3.54	787	90	*14.48	153.97
% of Calories				*3.80%		43.0%	*15.6%	73.5%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Thursday - 10/21/2021

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)
990142 French Toast BIC	1 each	1	186	0.00	383	7	3.10	33.63
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	8	0.40	21.87
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
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			718	*5.23	911	84	*12.15	122.77
% of Calories				*6.56%		46.8%	*15.2%	68.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Friday - 10/22/2021

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)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93
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			686	*1.74	489	*88	*7.04	134.39
% of Calories				*2.28%		*51.3%	*9.2%	78.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Monday - 10/25/2021

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)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.99	129	16	5.97	29.84
990158 CEREAL FROSTED MINI WHEAT	1 each	1	101	0.00	0	6	0.00	24.30

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
990159 RAISIN, Box	1 each	1	126	0.00	4	25	0.00	33.57
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			853	*4.76	507	106	*12.89	161.75
% of Calories				*5.02%		49.7%	*13.6%	75.8%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Tuesday - 10/26/2021

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)
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
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
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			801	*11.82	846	63	*21.87	116.89
% of Calories				*13.28%		31.5%	*24.6%	58.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Wednesday - 10/27/2021

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)
990156 WAFFLE MINI MAPLE	1 each	1	187	1.40	205	9	4.67	32.68
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72
990161 MELONS,HONEYDEW,RAW	1/2 cup	1	31	0.03	15	7	0.12	7.73
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

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			755	*4.20	766	77	*12.22	137.74
% of Calories				*5.01%		40.8%	*14.6%	73.0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Thursday - 10/28/2021

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)
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	8	0.40	21.87
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
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			683	*5.63	620	86	*12.67	118.93
% of Calories				*7.42%		50.4%	*16.7%	69.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Friday - 10/29/2021

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)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93
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			686	*1.74	489	*88	*7.04	134.39
% of Calories				*2.28%		*51.3%	*9.2%	78.4%
Weekly Nutrient Guideline			350 - 500	<10	540		<=0	

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
Weighted Averages	767	*4.63	667	*88	*12.50	137.72
% of Calories		*5.43%		*45.9%	*14.7%	71.8%

**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.*