

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Menu Name: PPSD Elementary BIC Menu

Include Cost: No

Site:

Report Style: Detailed

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
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
990117 Applesauce, 1/2 cup	1/2 cup	1	48	0.01	2	0.11	*N/A*	12.78	0.19
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			832	*11.63	893	*21.84	*0.00	123.65	*36.36
% of Calories				*12.58%		*23.6%	*0.0%	59.4%	*17.5%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Friday - 09/10/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	70	0.00	55	0.00	*N/A*	14.05	4.01
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	0.43	0.00	24.83	1.42
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	4.05	*N/A*	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	1	90	0.00	0	0.00	*N/A*	21.92	0.99
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	*N/A*	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	*N/A*	*N/A*	15.00	*N/A*
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			700	*1.56	528	*6.97	*0.00	135.04	*25.45
% of Calories				*2.01%		*9.0%	*0.0%	77.2%	*14.5%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Monday - 09/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (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
990158 CEREAL FROSTED MINI WHEAT	1 each	1	101	0.00	0	0.00	0.00	24.30	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
990159 RAISIN, Box	1 each	1	126	0.00	4	0.00	*N/A*	33.57	1.12

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
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			685	*2.59	427	*7.07	*0.00	134.64	*22.35
% of Calories				*3.40%		*9.3%	*0.0%	78.6%	*13.1%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Tuesday - 09/14/2021

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			796	*6.48	862	*17.77	*0.00	128.51	*31.79
% of Calories				*7.33%		*20.1%	*0.0%	64.6%	*16.0%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Wednesday - 09/15/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990188 Banana Bread, slice	1 each	1	261	1.51	241	8.03	0.00	45.18	5.02
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	0.51	0.00	23.29	2.02
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
990161 MELONS,HONEYDEW,RAW	1/2 cup	1	31	0.03	15	0.12	0.00	7.73	0.46
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			844	*4.13	846	*15.52	*0.00	151.91	*25.59
% of Calories				*4.40%		*16.5%	*0.0%	72.0%	*12.1%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Thursday - 09/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990163 Pancake, Mini Blueberry	1 each	1	210	1.00	310	5.99	*N/A*	34.96	4.00
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	0.40	0.00	21.87	2.43
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990117 Applesauce, 1/2 cup	1/2 cup	1	48	0.01	2	0.11	*N/A*	12.78	0.19
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			747	*6.05	871	*15.09	*0.00	124.61	*30.70
% of Calories				*7.29%		*18.2%	*0.0%	66.7%	*16.4%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Friday - 09/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	70	0.00	55	0.00	*N/A*	14.05	4.01
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	0.43	0.00	24.83	1.42

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	4.05	*N/A*	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	1	90	0.00	0	0.00	*N/A*	21.92	0.99
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			700	*1.56	528	*6.97	*0.00	135.04	*25.45
% of Calories				*2.01%		*9.0%	*0.0%	77.2%	*14.5%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Monday - 09/20/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (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*
990158 CEREAL FROSTED MINI WHEAT	1 each	1	101	0.00	0	0.00	0.00	24.30	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
990169 CRANBERRY DRIED CRAISIN IW 200/1.6oz	1 each	1	110	0.00	0	0.00	*N/A*	26.99	0.00
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*

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
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			942	*7.58	667	*13.85	*0.00	166.95	*21.13
% of Calories				*7.24%		*13.2%	*0.0%	70.9%	*9.0%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Tuesday - 09/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
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
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
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

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			734	*6.03	750	*14.83	*0.00	124.27	*29.48
% of Calories				*7.39%		*18.2%	*0.0%	67.7%	*16.1%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Wednesday - 09/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (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
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	0.51	0.00	23.29	2.02
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
990170 PINEAPPLE TIDBIT CUP	1/2 cup	1	69	0.00	0	0.00	*N/A*	18.37	1.15
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			853	*3.36	831	*14.42	*0.00	155.64	*25.29
% of Calories				*3.55%		*15.2%	*0.0%	73.0%	*11.9%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Thursday - 09/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990142 French Toast BIC	1 each	1	186	0.00	383	3.10	*N/A*	33.63	5.17
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	0.40	0.00	21.87	2.43
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990117 Applesauce, 1/2 cup	1/2 cup	1	48	0.01	2	0.11	*N/A*	12.78	0.19
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			724	*5.05	944	*12.20	*0.00	123.28	*31.88
% of Calories				*6.28%		*15.2%	*0.0%	68.1%	*17.6%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Friday - 09/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	70	0.00	55	0.00	*N/A*	14.05	4.01
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	0.43	0.00	24.83	1.42

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	4.05	*N/A*	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	1	90	0.00	0	0.00	*N/A*	21.92	0.99
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			700	*1.56	528	*6.97	*0.00	135.04	*25.45
% of Calories				*2.01%		*9.0%	*0.0%	77.2%	*14.5%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Monday - 09/27/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (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
990158 CEREAL FROSTED MINI WHEAT	1 each	1	101	0.00	0	0.00	0.00	24.30	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
990159 RAISIN, Box	1 each	1	126	0.00	4	0.00	*N/A*	33.57	1.12
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*

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
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			868	*4.29	551	*12.83	*0.00	163.43	*25.23
% of Calories				*4.45%		*13.3%	*0.0%	75.3%	*11.6%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Tuesday - 09/28/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
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
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

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			815	*11.63	891	*21.81	*0.00	118.56	*36.79
% of Calories				*12.84%		*24.1%	*0.0%	58.2%	*18.1%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Wednesday - 09/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990156 WAFFLE MINI MAPLE	1 each	1	187	1.40	205	4.67	0.00	32.68	3.73
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	0.51	0.00	23.29	2.02
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	4.36	0.00	20.72	1.09
990161 MELONS,HONEYDEW,RAW	1/2 cup	1	31	0.03	15	0.12	0.00	7.73	0.46
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			769	*4.02	810	*12.15	*0.00	139.41	*24.31
% of Calories				*4.70%		*14.2%	*0.0%	72.5%	*12.6%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Thursday - 09/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (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
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	0.40	0.00	21.87	2.43
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	6.07	0.00	0.00	7.09
990117 Applesauce, 1/2 cup	1/2 cup	1	48	0.01	2	0.11	*N/A*	12.78	0.19
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			689	*5.46	646	*12.62	*0.00	119.84	*28.72
% of Calories				*7.13%		*16.5%	*0.0%	69.6%	*16.7%
Weekly Nutrient Guideline			350 - 500	<10	540	<=0			

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
Weighted Averages	775	*5.19	723	*13.31	*0.00	136.24	*27.87
% of Calories		*6.03%		*15.5%	*0.0%	70.3%	*14.4%

**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.*