

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Menu Name: PPSD Secondary 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
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29
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			703	*1.00	534	88	*6.56	134.51
% of Calories				*1.28%		50.1%	*8.4%	76.5%
Weekly Nutrient Guideline			450 - 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
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	8	0.40	21.87
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			920	*6.58	779	107	*11.76	163.52
% of Calories				*6.44%		46.5%	*11.5%	71.1%
Weekly Nutrient Guideline			450 - 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
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37
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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Weighted Values

	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			980	*8.50	772	94	*22.17	154.37
% of Calories				*7.81%		38.4%	*20.4%	63.0%
Weekly Nutrient Guideline			450 - 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
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83
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			879	*3.65	831	*100	*14.82	163.09
% of Calories				*3.74%		*45.5%	*15.2%	74.2%
Weekly Nutrient Guideline			450 - 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)
990145 Egg & Cheese on Flatbread	1 sandwich	1	288	4.65	445	3	13.68	29.33
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79
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			897	*9.59	1009	80	*25.37	128.06
% of Calories				*9.62%		35.7%	*25.5%	57.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=0	

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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
990172 Cereal, Kix Bowl	1 each	1	71	0.00	97	2	0.53	*N/A*
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			672	*1.00	459	89	*6.58	*111.22
% of Calories				*1.34%		53.0%	*8.8%	*66.2%
Weekly Nutrient Guideline			450 - 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			450 - 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
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	13	8.00	36.00
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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	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			911	*6.66	886	91	*23.80	142.58
% of Calories				*6.58%		40.0%	*23.5%	62.6%
Weekly Nutrient Guideline			450 - 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
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
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	*4.82	771	92	*17.10	147.20
% of Calories				*5.23%		44.3%	*18.5%	70.9%
Weekly Nutrient Guideline			450 - 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
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	14	3.99	29.96
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			812	*6.66	886	94	*18.62	132.19
% of Calories				*7.38%		46.3%	*20.6%	65.1%
Weekly Nutrient Guideline			450 - 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
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29
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			689	*1.68	489	89	*7.12	132.84
% of Calories				*2.19%		51.7%	*9.3%	77.1%
Weekly Nutrient Guideline			450 - 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*
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	8	0.40	21.87

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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			636	*2.77	474	92	*7.33	122.90
% of Calories				*3.92%		57.9%	*10.4%	77.3%
Weekly Nutrient Guideline			450 - 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)
990142 French Toast BIC	1 each	1	186	0.00	383	7	3.10	33.63
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37
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

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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			913	*6.68	931	89	*19.85	145.39
% of Calories				*6.58%		39.0%	*19.6%	63.7%
Weekly Nutrient Guideline			450 - 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
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83
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			836	*3.59	787	*89	*14.40	155.52
% of Calories				*3.86%		*42.6%	*15.5%	74.4%
Weekly Nutrient Guideline			450 - 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)
990143 Egg, Ham, & Cheese on a Bagel	1 sandwich	1	325	3.93	473	*4	11.31	36.77
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79
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			919	*9.56	992	*82	*23.57	133.83
% of Calories				*9.36%		*35.7%	*23.1%	58.3%
Weekly Nutrient Guideline			450 - 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
990172 Cereal, Kix Bowl	1 each	1	71	0.00	97	2	0.53	*N/A*
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			658	*1.68	414	90	*7.14	*109.55
% of Calories				*2.30%		54.7%	*9.8%	*66.6%
Weekly Nutrient Guideline			450 - 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)
990190 Cocoa Bread, slice	1 each	1	251	1.51	241	22	8.03	43.17
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			915	*4.28	618	113	*14.96	175.09
% of Calories				*4.21%		49.4%	*14.7%	76.5%
Weekly Nutrient Guideline			450 - 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
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	13	8.00	36.00
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

	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			929	*11.81	914	75	*27.84	132.64
% of Calories				*11.44%		32.3%	*27.0%	57.1%
Weekly Nutrient Guideline			450 - 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
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25
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	*4.71	735	77	*13.74	134.70
% of Calories				*5.61%		40.8%	*16.4%	71.4%
Weekly Nutrient Guideline			450 - 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)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.99	129	16	5.97	29.84
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	14	3.99	29.96
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			791	*7.65	706	99	*18.60	127.07
% of Calories				*8.70%		50.1%	*21.2%	64.3%
Weekly Nutrient Guideline			450 - 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
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29
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			689	*1.68	489	89	*7.12	132.84
% of Calories				*2.19%		51.7%	*9.3%	77.1%
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)
Weighted Averages			818	*5.21	713	*92	*15.30	*140.09
% of Calories				*5.73%		*45.0%	*16.8%	*68.5%

**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*

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.*