

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: PPSD Secondary BIC Menu

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/01/2021

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)	Fiber (g)
990191 Confetti Muffin, SHRI	1 each	1	270	4.49	260	16	4.99	38.95	2.00
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	8	0.40	21.87	3.24
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990169 CRANBERRY DRIED CRAISIN IW 200/1.6oz	1 each	1	110	0.00	0	24	0.00	26.99	2.00
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			905	*7.27	734	108	*12.32	161.85	*8.33
% of Calories				*7.23%		47.7%	*12.3%	71.5%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/02/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990171 Strawberry Mini Bagel	1 each	1	240	2.50	180	13	5.99	40.93	2.00
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37	3.15
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			966	*9.18	728	95	*22.74	152.69	*8.46
% of Calories				*8.55%		39.3%	*21.2%	63.2%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Wednesday - 11/03/2021

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)	Fiber (g)
990189 Pumpkin Bread, slice	1 each	1	261	1.51	241	24	8.03	44.18	2.01
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83	2.84
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990170 PINEAPPLE TIDBIT CUP	1/2 cup	1	69	0.00	0	17	0.00	18.37	1.15

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			865	*4.33	786	*101	*15.38	161.42	*7.08
% of Calories				*4.51%		*46.7%	*16.0%	74.6%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Thursday - 11/04/2021

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)	Fiber (g)
990145 Egg & Cheese on Flatbread	1 sandwich	1	288	4.65	445	3	13.68	29.33	*3.00
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79	3.62
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			883	*10.27	964	81	*25.94	126.39	*7.55
% of Calories				*10.47%		36.7%	*26.4%	57.3%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Friday - 11/05/2021

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)	Fiber (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06	0.00
990172 Cereal, Kix Bowl	1 each	1	71	0.00	97	2	0.53	*N/A*	1.42
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93	1.99
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			658	*1.68	414	90	*7.14	*109.55	*5.44
% of Calories				*2.30%		54.7%	*9.8%	*66.6%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/08/2021

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)	Fiber (g)
990121 MUFFIN APPLE CINN WG RF IW	1 each	1	179	1.99	124	15	5.97	30.84	1.99
990158 CEREAL FROSTED MINI WHEAT	1 each	1	101	0.00	0	6	0.00	24.30	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990159 RAISIN, Box	1 each	1	126	0.00	4	25	0.00	33.57	1.12
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			843	*4.76	502	105	*12.89	162.75	*7.23
% of Calories				*5.08%		49.8%	*13.8%	77.2%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/09/2021

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)	Fiber (g)
990131 Guava Flip Bar	1 each	1	263	0.92	263	19	7.09	45.56	3.04
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	13	8.00	36.00	2.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			911	*6.66	886	91	*23.80	142.58	*6.61
% of Calories				*6.58%		40.0%	*23.5%	62.6%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Wednesday - 11/10/2021

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)	Fiber (g)
990188 Banana Bread, slice	1 each	1	261	1.51	241	24	8.03	45.18	2.01
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990161 MELONS,HONEYDEW,RAW	1/2 cup	1	31	0.03	15	7	0.12	7.73	0.68
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			830	*4.82	771	92	*17.10	147.20	*6.82
% of Calories				*5.23%		44.3%	*18.5%	70.9%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Thursday - 11/11/2021

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)	Fiber (g)
990163 Pancake, Mini Blueberry	1 each	1	210	1.00	310	11	5.99	34.96	4.00
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	14	3.99	29.96	3.00
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			812	*6.66	886	94	*18.62	132.19	*7.92
% of Calories				*7.38%		46.3%	*20.6%	65.1%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Friday - 11/12/2021

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)	Fiber (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06	0.00
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29	*N/A*
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93	1.99
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			689	*1.68	489	89	*7.12	132.84	*4.02
% of Calories				*2.19%		51.7%	*9.3%	77.1%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/15/2021

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)	Fiber (g)
990136 Cinnamon Chip Muffin	1 each	1	*N/A*	*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	3.24
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990169 CRANBERRY DRIED CRAISIN IW 200/1.6oz	1 each	1	110	0.00	0	24	0.00	26.99	2.00
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			636	*2.77	474	92	*7.33	122.90	*6.33
% of Calories				*3.92%		57.9%	*10.4%	77.3%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/16/2021

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)	Fiber (g)
990142 French Toast BIC	1 each	1	186	0.00	383	7	3.10	33.63	1.03
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37	3.15

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			913	*6.68	931	89	*19.85	145.39	*7.50
% of Calories				*6.58%		39.0%	*19.6%	63.7%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Wednesday - 11/17/2021

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)	Fiber (g)
990146 ROLL CINNAMON WW IW	1 each	1	232	0.77	242	12	7.05	38.27	3.02
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83	2.84
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990170 PINEAPPLE TIDBIT CUP	1/2 cup	1	69	0.00	0	17	0.00	18.37	1.15
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			836	*3.59	787	*89	*14.40	155.52	*8.09
% of Calories				*3.86%		*42.6%	*15.5%	74.4%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Thursday - 11/18/2021

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)	Fiber (g)
990143 Egg, Ham, & Cheese on a Bagel	1 sandwich	1	325	3.93	473	*4	11.31	36.77	*4.01
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	152	0.40	92	9	3.62	29.79	3.62
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			919	*9.56	992	*82	*23.57	133.83	*8.56
% of Calories				*9.36%		*35.7%	*23.1%	58.3%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Friday - 11/19/2021

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)	Fiber (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06	0.00
990172 Cereal, Kix Bowl	1 each	1	71	0.00	97	2	0.53	*N/A*	1.42
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93	1.99
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			658	*1.68	414	90	*7.14	*109.55	*5.44
% of Calories				*2.30%		54.7%	*9.8%	*66.6%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/22/2021

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)	Fiber (g)
990136 Cinnamon Chip Muffin	1 each	1	*N/A*	*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	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990159 RAISIN, Box	1 each	1	126	0.00	4	25	0.00	33.57	1.12
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			664	*2.77	377	90	*6.92	131.91	*5.24
% of Calories				*3.75%		54.2%	*9.4%	79.5%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/23/2021

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)	Fiber (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06	0.00
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24	2.02

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	*N/A*	0.43	24.83	2.84
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93	1.99
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			686	*1.74	489	*88	*7.04	134.39	*6.85
% of Calories				*2.28%		*51.3%	*9.2%	78.4%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Wednesday - 11/24/2021

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)	Fiber (g)
990156 WAFFLE MINI MAPLE	1 each	1	187	1.40	205	9	4.67	32.68	3.74
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	1	2.02	20.25	3.04
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990161 MELONS,HONEYDEW,RAW	1/2 cup	1	31	0.03	15	7	0.12	7.73	0.68
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			755	*4.71	735	77	*13.74	134.70	*8.54
% of Calories				*5.61%		40.8%	*16.4%	71.4%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Thursday - 11/25/2021

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)	Fiber (g)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.99	129	16	5.97	29.84	1.99
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	14	3.99	29.96	3.00
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			791	*7.65	706	99	*18.60	127.07	*5.91
% of Calories				*8.70%		50.1%	*21.2%	64.3%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Friday - 11/26/2021

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)	Fiber (g)
990164 YOGURT VANILLA DANIMALS CUP	1 each	1	80	0.00	60	13	0.00	16.06	0.00
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	1	0.51	23.29	*N/A*
990166 SNACK GRANOLA JEFF'S IW	1 each	1	121	0.00	35	7	4.05	19.24	2.02
990167 STRAWBERRY FRZ CUP	1 each	1	80	0.00	1	16	0.00	20.93	1.99
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			689	*1.68	489	89	*7.12	132.84	*4.02
% of Calories				*2.19%		51.7%	*9.3%	77.1%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/29/2021

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)	Fiber (g)
990191 Confetti Muffin, SHRI	1 each	1	270	4.49	260	16	4.99	38.95	2.00
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	8	0.40	21.87	3.24
990155 CRACKER GRAHAM CINN GOLDFISH	1 each	1	131	1.09	153	8	4.36	20.72	1.09
990169 CRANBERRY DRIED CRAISIN IW 200/1.6oz	1 each	1	110	0.00	0	24	0.00	26.99	2.00
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			905	*7.27	734	108	*12.32	161.85	*8.33
% of Calories				*7.23%		47.7%	*12.3%	71.5%	
Weekly Nutrient Guideline			450 - 500	<10	540		<=0		

Tuesday - 11/30/2021

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)	Fiber (g)
990171 Strawberry Mini Bagel	1 each	1	240	2.50	180	13	5.99	40.93	2.00
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	16	7.87	39.37	3.15

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990154 CHEESE MOZZ STRING	1 each	1	81	3.54	192	0	6.07	0.00	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
990198 APPLE JUICE, SUNCUP 4.23 oz	1 each	1	60	*N/A*	5	13	*N/A*	14.00	*N/A*
990199 FRUIT PUNCH, SUNCUP 4.23 OZ	1 each	1	60	*N/A*	5	14	*N/A*	15.00	*N/A*
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			966	*9.18	728	95	*22.74	152.69	*8.46
% of Calories				*8.55%		39.3%	*21.2%	63.2%	
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)	Fiber (g)
Weighted Averages	808	*5.30	683	*92	*14.72	*139.64	*6.94
% of Calories		*5.90%		*45.5%	*16.4%	*69.1%	

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.