

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Menu Name: PPSD Secondary 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
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	8.00	*N/A*	36.00	4.00
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			960	*11.63	961	*27.82	*0.00	139.40	*37.33
% of Calories				*10.90%		*26.1%	*0.0%	58.1%	*15.6%
Weekly Nutrient Guideline			450 - 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
990172 Cereal, Kix Bowl	1 each	1	71	0.00	97	0.53	*N/A*	*N/A*	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*
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			672	*1.50	453	*7.08	*N/A*	*110.20	*25.45
% of Calories				*2.01%		*9.5%	*N/A*	*65.6%	*15.1%
Weekly Nutrient Guideline			450 - 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			450 - 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
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	8.00	*N/A*	36.00	4.00
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			925	*6.47	931	*23.74	*0.00	144.26	*32.75
% of Calories				*6.30%		*23.1%	*0.0%	62.4%	*14.2%
Weekly Nutrient Guideline			450 - 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
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
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	*4.64	816	*17.04	*0.00	148.88	*26.61
% of Calories				*4.95%		*18.2%	*0.0%	70.6%	*12.6%
Weekly Nutrient Guideline			450 - 500	<10	540	<=0			

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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
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	3.99	*N/A*	29.96	2.00
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			818	*6.49	919	*18.68	*0.00	132.70	*30.27
% of Calories				*7.14%		*20.6%	*0.0%	64.9%	*14.8%
Weekly Nutrient Guideline			450 - 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
990160 CEREAL RICE KRISPIES	1 each	1	101	0.00	172	0.51	0.00	23.29	2.02

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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			703	*1.50	528	*7.06	*0.00	133.49	*26.06
% of Calories				*1.92%		*9.0%	*0.0%	76.0%	*14.8%
Weekly Nutrient Guideline			450 - 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*
990162 CEREAL RAISIN BRAN BOWL PACK	1 each	1	89	0.00	101	0.40	0.00	21.87	2.43
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			930	*7.58	769	*14.26	*0.00	164.52	*20.52
% of Calories				*7.34%		*13.8%	*0.0%	70.8%	*8.8%
Weekly Nutrient Guideline			450 - 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)
990142 French Toast BIC	1 each	1	186	0.00	383	3.10	*N/A*	33.63	5.17
990137 Pineapple Mango Breakfast Bar	1 each	1	268	1.42	134	7.87	*N/A*	39.37	4.72
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			927	*6.50	975	*19.79	*0.00	147.06	*34.34
% of Calories				*6.31%		*19.2%	*0.0%	63.5%	*14.8%
Weekly Nutrient Guideline			450 - 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
990165 CEREAL, FROSTED FLAKES GOLD BOWL	1 each	1	99	0.06	172	0.43	0.00	24.83	1.42
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			850	*3.41	832	*14.34	*0.00	157.19	*24.68
% of Calories				*3.61%		*15.2%	*0.0%	74.0%	*11.6%
Weekly Nutrient Guideline			450 - 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)
990143 Egg, Ham, & Cheese on a Bagel	1 sandwich	1	328	3.40	469	11.24	*N/A*	36.95	17.16
990140 CEREAL BAR CHEERIOS STRAWBERRY	1 each	1	151	0.40	86	3.52	*N/A*	30.19	2.01
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			927	*8.86	1014	*23.45	*0.00	134.93	*43.46
% of Calories				*8.60%		*22.8%	*0.0%	58.2%	*18.8%
Weekly Nutrient Guideline			450 - 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
990172 Cereal, Kix Bowl	1 each	1	71	0.00	97	0.53	*N/A*	*N/A*	1.42

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Sep 8, 2021 thru Sep 30, 2021

	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			672	*1.50	453	*7.08	*N/A*	*110.20	*25.45
% of Calories				*2.01%		*9.5%	*N/A*	*65.6%	*15.1%
Weekly Nutrient Guideline			450 - 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)
990190 Cocoa Bread, slice	1 each	1	251	1.51	241	8.03	0.00	43.17	5.02
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

Sep 8, 2021 thru Sep 30, 2021

	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			930	*4.10	663	*14.89	*0.00	176.76	*27.26
% of Calories				*3.97%		*14.4%	*0.0%	76.0%	*11.7%
Weekly Nutrient Guideline			450 - 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
990138 BELVITA, BLUEBERRY BREAKFAST BISCUITS	1 each	1	230	0.50	210	8.00	*N/A*	36.00	4.00
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			944	*11.63	959	*27.78	*0.00	134.31	*37.75
% of Calories				*11.09%		*26.5%	*0.0%	56.9%	*16.0%
Weekly Nutrient Guideline			450 - 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
990149 Cereal, Cheerios Bwl	each	1	101	0.51	142	2.02	0.00	20.25	3.04
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	*4.53	780	*13.67	*0.00	136.37	*25.32
% of Calories				*5.30%		*16.0%	*0.0%	70.9%	*13.2%
Weekly Nutrient Guideline			450 - 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)
990123 MUFFIN BLUEBERRY WG RF IW	1 each	1	189	1.70	129	5.97	*N/A*	29.84	2.98
990134 Strawberry NutriGrain Bar	1 each	1	160	0.44	150	3.99	*N/A*	29.96	2.00
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			797	*7.19	739	*18.65	*0.00	127.58	*29.26
% of Calories				*8.12%		*21.1%	*0.0%	64.0%	*14.7%
Weekly Nutrient Guideline			450 - 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	835	*5.63	764	*16.40	*0.00	*139.53	*29.30
% of Calories		*6.07%		*17.7%	*0.0%	*66.8%	*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*

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.*