

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: Secondary Grab N' Go Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990108 Pancake Bites	-serving/3	60	191	2.65	386	3	9.76	0.00	15	20.33	2.78	5.29	0	42.0	0.00	1.58
990097 Nutri Grain Bar	each	30	194	0.65	174	18	4.52	0.00	0	38.75	3.88	2.58	646	129.2	0.00	2.32
000694 Poptarts, Assorted	Double	10	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000005 Applesauce, Cup	each	30	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			377	2.06	454	41	7.82	0.00	14	65.64	3.81	11.62	1058	366.7	37.07	2.01
% of Calories				4.92%		43.5%	18.7%	0.0%		69.6%		12.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 03/03/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 Bacon Scramble Burrito	Each	1	225	4.32	339	1	9.86	0.00	75	23.09	3.45	11.95	319	159.4	3.82	0.34
990103 Filled Crescent Roll, Chocolate	Each	1	230	2.00	270	10	8.00	0.00	0	37.00	2.00	6.00	0	20.0	0.00	1.44
000694 Poptarts, Assorted	Double	30	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
990112 Strawberry Cup	4.5 oz cup	20	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00	100	0.0	12.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			286	0.74	250	41	1.73	0.00	5	58.09	2.37	8.95	1077	344.5	39.51	1.10
% of Calories				2.33%		57.3%	5.4%	0.0%		81.2%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 03/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
008092 Long John	each	60	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
990087 Breakfast Scramble Pizza	3 oz	30	244	2.25	398	4	9.96	0.00	45	28.33	2.98	10.49	2	15.0	0.00	10.18
000694 Poptarts, Assorted	Double	10	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60

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Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990123 CRANBERRIES DRIED INDIV PORTIONS	Each	25	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			483	5.94	511	46	14.32	*0.00	18	75.15	4.31	13.95	946	321.9	37.07	4.34
% of Calories				11.07%		38.1%	26.7%	*0.0%		62.2%		11.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990104 Cinnamon Toast Crunch Filled Bar	Each	50	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	100	20.0	0.00	1.44
990121 Chicken Waffle Slider	each	30	289	3.98	499	7	13.96	0.00	20	30.88	1.00	9.99	0	0.0	42.00	2.15
000694 Poptarts, Assorted	Double	20	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000085 Orange Smiles	1/2 EACH	25	40	0.00	0	7	0.00	0.00	0	9.50	1.50	0.50	50	30.0	39.00	0.00
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06

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Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			449	3.17	497	45	9.27	0.00	13	77.22	2.99	14.24	1016	340.2	59.42	2.09
% of Calories				6.35%		40.1%	18.6%	0.0%		68.8%		12.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 03/06/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	60	590	16.28	1069	2	43.04	0.00	60	32.33	1.98	16.52	10	80.0	0.00	1.80
990102 Cereal Bar, Cinnamon Toast Crunch	Each	20	150	0.00	115	9	4.00	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80
000694 Poptarts, Assorted	Double	20	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000688 Peach Cup	Serving	25	118	0.00	8	16	0.16	0.00	0	29.98	2.20	0.79	355	4.0	117.80	0.46
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			640	10.24	874	41	27.74	0.00	41	78.48	3.65	18.63	1048	411.7	66.52	2.28
% of Calories				14.40%		25.6%	39.0%	0.0%		49.0%		11.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 03/09/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001284 Chicken Breakfast Biscuit	each	1	300	5.00	650	2	14.00	0.00	20	31.00	1.00	12.00	10	80.0	42.00	2.16
000237 Choc Chocolate Chip Muffin	each	1	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
000694 Poptarts, Assorted	Double	40	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000005 Applesauce, Cup	each	30	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			318	0.94	289	43	2.24	0.00	5	64.93	2.80	9.16	1164	363.5	37.49	1.47
% of Calories				2.66%		54.1%	6.3%	0.0%		81.7%		11.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 03/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000948 Confetti Pancake Minis	Pouch	60	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00	1000	40.0	0.00	3.60
001237 Yogurt/Cinnamon Toast Crunch	each	20	287	1.83	258	27	4.83	0.00	8	58.00	3.00	7.00	537	450.0	5.60	3.60
000694 Poptarts, Assorted	Double	20	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
990112 Strawberry Cup	4.5 oz cup	45	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00	100	0.0	12.00	0.00
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			457	1.44	439	54	6.24	0.00	12	88.68	5.21	12.37	1706	436.7	43.59	3.60
% of Calories				2.84%		47.3%	12.3%	0.0%		77.6%		10.8%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 03/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
008092 Long John	each	80	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
990087 Breakfast Scramble Pizza	3 oz	10	244	2.25	398	4	9.96	0.00	45	28.33	2.98	10.49	2	15.0	0.00	10.18
000694 Poptarts, Assorted	Double	10	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000959 Raisels	Each	30	130	0.00	0	28	0.00	0.00	0	35.00	1.00	1.00	140	20.0	102.00	0.72
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

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Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			510	7.16	505	49	15.90	*0.00	9	80.18	3.91	13.20	1018	329.8	67.67	2.83
% of Calories				12.64%		38.4%	28.1%	*0.0%		62.9%		10.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 03/12/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000958 French Toast Minis	Each	15	210	1.50	270	11	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70
001086 Cinnaminis	bag	50	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000694 Poptarts, Assorted	Double	35	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000594 Apples, sliced, fresh	2 oz	30	18	0.00	0	5	0.06	0.00	0	4.82	0.84	0.09	25	2.5	1.52	0.04
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

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Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			439	2.00	453	49	6.71	0.00	5	83.68	4.07	12.07	1224	388.5	37.53	2.40
% of Calories				4.10%		44.6%	13.8%	0.0%		76.2%		11.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 03/13/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	60	590	16.28	1069	2	43.04	0.00	60	32.33	1.98	16.52	10	80.0	0.00	1.80
990100 Cereal Bar, Fruity Cheerios	Each	20	150	1.00	95	9	4.00	0.00	0	29.00	3.00	3.00	200	200.0	1.20	1.80
000694 Poptarts, Assorted	Double	20	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
990122 Mixed Berry Cup	Each	30	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00	0	0.0	0.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			638	10.44	868	42	27.70	0.00	41	76.78	3.70	18.63	999	410.7	37.31	2.16
% of Calories				14.73%		26.3%	39.1%	0.0%		48.1%		11.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 03/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 03/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Wednesday - 03/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 03/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 03/20/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 03/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001284 Chicken Breakfast Biscuit	each	1	300	5.00	650	2	14.00	0.00	20	31.00	1.00	12.00	10	80.0	42.00	2.16
000237 Choc Chocolate Chip Muffin	each	1	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
000694 Poptarts, Assorted	Double	40	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000005 Applesauce, Cup	each	30	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			318	0.94	289	43	2.24	0.00	5	64.93	2.80	9.16	1164	363.5	37.49	1.47
% of Calories				2.66%		54.1%	6.3%	0.0%		81.7%		11.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 03/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000948 Confetti Pancake Minis	Pouch	60	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00	1000	40.0	0.00	3.60
001237 Yogurt/Cinnamon Toast Crunch	each	20	287	1.83	258	27	4.83	0.00	8	58.00	3.00	7.00	537	450.0	5.60	3.60
000694 Poptarts, Assorted	Double	20	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
990112 Strawberry Cup	4.5 oz cup	45	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00	100	0.0	12.00	0.00
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			457	1.44	439	54	6.24	0.00	12	88.68	5.21	12.37	1706	436.7	43.59	3.60
% of Calories				2.84%		47.3%	12.3%	0.0%		77.6%		10.8%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
008092 Long John	each	80	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
990087 Breakfast Scramble Pizza	3 oz	10	244	2.25	398	4	9.96	0.00	45	28.33	2.98	10.49	2	15.0	0.00	10.18
000694 Poptarts, Assorted	Double	10	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000959 Raisels	Each	30	130	0.00	0	28	0.00	0.00	0	35.00	1.00	1.00	140	20.0	102.00	0.72
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			510	7.16	505	49	15.90	*0.00	9	80.18	3.91	13.20	1018	329.8	67.67	2.83
% of Calories				12.64%		38.4%	28.1%	*0.0%		62.9%		10.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000958 French Toast Minis	Each	15	210	1.50	270	11	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70
001086 Cinnaminis	bag	50	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000694 Poptarts, Assorted	Double	35	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000594 Apples, sliced, fresh	2 oz	30	18	0.00	0	5	0.06	0.00	0	4.82	0.84	0.09	25	2.5	1.52	0.04
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			439	2.00	453	49	6.71	0.00	5	83.68	4.07	12.07	1224	388.5	37.53	2.40
% of Calories				4.10%		44.6%	13.8%	0.0%		76.2%		11.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 03/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	60	590	16.28	1069	2	43.04	0.00	60	32.33	1.98	16.52	10	80.0	0.00	1.80
990100 Cereal Bar, Fruity Cheerios	Each	20	150	1.00	95	9	4.00	0.00	0	29.00	3.00	3.00	200	200.0	1.20	1.80
000694 Poptarts, Assorted	Double	20	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
990122 Mixed Berry Cup	Each	30	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00	0	0.0	0.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			638	10.44	868	42	27.70	0.00	41	76.78	3.70	18.63	999	410.7	37.31	2.16
% of Calories				14.73%		26.3%	39.1%	0.0%		48.1%		11.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 03/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990108 Pancake Bites	serving/3	60	191	2.65	386	3	9.76	0.00	15	20.33	2.78	5.29	0	42.0	0.00	1.58
990097 Nutri Grain Bar	each	30	194	0.65	174	18	4.52	0.00	0	38.75	3.88	2.58	646	129.2	0.00	2.32
000694 Poptarts, Assorted	Double	10	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
000005 Applesauce, Cup	each	30	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			377	2.06	454	41	7.82	0.00	14	65.64	3.81	11.62	1058	366.7	37.07	2.01
% of Calories				4.92%		43.5%	18.7%	0.0%		69.6%		12.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 Bacon Scramble Burrito	Each	1	225	4.32	339	1	9.86	0.00	75	23.09	3.45	11.95	319	159.4	3.82	0.34
990103 Filled Crescent Roll, Chocolate	Each	1	230	2.00	270	10	8.00	0.00	0	37.00	2.00	6.00	0	20.0	0.00	1.44
000694 Poptarts, Assorted	Double	30	365	2.00	370	30	4.75	0.00	0	75.00	6.00	4.50	1000	200.0	0.00	3.60
990112 Strawberry Cup	4.5 oz cup	20	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00	100	0.0	12.00	0.00
000009 Fruit Fresh, Whole and Sliced	each	5	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
001112 Juice, Fruit (box)	carton	60	60	0.00	15	13	0.00	0.00	0	15.00	0.00	0.00	500	20.0	60.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	80	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			286	0.74	250	41	1.73	0.00	5	58.09	2.37	8.95	1077	344.5	39.51	1.10
% of Calories				2.33%		57.3%	5.4%	0.0%		81.2%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			448	4	494	45	11.06	*0.00	15	74.52	3.69	12.87	1147	374	44.90	2.34
% of Calories				8.14%		40.2%	22.2%	*0.0%		66.5%		11.5%				

- *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.