

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

**Menu Name:** High School Breakfast

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Tuesday - 09/03/2019**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	70	536	16.03	971	2	41.08	0.00	60	24.00	1.00	16.03	10	80.0	0.00	1.62
990104 Cinnamon Toast Crunch Filled Bar	Each	21	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	100	20.0	0.00	1.44
001050 Pop Tart Combo #1	each	3	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	3	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	3	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000043 Potato, Tator Tots	2.50 oz	70	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			705	12.36	1042	*40	33.52	0.00	48	78.87	3.10	20.71	632	401.8	16.11	1.92
% of Calories				15.78%		*22.7%	42.8%	0.0%		44.7%		11.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 09/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008107 Breakfast Burrito	each	40	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
008092 Long John	each	40	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
001240 Bacon/Egg/Cheese Bagel	each	17	266	3.32	745	6	9.44	0.00	129	32.01	4.00	16.84	353	95.9	0.00	1.91
001050 Pop Tart Combo #1	each	1	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	1	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	1	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990024 Salsa *RESIZED*	2 oz	30	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			359	6.75	579	*19	15.17	*0.00	105	44.84	3.28	10.93	705	158.0	18.29	2.23
% of Calories				16.92%		*21.2%	38.0%	*0.0%		50.0%		12.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 09/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000679 Biscuit, Sausage/Gravy	each	52	605	18.01	1251	4	45.04	0.00	60	33.89	1.00	16.03	20	81.8	0.00	1.63
990087 Breakfast Scramble Pizza	3 oz	42	190	2.00	300	4	8.00	0.00	45	20.00	2.00	10.00	2	15.0	0.00	10.00
001050 Pop Tart Combo #1	each	2	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	2	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	2	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000043 Potato, Tator Tots	2.50 oz	75	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000009 Fruit Fresh, Whole and Sliced	each	25	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			667	10.69	1076	*40	29.82	0.00	55	78.72	3.49	20.71	594	385.4	17.32	5.47
% of Calories				14.42%		*24.0%	40.2%	0.0%		47.2%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 09/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008107 Breakfast Burrito	each	50	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
000334 Cinnamon Rolls, Rich's	2 oz roll	20	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
990109 Chicken Breakfast Biscuit/Tots	each	30	1055	8.43	2023	9	41.45	0.00	20	147.67	14.72	18.86	10	80.0	42.00	4.63
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990024 Salsa *RESIZED*	2 oz	25	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			680	6.21	1134	*38	20.81	*0.00	116	98.56	5.96	21.15	1078	437.8	29.91	2.92
% of Calories				8.22%		*22.4%	27.5%	*0.0%		58.0%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 09/09/2019

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	serving	20	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
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
001240 Bacon/Egg/Cheese Bagel	each	17	266	3.32	745	6	9.44	0.00	129	32.01	4.00	16.84	353	95.9	0.00	1.91
001050 Pop Tart Combo #1	each	1	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	1	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	1	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000009 Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			592	10.58	740	*44	26.25	*0.00	61	71.82	3.41	18.88	726	363.6	15.85	1.69
% of Calories				16.08%		*29.7%	39.9%	*0.0%		48.5%		12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 09/10/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	70	536	16.03	971	2	41.08	0.00	60	24.00	1.00	16.03	10	80.0	0.00	1.62
990104 Cinnamon Toast Crunch Filled Bar	Each	21	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	100	20.0	0.00	1.44
001050 Pop Tart Combo #1	each	3	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	3	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	3	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000043 Potato, Tator Tots	2.50 oz	70	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			705	12.36	1042	*40	33.52	0.00	48	78.87	3.10	20.71	632	401.8	16.11	1.92
% of Calories				15.78%		*22.7%	42.8%	0.0%		44.7%		11.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 09/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008107 Breakfast Burrito	each	40	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
008092 Long John	each	40	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
001240 Bacon/Egg/Cheese Bagel	each	17	266	3.32	745	6	9.44	0.00	129	32.01	4.00	16.84	353	95.9	0.00	1.91
001050 Pop Tart Combo #1	each	1	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	1	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	1	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990024 Salsa *RESIZED*	2 oz	30	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			359	6.75	579	*19	15.17	*0.00	105	44.84	3.28	10.93	705	158.0	18.29	2.23
% of Calories				16.92%		*21.2%	38.0%	*0.0%		50.0%		12.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 09/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000679 Biscuit, Sausage/Gravy	each	52	605	18.01	1251	4	45.04	0.00	60	33.89	1.00	16.03	20	81.8	0.00	1.63
990087 Breakfast Scramble Pizza	3 oz	42	190	2.00	300	4	8.00	0.00	45	20.00	2.00	10.00	2	15.0	0.00	10.00
001050 Pop Tart Combo #1	each	2	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	2	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	2	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000043 Potato, Tator Tots	2.50 oz	75	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000009 Fruit Fresh, Whole and Sliced	each	25	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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



# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			667	10.69	1076	*40	29.82	0.00	55	78.72	3.49	20.71	594	385.4	17.32	5.47
% of Calories				14.42%		*24.0%	40.2%	0.0%		47.2%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 09/13/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008107 Breakfast Burrito	each	50	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
000334 Cinnamon Rolls, Rich's	2 oz roll	20	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
990109 Chicken Breakfast Biscuit/Tots	each	30	1055	8.43	2023	9	41.45	0.00	20	147.67	14.72	18.86	10	80.0	42.00	4.63
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990024 Salsa *RESIZED*	2 oz	25	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			680	6.21	1134	*38	20.81	*0.00	116	98.56	5.96	21.15	1078	437.8	29.91	2.92
% of Calories				8.22%		*22.4%	27.5%	*0.0%		58.0%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 09/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	serving	20	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
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
001240 Bacon/Egg/Cheese Bagel	each	17	266	3.32	745	6	9.44	0.00	129	32.01	4.00	16.84	353	95.9	0.00	1.91
001050 Pop Tart Combo #1	each	1	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	1	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	1	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000009 Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			592	10.58	740	*44	26.25	*0.00	61	71.82	3.41	18.88	726	363.6	15.85	1.69
% of Calories				16.08%		*29.7%	39.9%	*0.0%		48.5%		12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 09/17/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	70	536	16.03	971	2	41.08	0.00	60	24.00	1.00	16.03	10	80.0	0.00	1.62
990104 Cinnamon Toast Crunch Filled Bar	Each	21	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	100	20.0	0.00	1.44
001050 Pop Tart Combo #1	each	3	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	3	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	3	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000043 Potato, Tator Tots	2.50 oz	70	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			705	12.36	1042	*40	33.52	0.00	48	78.87	3.10	20.71	632	401.8	16.11	1.92
% of Calories				15.78%		*22.7%	42.8%	0.0%		44.7%		11.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 09/18/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008107 Breakfast Burrito	each	40	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
008092 Long John	each	40	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
001240 Bacon/Egg/Cheese Bagel	each	17	266	3.32	745	6	9.44	0.00	129	32.01	4.00	16.84	353	95.9	0.00	1.91
001050 Pop Tart Combo #1	each	1	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	1	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	1	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990024 Salsa *RESIZED*	2 oz	30	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			359	6.75	579	*19	15.17	*0.00	105	44.84	3.28	10.93	705	158.0	18.29	2.23
% of Calories				16.92%		*21.2%	38.0%	*0.0%		50.0%		12.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 09/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000679 Biscuit, Sausage/Gravy	each	52	605	18.01	1251	4	45.04	0.00	60	33.89	1.00	16.03	20	81.8	0.00	1.63
990087 Breakfast Scramble Pizza	3 oz	42	190	2.00	300	4	8.00	0.00	45	20.00	2.00	10.00	2	15.0	0.00	10.00
001050 Pop Tart Combo #1	each	2	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	2	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	2	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000043 Potato, Tator Tots	2.50 oz	75	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000009 Fruit Fresh, Whole and Sliced	each	25	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			667	10.69	1076	*40	29.82	0.00	55	78.72	3.49	20.71	594	385.4	17.32	5.47
% of Calories				14.42%		*24.0%	40.2%	0.0%		47.2%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Friday - 09/20/2019

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008107 Breakfast Burrito	each	50	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
000334 Cinnamon Rolls, Rich's	2 oz roll	20	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
990109 Chicken Breakfast Biscuit/Tots	each	30	1055	8.43	2023	9	41.45	0.00	20	147.67	14.72	18.86	10	80.0	42.00	4.63
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990024 Salsa *RESIZED*	2 oz	25	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			680	6.21	1134	*38	20.81	*0.00	116	98.56	5.96	21.15	1078	437.8	29.91	2.92
% of Calories				8.22%		*22.4%	27.5%	*0.0%		58.0%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 09/23/2019

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	serving	20	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
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
001240 Bacon/Egg/Cheese Bagel	each	17	266	3.32	745	6	9.44	0.00	129	32.01	4.00	16.84	353	95.9	0.00	1.91
001050 Pop Tart Combo #1	each	1	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	1	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	1	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000009 Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			592	10.58	740	*44	26.25	*0.00	61	71.82	3.41	18.88	726	363.6	15.85	1.69
% of Calories				16.08%		*29.7%	39.9%	*0.0%		48.5%		12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 09/24/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	70	536	16.03	971	2	41.08	0.00	60	24.00	1.00	16.03	10	80.0	0.00	1.62
990104 Cinnamon Toast Crunch Filled Bar	Each	21	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	100	20.0	0.00	1.44
001050 Pop Tart Combo #1	each	3	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	3	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	3	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000043 Potato, Tator Tots	2.50 oz	70	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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



# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			705	12.36	1042	*40	33.52	0.00	48	78.87	3.10	20.71	632	401.8	16.11	1.92
% of Calories				15.78%		*22.7%	42.8%	0.0%		44.7%		11.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 09/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008107 Breakfast Burrito	each	40	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
008092 Long John	each	40	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
001240 Bacon/Egg/Cheese Bagel	each	17	266	3.32	745	6	9.44	0.00	129	32.01	4.00	16.84	353	95.9	0.00	1.91
001050 Pop Tart Combo #1	each	1	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	1	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	1	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990024 Salsa *RESIZED*	2 oz	30	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			359	6.75	579	*19	15.17	*0.00	105	44.84	3.28	10.93	705	158.0	18.29	2.23
% of Calories				16.92%		*21.2%	38.0%	*0.0%		50.0%		12.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 09/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000679 Biscuit, Sausage/Gravy	each	52	605	18.01	1251	4	45.04	0.00	60	33.89	1.00	16.03	20	81.8	0.00	1.63
990087 Breakfast Scramble Pizza	3 oz	42	190	2.00	300	4	8.00	0.00	45	20.00	2.00	10.00	2	15.0	0.00	10.00
001050 Pop Tart Combo #1	each	2	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	2	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	2	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000043 Potato, Tator Tots	2.50 oz	75	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000009 Fruit Fresh, Whole and Sliced	each	25	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			667	10.69	1076	*40	29.82	0.00	55	78.72	3.49	20.71	594	385.4	17.32	5.47
% of Calories				14.42%		*24.0%	40.2%	0.0%		47.2%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 09/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008107 Breakfast Burrito	each	50	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
000334 Cinnamon Rolls, Rich's	2 oz roll	20	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
990109 Chicken Breakfast Biscuit/Tots	each	30	1055	8.43	2023	9	41.45	0.00	20	147.67	14.72	18.86	10	80.0	42.00	4.63
000009 Fruit Fresh, Whole and Sliced	each	15	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990024 Salsa *RESIZED*	2 oz	25	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			680	6.21	1134	*38	20.81	*0.00	116	98.56	5.96	21.15	1078	437.8	29.91	2.92
% of Calories				8.22%		*22.4%	27.5%	*0.0%		58.0%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 09/30/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	serving	20	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
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
001240 Bacon/Egg/Cheese Bagel	each	17	266	3.32	745	6	9.44	0.00	129	32.01	4.00	16.84	353	95.9	0.00	1.91
001050 Pop Tart Combo #1	each	1	511	1.00	407	*25	12.00	0.00	0	104.67	2.00	4.00	620	83.3	19.20	1.80
001298 Pop Tart Combo #2	combo	1	481	2.00	387	56	5.00	0.00	0	104.67	7.00	5.00	1120	283.3	19.20	3.60
001299 Pop Tart Combo #3	combo	1	471	2.00	367	55	4.50	0.00	0	104.67	7.00	4.00	1120	283.3	19.20	3.60
000009 Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	60	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			592	10.58	740	*44	26.25	*0.00	61	71.82	3.41	18.88	726	363.6	15.85	1.69
% of Calories				16.08%		*29.7%	39.9%	*0.0%		48.5%		12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.