

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

**Menu Name:** Secondary Grab N' Go Breakfast

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Tuesday - 09/03/2019

### Reimbursable Meal Total 1

	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)
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
000098 Strawberries: frozen	1/2 cup	40	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
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			32034	73.82	25012	4852	173.14	0.00	550	6608.51	276.91	914.87	111464	35250.2	4551.10	124.51
% of Calories				2.07%		60.6%	4.9%	0.0%		82.5%		11.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 09/04/2019

### Reimbursable Meal Total 1

# 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)
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	190	2.00	300	4	8.00	0.00	45	20.00	2.00	10.00	2	15.0	0.00	10.00
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	25	130	0.00	0	28	0.00	0.00	0	35.00	1.00	1.00	140	20.0	102.00	0.72
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			47228	586.78	48165	4636	1373.00	*0.00	1828	7440.39	351.40	1405.60	98051	32687.6	6257.27	446.66
% of Calories				11.18%		39.3%	26.2%	*0.0%		63.0%		11.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Thursday - 09/05/2019

### Reimbursable Meal Total 1

	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)
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
001284 Chicken Breakfast Biscuit	each	30	300	5.00	650	2	14.00	0.00	20	31.00	1.00	12.00	10	80.0	42.00	2.16
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

# 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)
000688 Peach Cup	Serving	30	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
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			47729	347.50	54444	4616	932.57	0.00	1325	8387.82	327.46	1495.62	111296	35790.8	8501.27	222.92
% of Calories				6.55%		38.7%	17.6%	0.0%		70.3%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 09/06/2019

### Reimbursable Meal Total 1

	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	60	536	16.03	971	2	41.08	0.00	60	24.00	1.00	16.03	10	80.0	0.00	1.62
990101 Cereal Bar, Golden Grahams	Each	20	150	0.00	110	9	3.00	0.00	0	30.00	3.00	2.00	100	200.0	0.00	1.44
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
000754 Fruit Cup-Canned/Frozen	1/2 cup	25	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
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

# 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)
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			59640	1009.50	81289	*3955	2634.77	0.00	4084	7063.30	284.36	1825.24	109920	41235.4	3886.62	208.61
% of Calories				15.23%		*26.5%	39.8%	0.0%		47.4%		12.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Monday - 09/09/2019

### Reimbursable Meal Total 1

	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)
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 Blueberry 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

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)
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			31839	93.50	28889	4296	223.78	0.00	496	6492.75	280.12	915.92	116422	36350.8	3749.27	147.20
% of Calories				2.64%		54.0%	6.3%	0.0%		81.6%		11.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 09/10/2019

Reimbursable Meal Total 1

	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)
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/cheese breakfast	each	20	263	4.83	292	21	8.17	0.00	27	37.00	0.00	12.67	470	433.3	0.80	0.00
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
000098 Strawberries: frozen	1/2 cup	45	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
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

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)
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			47051	204.17	44537	5754	691.11	0.00	1608	8853.42	461.46	1350.26	171271	44237.4	4668.27	304.52
% of Calories				3.91%		48.9%	13.2%	0.0%		75.3%		11.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 09/11/2019

### Reimbursable Meal Total 1

	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)
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	190	2.00	300	4	8.00	0.00	45	20.00	2.00	10.00	2	15.0	0.00	10.00
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

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)
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			50491	713.21	49552	4944	1570.57	*0.00	930	7934.38	381.38	1315.16	101759	32976.5	6767.27	281.04
% of Calories				12.71%		39.2%	28.0%	*0.0%		62.9%		10.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 09/12/2019

Reimbursable Meal Total 1

	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)
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
000688 Peach Cup	Serving	30	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

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)
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			46854	200.00	45544	5229	673.82	0.00	475	9122.82	447.46	1228.12	132246	38890.8	7241.27	252.62
% of Calories				3.84%		44.6%	12.9%	0.0%		77.9%		10.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 09/13/2019

### Reimbursable Meal Total 1

	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	60	536	16.03	971	2	41.08	0.00	60	24.00	1.00	16.03	10	80.0	0.00	1.62
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
000754 Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
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

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)
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			60000	1029.54	81010	*4011	2655.18	0.00	4084	7136.27	290.94	1847.54	114315	41268.3	3946.49	217.86
% of Calories				15.44%		*26.7%	39.8%	0.0%		47.6%		12.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Monday - 09/16/2019

### Reimbursable Meal Total 1

	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)
990108 Pancake Bites	serving/5	60	383	6.00	800	8	22.00	0.00	42	33.00	3.30	13.00	0	70.0	0.00	2.34
990097 Blueberry Pomegranate Oatmeal Bar	each	30	140	0.50	75	9	4.50	0.00	5	23.00	1.00	2.00	0	10.0	0.00	1.00
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

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)
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			47579	402.50	67254	4114	1515.28	0.00	3145	6851.75	326.12	1606.92	86412	34770.8	3707.27	206.72
% of Calories				7.61%		34.6%	28.7%	0.0%		57.6%		13.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 09/17/2019

### Reimbursable Meal Total 1

	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)
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
000098 Strawberries: frozen	1/2 cup	40	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
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

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)
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			32034	73.82	25012	4852	173.14	0.00	550	6608.51	276.91	914.87	111464	35250.2	4551.10	124.51
% of Calories				2.07%		60.6%	4.9%	0.0%		82.5%		11.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 09/18/2019

### Reimbursable Meal Total 1

	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)
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	190	2.00	300	4	8.00	0.00	45	20.00	2.00	10.00	2	15.0	0.00	10.00
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	25	130	0.00	0	28	0.00	0.00	0	35.00	1.00	1.00	140	20.0	102.00	0.72
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

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)
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			47228	586.78	48165	4636	1373.00	*0.00	1828	7440.39	351.40	1405.60	98051	32687.6	6257.27	446.66
% of Calories				11.18%		39.3%	26.2%	*0.0%		63.0%		11.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 09/19/2019

### Reimbursable Meal Total 1

	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)
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
001284 Chicken Breakfast Biscuit	each	30	300	5.00	650	2	14.00	0.00	20	31.00	1.00	12.00	10	80.0	42.00	2.16
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	30	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

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)
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			47729	347.50	54444	4616	932.57	0.00	1325	8387.82	327.46	1495.62	111296	35790.8	8501.27	222.92
% of Calories				6.55%		38.7%	17.6%	0.0%		70.3%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 09/20/2019

### Reimbursable Meal Total 1

	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	60	536	16.03	971	2	41.08	0.00	60	24.00	1.00	16.03	10	80.0	0.00	1.62
990101 Cereal Bar, Golden Grahams	Each	20	150	0.00	110	9	3.00	0.00	0	30.00	3.00	2.00	100	200.0	0.00	1.44
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
000754 Fruit Cup-Canned/Frozen	1/2 cup	25	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
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

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)
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			59640	1009.50	81289	*3955	2634.77	0.00	4084	7063.30	284.36	1825.24	109920	41235.4	3886.62	208.61
% of Calories				15.23%		*26.5%	39.8%	0.0%		47.4%		12.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Monday - 09/23/2019

### Reimbursable Meal Total 1

	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)
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 Blueberry 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

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)
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			31839	93.50	28889	4296	223.78	0.00	496	6492.75	280.12	915.92	116422	36350.8	3749.27	147.20
% of Calories				2.64%		54.0%	6.3%	0.0%		81.6%		11.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 09/24/2019

### Reimbursable Meal Total 1

	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)
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/cheese breakfast	each	20	263	4.83	292	21	8.17	0.00	27	37.00	0.00	12.67	470	433.3	0.80	0.00
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
000098 Strawberries: frozen	1/2 cup	45	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
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

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)
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			47051	204.17	44537	5754	691.11	0.00	1608	8853.42	461.46	1350.26	171271	44237.4	4668.27	304.52
% of Calories				3.91%		48.9%	13.2%	0.0%		75.3%		11.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 09/25/2019

### Reimbursable Meal Total 1

	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)
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	190	2.00	300	4	8.00	0.00	45	20.00	2.00	10.00	2	15.0	0.00	10.00
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

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)
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			50491	713.21	49552	4944	1570.57	*0.00	930	7934.38	381.38	1315.16	101759	32976.5	6767.27	281.04
% of Calories				12.71%		39.2%	28.0%	*0.0%		62.9%		10.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 09/26/2019

### Reimbursable Meal Total 1

	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)
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
000688 Peach Cup	Serving	30	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

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)
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			46854	200.00	45544	5229	673.82	0.00	475	9122.82	447.46	1228.12	132246	38890.8	7241.27	252.62
% of Calories				3.84%		44.6%	12.9%	0.0%		77.9%		10.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 09/27/2019

### Reimbursable Meal Total 1

	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	60	536	16.03	971	2	41.08	0.00	60	24.00	1.00	16.03	10	80.0	0.00	1.62
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
000754 Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
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

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)
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			60000	1029.54	81010	*4011	2655.18	0.00	4084	7136.27	290.94	1847.54	114315	41268.3	3946.49	217.86
% of Calories				15.44%		*26.7%	39.8%	0.0%		47.6%		12.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Monday - 09/30/2019

### Reimbursable Meal Total 1

	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)
990108 Pancake Bites	serving/5	60	383	6.00	800	8	22.00	0.00	42	33.00	3.30	13.00	0	70.0	0.00	2.34
990097 Blueberry Pomegranate Oatmeal Bar	each	30	140	0.50	75	9	4.50	0.00	5	23.00	1.00	2.00	0	10.0	0.00	1.00
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

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)
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			47579	402.50	67254	4114	1515.28	0.00	3145	6851.75	326.12	1606.92	86412	34770.8	3707.27	206.72
% of Calories				7.61%		34.6%	28.7%	0.0%		57.6%		13.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=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.**