

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

**Menu Name:** K-8 School Breakfast

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

**Monday - 03/02/2020**

**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)	Cost
000361 Breakfast Pancakes WG	2 pancakes	1	140	0.00	270	4	3.00	0.00	0	26.00	2.00	4.00	\$0.185
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
<b>Weighted Daily Average</b>			<b>2217</b>	<b>25.85</b>	<b>3439</b>	<b>*174</b>	<b>69.01</b>	<b>0.00</b>	<b>118</b>	<b>337.52</b>	<b>24.24</b>	<b>*67.00</b>	<b>\$3.623</b>
% of Calories				10.49%		*31.4%	28.0%	0.0%		60.9%		*12.1%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Tuesday - 03/03/2020

### 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)	Cost
000066 LEAVE BLANK, DO NOT USE													
<b>Weighted Daily Average</b>			<b>0</b>	<b>0.00</b>	<b>0</b>	<b>0</b>	<b>0.00</b>	<b>0.00</b>	<b>0</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>\$0.000</b>
% of Calories				0%		0%	0%	0%		0%		0%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Wednesday - 03/04/2020

### 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)	Cost
001228 Breakfast Croissant Ham Egg & Cheese	brkfst sandwich	1	250	5.75	690	2	13.75	0.00	122	16.50	1.00	13.50	\$0.674

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkfst sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkfst sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2327	31.60	3859	*171	79.76	0.00	240	328.02	23.24	*76.50	\$4.112
% of Calories				12.22%		*29.4%	30.8%	0.0%		56.4%		*13.1%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

Thursday - 03/05/2020

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)	Cost
990146 Breakfast Eggs Scrambled with Cheese	Serving	1	386	16.70	531	1	29.78	0.11	490	4.44	0.00	27.65	\$0.832
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	\$0.509
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000043 Vegetable Potato Tater Tot	1/2 cup	1	141	1.01	282	0	8.07	0.00	0	16.14	2.02	1.01	\$0.120
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2464	41.56	3927	*163	97.85	0.11	578	312.10	23.26	*91.66	\$4.295
% of Calories				15.18%		*26.5%	35.7%	0.0%		50.7%		*14.9%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Friday - 03/06/2020

### 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)	Cost
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04	\$0.439
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
<b>Weighted Daily Average</b>			<b>2375</b>	<b>29.37</b>	<b>3629</b>	<b>*189</b>	<b>77.03</b>	<b>2.00</b>	<b>138</b>	<b>357.04</b>	<b>23.24</b>	<b>*69.04</b>	<b>\$3.877</b>
<b>% of Calories</b>				<b>11.13%</b>		<b>*31.8%</b>	<b>29.2%</b>	<b>0.8%</b>		<b>60.1%</b>		<b>*11.6%</b>	
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>						

### Monday - 03/09/2020

### 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)	Cost
001226 Breakfast French Toast Stick with Cinnamon Glaze	3 sticks	1	210	2.00	320	8	7.00	0.00	125	28.00	2.00	8.00	\$0.424

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000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkfst sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkfst sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005

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	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)	Cost
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2287	27.85	3489	*178	73.01	0.00	242	339.52	24.24	*71.00	\$3.862
% of Calories				10.96%		*31.1%	28.7%	0.0%		59.4%		*12.4%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

## Tuesday - 03/10/2020

### 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)	Cost
001228 Breakfast Croissant Ham Egg & Cheese	brkf sandwich	1	250	5.75	690	2	13.75	0.00	122	16.50	1.00	13.50	\$0.674
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	\$0.509
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000043 Vegetable Potato Tater Tot	1/2 cup	1	141	1.01	282	0	8.07	0.00	0	16.14	2.02	1.01	\$0.120
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437



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## Portion Values

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	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)	Cost
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2328	30.61	4086	*163	81.83	0.00	210	324.16	24.26	*77.51	\$4.138
% of Calories				11.83%		*28.0%	31.6%	0.0%		55.7%		*13.3%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Wednesday - 03/11/2020

### 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)	Cost
000351 Breakfast Pizza Sausage & Gravy	brkf pizza	1	200	2.00	440	9	7.00	0.00	15	24.00	2.00	10.00	\$0.341
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2277	27.85	3609	*179	73.01	0.00	132	335.52	24.24	*73.00	\$3.779
% of Calories				11.01%		*31.4%	28.9%	0.0%		58.9%		*12.8%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

Thursday - 03/12/2020

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)	Cost
000371 Breakfast Biscuit Egg & Cheese	brkf sandwich	1	300	9.50	1025	2	17.50	0.00	108	24.00	0.68	8.50	\$0.335

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	\$0.509
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000043 Vegetable Potato Tater Tot	1/2 cup	1	141	1.01	282	0	8.07	0.00	0	16.14	2.02	1.01	\$0.120
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2378	34.36	4421	*164	85.58	0.00	195	331.66	23.94	*72.51	\$3.799
% of Calories				13.00%		*27.6%	32.4%	0.0%		55.8%		*12.2%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Friday - 03/13/2020

### 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)	Cost
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04	\$0.439
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkfst sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkfst sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2375	29.37	3629	*189	77.03	2.00	138	357.04	23.24	*69.04	\$3.877
% of Calories				11.13%		*31.8%	29.2%	0.8%		60.1%		*11.6%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Monday - 03/16/2020

### 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)	Cost
000066 LEAVE BLANK, DO NOT USE													
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Tuesday - 03/17/2020

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000066 LEAVE BLANK, DO NOT USE													
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Wednesday - 03/18/2020

#### 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)	Cost
000066 LEAVE BLANK, DO NOT USE													
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Thursday - 03/19/2020

#### 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)	Cost
000066 LEAVE BLANK, DO NOT USE													
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

### Friday - 03/20/2020

### 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)	Cost
000066 LEAVE BLANK, DO NOT USE													
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Monday - 03/23/2020

### 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)	Cost
000361 Breakfast Pancakes WG	2 pancakes	1	140	0.00	270	4	3.00	0.00	0	26.00	2.00	4.00	\$0.185
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2217	25.85	3439	*174	69.01	0.00	118	337.52	24.24	*67.00	\$3.623
% of Calories				10.49%		*31.4%	28.0%	0.0%		60.9%		*12.1%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Tuesday - 03/24/2020

### 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)	Cost
000363 Breakfast Egg Scrambled w/Toast	Serving	1	280	4.12	317	12	13.28	0.11	423	27.22	2.00	15.10	\$0.599
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	\$0.509
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308



# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000043 Vegetable Potato Tater Tot	1/2 cup	1	141	1.01	282	0	8.07	0.00	0	16.14	2.02	1.01	\$0.120
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
<b>Weighted Daily Average</b>			<b>2358</b>	<b>28.98</b>	<b>3713</b>	<b>*174</b>	<b>81.35</b>	<b>0.11</b>	<b>511</b>	<b>334.88</b>	<b>25.26</b>	<b>*79.10</b>	<b>\$4.063</b>
% of Calories				11.06%		*29.5%	31.0%	0.0%		56.8%		*13.4%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

Wednesday - 03/25/2020

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
001228 Breakfast Croissant Ham Egg & Cheese	brkf sandwich	1	250	5.75	690	2	13.75	0.00	122	16.50	1.00	13.50	\$0.674
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2327	31.60	3859	*171	79.76	0.00	240	328.02	23.24	*76.50	\$4.112
% of Calories				12.22%		*29.4%	30.8%	0.0%		56.4%		*13.1%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Thursday - 03/26/2020

### 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)	Cost
990146 Breakfast Eggs Scrambled with Cheese	Serving	1	386	16.70	531	1	29.78	0.11	490	4.44	0.00	27.65	\$0.832
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	\$0.509
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000043 Vegetable Potato Tater Tot	1/2 cup	1	141	1.01	282	0	8.07	0.00	0	16.14	2.02	1.01	\$0.120
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2464	41.56	3927	*163	97.85	0.11	578	312.10	23.26	*91.66	\$4.295
% of Calories				15.18%		*26.5%	35.7%	0.0%		50.7%		*14.9%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

### Friday - 03/27/2020

### 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)	Cost
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04	\$0.439
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
<b>Weighted Daily Average</b>			<b>2375</b>	<b>29.37</b>	<b>3629</b>	<b>*189</b>	<b>77.03</b>	<b>2.00</b>	<b>138</b>	<b>357.04</b>	<b>23.24</b>	<b>*69.04</b>	<b>\$3.877</b>
<b>% of Calories</b>				<b>11.13%</b>		<b>*31.8%</b>	<b>29.2%</b>	<b>0.8%</b>		<b>60.1%</b>		<b>*11.6%</b>	
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>						

### Monday - 03/30/2020

### 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)	Cost
001226 Breakfast French Toast Stick with Cinnamon Glaze	3 sticks	1	210	2.00	320	8	7.00	0.00	125	28.00	2.00	8.00	\$0.424

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00	\$0.303
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00	\$0.300
000354 Breakfast Biscuit Chicken	brkfst sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkfst sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2287	27.85	3489	*178	73.01	0.00	242	339.52	24.24	*71.00	\$3.862
% of Calories				10.96%		*31.1%	28.7%	0.0%		59.4%		*12.4%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

## Tuesday - 03/31/2020

### 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)	Cost
001228 Breakfast Croissant Ham Egg & Cheese	brkf sandwich	1	250	5.75	690	2	13.75	0.00	122	16.50	1.00	13.50	\$0.674
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	\$0.509
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00	\$0.234
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00	\$0.308
000043 Vegetable Potato Tater Tot	1/2 cup	1	141	1.01	282	0	8.07	0.00	0	16.14	2.02	1.01	\$0.120
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00	\$0.226
990169 Bread Pullman WG Slice	Slice	1	102	0.75	178	3	3.50	0.00	0	16.00	2.00	3.00	\$0.081
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	0	13.66	1.08	*0.29	\$0.643
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40	\$0.167
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30	\$0.110
000651 Salad Tossed with Tomatoes	cups	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26	\$0.437

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)	Cost
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	1	2.52	0.67	0.42	\$0.157
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00	\$0.000
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00	\$0.004
990113 Milk Chocolate 1%	half pint	1	180	1.50	240	27	3.00	0.00	15	30.00	0.00	8.00	\$0.239
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00	\$0.005
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33	\$0.224
Weighted Daily Average			2328	30.61	4086	*163	81.83	0.00	210	324.16	24.26	*77.51	\$4.138
% of Calories				11.83%		*28.0%	31.6%	0.0%		55.7%		*13.3%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

	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)	Cost
Weighted Averages	2336	31	3764	*174	79.62	0.40	252	334.74	23.85	*74.94	\$3.958
% of Calories		11.90%		*29.8%	30.7%	0.2%		57.3%		*12.8%	

\*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.**