

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

**Menu Name:** High School Menu Breakfast

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Friday - 11/01/2019

### 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)
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04
000962 Breakfast Pizza Bacon Scrambled	brkf pizza	1	210	3.50	340	8	8.00	0.00	55	23.00	2.00	10.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2315	29.04	3769	*176	69.53	*2.00	160	354.51	19.77	*72.07
% of Calories				11.29%		*30.4%	27.0%	*0.8%		61.3%		*12.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Monday - 11/04/2019

### 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)
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
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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

# Base Menu Spreadsheet

## Portion Values

	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)
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2017	24.03	3288	*157	57.51	*0.00	210	314.00	18.77	*64.03
% of Calories				10.72%		*31.1%	25.7%	*0.0%		62.3%		*12.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

## Tuesday - 11/05/2019

### 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)
000869 Breakfast English Muffin Egg & Cheese HS Only	brkf sandwich	1	230	3.50	565	1	9.50	0.00	108	26.00	1.00	9.50
990147 Breakfast Burrito Diced Ham Egg & Cheese HS Only	burrito	1	350	8.50	1370	1	18.00	1.00	145	24.00	1.00	22.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
<b>Weighted Daily Average</b>			<b>2387</b>	<b>34.03</b>	<b>4903</b>	<b>*151</b>	<b>78.01</b>	<b>*1.00</b>	<b>338</b>	<b>336.00</b>	<b>18.77</b>	<b>*87.53</b>
<b>% of Calories</b>				<b>12.83%</b>		<b>*25.3%</b>	<b>29.4%</b>	<b>*0.4%</b>		<b>56.3%</b>		<b>*14.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>		<b>&lt;=0</b>					

### Wednesday - 11/06/2019

### 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)
001208 Breakfast Waffle Round	2 waffles	1	282	1.25	408	26	6.00	0.00	5	55.00	3.00	4.00
000668 Breakfast English Muffin Sausage Egg & Cheese HS	brkf sandwich	1	372	7.50	885	1	20.50	0.00	142	26.00	1.00	17.50
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00

# Base Menu Spreadsheet

## Portion Values

	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)
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2461	30.78	4261	*176	77.01	*0.00	232	367.00	20.77	*77.53
% of Calories				11.26%		*28.6%	28.2%	*0.0%		59.7%		*12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Thursday - 11/07/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
000869 Breakfast English Muffin Egg & Cheese HS Only	brkf sandwich	1	230	3.50	565	1	9.50	0.00	108	26.00	1.00	9.50
990147 Breakfast Burrito Diced Ham Egg & Cheese HS Only	burrito	1	350	8.50	1370	1	18.00	1.00	145	24.00	1.00	22.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2387	34.03	4903	*151	78.01	*1.00	338	336.00	18.77	*87.53
% of Calories				12.83%		*25.3%	29.4%	*0.4%		56.3%		*14.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Friday - 11/08/2019

### 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)
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04
000962 Breakfast Pizza Bacon Scrambled	brkf pizza	1	210	3.50	340	8	8.00	0.00	55	23.00	2.00	10.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2315	29.04	3769	*176	69.53	*2.00	160	354.51	19.77	*72.07
% of Calories				11.29%		*30.4%	27.0%	*0.8%		61.3%		*12.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Monday - 11/11/2019

### 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)
000361 Breakfast Pancakes WG	2 pancakes	1	140	0.00	270	4	3.00	0.00	0	26.00	2.00	4.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			1947	22.03	3238	*153	53.51	*0.00	85	312.00	18.77	*60.03
% of Calories				10.18%		*31.4%	24.7%	*0.0%		64.1%		*12.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Tuesday - 11/12/2019

### 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)
000766 Breakfast Burrito Sausage Egg & Cheese HS Only	burrito	1	432	11.50	940	0	27.00	1.00	160	22.00	1.00	21.00
000363 Breakfast Egg Scrambled w/Toast	Serving	1	210	2.43	251	11	8.39	0.06	212	26.11	2.00	9.05
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2448	35.96	4160	*160	85.90	*1.06	457	334.10	19.77	*86.08
% of Calories				13.22%		*26.1%	31.6%	*0.4%		54.6%		*14.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 11/13/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
001228 Breakfast Croissant Ham Egg & Cheese	brkf sandwich	1	275	6.25	755	1	15.50	0.00	138	16.50	1.00	15.50
001177 Breakfast Croissant Sausage Egg & Cheese	brkf sandwich	1	362	9.50	835	1	24.00	0.00	142	16.00	1.00	16.50
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2444	37.78	4558	*151	90.01	*0.00	365	318.50	18.77	*88.03
% of Calories				13.91%		*24.7%	33.1%	*0.0%		52.1%		*14.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Thursday - 11/14/2019

### 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)
000766 Breakfast Burrito Sausage Egg & Cheese HS Only	burrito	1	432	11.50	940	0	27.00	1.00	160	22.00	1.00	21.00
990146 Breakfast Eggs Scrambled with Cheese	Serving	1	193	8.35	266	0	14.89	0.06	245	2.22	0.00	13.83
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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

# Base Menu Spreadsheet

## Portion Values

	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)
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2431	41.88	4174	*149	92.40	*1.06	490	310.22	17.77	*90.85
% of Calories				15.50%		*24.5%	34.2%	*0.4%		51.0%		*14.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

## Friday - 11/15/2019

## 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)
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04
000962 Breakfast Pizza Bacon Scrambled	brkf pizza	1	210	3.50	340	8	8.00	0.00	55	23.00	2.00	10.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2315	29.04	3769	*176	69.53	*2.00	160	354.51	19.77	*72.07
% of Calories				11.29%		*30.4%	27.0%	*0.8%		61.3%		*12.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Monday - 11/18/2019

### 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)
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
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2017	24.03	3288	*157	57.51	*0.00	210	314.00	18.77	*64.03
% of Calories				10.72%		*31.1%	25.7%	*0.0%		62.3%		*12.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 11/19/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
000869 Breakfast English Muffin Egg & Cheese HS Only	brkf sandwich	1	230	3.50	565	1	9.50	0.00	108	26.00	1.00	9.50
990147 Breakfast Burrito Diced Ham Egg & Cheese HS Only	burrito	1	350	8.50	1370	1	18.00	1.00	145	24.00	1.00	22.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2387	34.03	4903	*151	78.01	*1.00	338	336.00	18.77	*87.53
% of Calories				12.83%		*25.3%	29.4%	*0.4%		56.3%		*14.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Wednesday - 11/20/2019

### 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)
001208 Breakfast Waffle Round	2 waffles	1	282	1.25	408	26	6.00	0.00	5	55.00	3.00	4.00
000668 Breakfast English Muffin Sausage Egg & Cheese HS	brkf sandwich	1	372	7.50	885	1	20.50	0.00	142	26.00	1.00	17.50
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2461	30.78	4261	*176	77.01	*0.00	232	367.00	20.77	*77.53
% of Calories				11.26%		*28.6%	28.2%	*0.0%		59.7%		*12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

### Thursday - 11/21/2019

### 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)
000869 Breakfast English Muffin Egg & Cheese HS Only	brkf sandwich	1	230	3.50	565	1	9.50	0.00	108	26.00	1.00	9.50
990147 Breakfast Burrito Diced Ham Egg & Cheese HS Only	burrito	1	350	8.50	1370	1	18.00	1.00	145	24.00	1.00	22.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
<b>Weighted Daily Average</b>			<b>2387</b>	<b>34.03</b>	<b>4903</b>	<b>*151</b>	<b>78.01</b>	<b>*1.00</b>	<b>338</b>	<b>336.00</b>	<b>18.77</b>	<b>*87.53</b>
<b>% of Calories</b>				<b>12.83%</b>		<b>*25.3%</b>	<b>29.4%</b>	<b>*0.4%</b>		<b>56.3%</b>		<b>*14.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>		<b>&lt;=0</b>					

### Friday - 11/22/2019

### 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)
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04
000962 Breakfast Pizza Bacon Scrambled	brkf pizza	1	210	3.50	340	8	8.00	0.00	55	23.00	2.00	10.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 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)
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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
990038 Breakfast Cereal Variety	Bowl	1	288	0.92	331	27	2.08	0.00	0	67.00	2.50	3.67
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	0	12.50	2.00	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	15	20.00	0.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	5	19.00	0.00	8.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2315	29.04	3769	*176	69.53	*2.00	160	354.51	19.77	*72.07
% of Calories				11.29%		*30.4%	27.0%	*0.8%		61.3%		*12.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

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*\*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.