

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

Menu Name: K-8 School Breakfast

Include Cost: No

Site:

Report Style: Detailed

Friday - 11/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2465	35.55	4306	*179	83.90	2.00	138	359.63	21.92	*70.04
% of Calories				12.98%		*29.0%	30.6%	0.7%		58.4%		*11.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 11/04/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2376	34.03	4165	*168	79.87	0.00	242	342.12	22.92	*72.00
% of Calories				12.89%		*28.3%	30.3%	0.0%		57.6%		*12.1%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000365 Breakfast Taco Sausage Egg & Cheese	brkf taco	1	312	9.07	667	0	19.11	0.50	95	18.51	1.00	14.59
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	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
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2480	40.12	4740	*152	94.05	0.50	183	328.77	22.94	*79.60
% of Calories				14.56%		*24.5%	34.1%	0.2%		53.0%		*12.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/06/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000351 Breakfast Pizza Sausage & Gravy	brkf pizza	1	200	2.00	440	9	7.00	0.00	15	24.00	2.00	10.00
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2366	34.03	4285	*169	79.87	0.00	132	338.12	22.92	*74.00
% of Calories				12.94%		*28.6%	30.4%	0.0%		57.2%		*12.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 11/07/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000371 Breakfast Biscuit Egg & Cheese	brkf sandwich	1	300	9.50	1025	2	17.50	0.00	108	24.00	0.68	8.50
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	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
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2468	40.54	5097	*154	92.44	0.00	195	334.26	22.62	*73.51
% of Calories				14.78%		*25.0%	33.7%	0.0%		54.2%		*11.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2465	35.55	4306	*179	83.90	2.00	138	359.63	21.92	*70.04
% of Calories				12.98%		*29.0%	30.6%	0.7%		58.4%		*11.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 11/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000361 Breakfast Pancakes WG	2 pancakes	1	140	0.00	270	4	3.00	0.00	0	26.00	2.00	4.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2306	32.03	4115	*164	75.87	0.00	118	340.12	22.92	*68.00
% of Calories				12.50%		*28.4%	29.6%	0.0%		59.0%		*11.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/12/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000363 Breakfast Egg Scrambled w/Toast	Serving	1	210	2.43	251	11	8.39	0.06	212	26.11	2.00	9.05
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	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
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2377	33.47	4323	*163	83.33	0.06	299	336.37	23.94	*74.06
% of Calories				12.67%		*27.4%	31.6%	0.0%		56.6%		*12.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/13/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2441	38.28	4600	*161	88.37	0.00	255	330.62	21.92	*79.50
% of Calories				14.11%		*26.4%	32.6%	0.0%		54.2%		*13.0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 11/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990146 Breakfast Eggs Scrambled with Cheese	Serving	1	193	8.35	266	0	14.89	0.06	245	2.22	0.00	13.83

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	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
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2360	39.39	4338	*152	89.83	0.06	333	312.48	21.94	*78.84
% of Calories				15.02%		*25.8%	34.3%	0.0%		53.0%		*13.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2465	35.55	4306	*179	83.90	2.00	138	359.63	21.92	*70.04
% of Calories				12.98%		*29.0%	30.6%	0.7%		58.4%		*11.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Monday - 11/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2376	34.03	4165	*168	79.87	0.00	242	342.12	22.92	*72.00
% of Calories				12.89%		*28.3%	30.3%	0.0%		57.6%		*12.1%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 11/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000365 Breakfast Taco Sausage Egg & Cheese	brkf taco	1	312	9.07	667	0	19.11	0.50	95	18.51	1.00	14.59

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	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
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2480	40.12	4740	*152	94.05	0.50	183	328.77	22.94	*79.60
% of Calories				14.56%		*24.5%	34.1%	0.2%		53.0%		*12.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 11/20/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000351 Breakfast Pizza Sausage & Gravy	brkf pizza	1	200	2.00	440	9	7.00	0.00	15	24.00	2.00	10.00
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2366	34.03	4285	*169	79.87	0.00	132	338.12	22.92	*74.00
% of Calories				12.94%		*28.6%	30.4%	0.0%		57.2%		*12.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 11/21/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000371 Breakfast Biscuit Egg & Cheese	brkf sandwich	1	300	9.50	1025	2	17.50	0.00	108	24.00	0.68	8.50
000963 Breakfast Banana Bread Slice	Slice	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	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

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2468	40.54	5097	*154	92.44	0.00	195	334.26	22.62	*73.51
% of Calories				14.78%		*25.0%	33.7%	0.0%		54.2%		*11.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 11/22/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000923 Breakfast Cinnamon Roll with Icing	roll	1	298	3.52	461	19	11.03	2.00	20	45.51	1.00	6.04

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000829 Breakfast Muffin Blueberry WG	muffin	1	200	1.50	140	16	7.00	0.00	15	32.00	2.00	2.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	220	2.50	135	17	9.00	0.00	15	32.00	1.00	3.00
000362 Breakfast Biscuit & Gravy	Each	1	232	6.93	904	*2	10.86	0.00	0	28.59	0.68	3.00
000354 Breakfast Biscuit Chicken	brkf sandwich	1	300	7.00	880	2	15.00	0.00	20	30.00	0.68	11.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	332	10.00	980	2	20.00	0.00	35	23.00	0.68	11.00
000348 Breakfast, Cereal Variety	Each	1	110	0.25	168	8	1.25	0.00	0	23.00	2.25	2.00
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
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	0	19.60	3.73	1.40
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	0	27.00	3.10	1.30
000651 Salad Tossed with Tomatoes	1 cup	1	62	0.38	78	4	2.48	0.00	1	8.42	5.05	3.26
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
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0	0.00	0.00	0.00
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	10	12.00	0.00	8.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	0	23.33	0.00	0.33
Weighted Daily Average			2465	35.55	4306	*179	83.90	2.00	138	359.63	21.92	*70.04
% of Calories				12.98%		*29.0%	30.6%	0.7%		58.4%		*11.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=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*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.