

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Menu Name: Breakfast Menu K-12

Include Cost: No

Site: **Report Style:** Detailed

Friday - 08/23/2019

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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			498	1.83	479	*58	4.34	0.00	8	105.09	4.70	15.68	2482	365.4	31.69	10.25
% of Calories				3.31%		*46.6%	7.8%	0.0%		84.4%		12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Monday - 08/26/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000375 BREAKFAST BAR, SAUSAGE	EACH	1	200	5.00	430	0	15.00	0.00	60	9.00	1.00	7.00	0	0.0	0.00	0.72
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			698	6.83	909	*58	19.34	0.00	68	114.09	5.70	22.68	2482	365.4	31.69	10.97
% of Calories				8.81%		*33.2%	24.9%	0.0%		65.4%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Tuesday - 08/27/2019

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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000625 WAFFLE, FUNNEL CAKE	EACH	1	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00	0	0.0	0.00	1.08
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
000349 SYRUP,MAPLE	TBSP	1	25	0.00	27	*N/A*	0.00	0.00	0	6.68	0.00	0.00	0	1.5	0.00	0.00
Weighted Daily Average			823	4.83	856	*70	17.34	0.00	28	154.77	7.70	19.68	2482	366.9	31.69	11.33
% of Calories				5.28%		*34.0%	19.0%	0.0%		75.2%		9.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Wednesday - 08/28/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000660 BREAD, SNACK BANANA	EACH	1	280	4.00	220	19	15.00	0.00	40	34.00	3.00	4.00	100	40.0	1.20	1.08
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			778	5.83	699	*77	19.34	0.00	48	139.09	7.70	19.68	2582	405.4	32.89	11.33
% of Calories				6.74%		*39.6%	22.4%	0.0%		71.5%		10.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Thursday - 08/29/2019

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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000389 B-FAST SAND SAUS,EGG&CHEESE	EACH	1	398	12.27	1054	3	24.86	0.00	148	28.31	1.01	16.05	356	111.0	0.00	1.45
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			897	14.10	1533	*61	29.21	0.00	157	133.40	5.71	31.73	2838	476.4	31.69	11.70
% of Calories				14.15%		*27.2%	29.3%	0.0%		59.5%		14.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Friday - 08/30/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990115 PANCAKE, WG RICH *RESIZED*	2 each	1	420	0.00	660	12	12.00	0.00	18	84.00	6.00	12.00	60	0.0	0.00	4.32
000349 SYRUP,MAPLE	TBSP	1	25	0.00	27	*N/A*	0.00	0.00	0	6.68	0.00	0.00	0	1.5	0.00	0.00
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			943	1.83	1166	*70	16.34	0.00	26	195.77	10.70	27.68	2542	366.9	31.69	14.57
% of Calories				1.75%		*29.7%	15.6%	0.0%		83.0%		11.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Tuesday - 09/03/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000131 POP-TART, BRN SUG, FRST,WG 1PK	EACH	1	205	1.61	168	*N/A*	5.04	0.05	0	37.96	0.68	2.03	500	6.1	0.00	1.82
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			703	3.44	648	*58	9.39	0.05	8	143.05	5.38	17.71	2982	371.5	31.69	12.07
% of Calories				4.40%		*33.0%	12.0%	0.1%		81.4%		10.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Wednesday - 09/04/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000533 SAUSAGE & PANCAKE STICK	EACH	1	210	3.00	390	8	12.00	0.00	20	20.00	0.00	7.00	40	20.0	0.00	1.44
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			708	4.83	869	*66	16.34	0.00	28	125.09	4.70	22.68	2522	385.4	31.69	11.69
% of Calories				6.14%		*37.3%	20.8%	0.0%		70.7%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Thursday - 09/05/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000193 MUFFIN, IND., 2OZ	EACH	1	214	1.53	192	*N/A*	8.99	0.00	17	30.61	0.57	2.57	41	26.1	0.51	0.71
000087 YOGURT, 4oz	EACH	1	90	0.00	50	*N/A*	0.50	0.00	5	17.00	0.00	4.00	0	0.0	0.00	0.00
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			802	3.35	722	*58	13.83	0.00	30	152.70	5.27	22.25	2523	391.4	32.20	10.96
% of Calories				3.76%		*28.9%	15.5%	0.0%		76.2%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Friday - 09/06/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000144 FRENCH TOAST STICKS (BRKFST)	SERVING (3 PC)	1	210	1.50	320	8	7.00	0.00	115	28.98	3.00	8.99	200	79.9	0.00	1.80
000489 MILK - Variety :WD (brkfst)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
000349 SYRUP,MAPLE	TBSP	1	25	0.00	27	*N/A*	0.00	0.00	0	6.68	0.00	0.00	0	1.5	0.00	0.00
Weighted Daily Average			733	3.33	826	*66	11.34	0.00	123	140.75	7.70	24.67	2682	446.8	31.69	12.05
% of Calories				4.09%		*36.0%	13.9%	0.0%		76.8%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Monday - 09/09/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000376 CHEESE OMELET	EACH	1	110	3.00	210	*N/A*	8.00	0.00	195	1.00	0.00	8.00	400	80.0	0.00	0.72
000529 POTATO, ROUNDS (brkfst)	SERVING(6)	1	78	1.15	152	*N/A*	4.14	*N/A*	*N/A*	9.20	0.92	0.92	0	0.0	1.66	0.33
000489 MILK - Variety :WD (brkfst)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			686	5.98	841	*58	16.48	*0.00	*203	115.29	5.62	24.60	2882	445.4	33.35	11.30
% of Calories				7.85%		*33.8%	21.6%	*0.0%		67.2%		14.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Tuesday - 09/10/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000375 BREAKFAST BAR, SAUSAGE	EACH	1	200	5.00	430	0	15.00	0.00	60	9.00	1.00	7.00	0	0.0	0.00	0.72
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			698	6.83	909	*58	19.34	0.00	68	114.09	5.70	22.68	2482	365.4	31.69	10.97
% of Calories				8.81%		*33.2%	24.9%	0.0%		65.4%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Wednesday - 09/11/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000383 CINNAMON ROLL	EACH	1	327	1.76	350	*8	9.13	0.00	7	52.28	1.20	8.12	632	73.7	0.40	1.76
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			825	3.59	829	*67	13.48	0.00	15	157.37	5.90	23.80	3114	439.1	32.10	12.00
% of Calories				3.92%		*32.5%	14.7%	0.0%		76.3%		11.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Thursday - 09/12/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000388 B-FAST SAND BACON,EGG&CHEESE	EACH	1	304	9.33	981	3	17.18	0.00	127	27.31	1.01	11.37	300	95.0	0.00	1.45
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			802	11.16	1461	*61	21.52	0.00	136	132.40	5.71	27.05	2782	460.4	31.69	11.70
% of Calories				12.52%		*30.4%	24.1%	0.0%		66.0%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Friday - 09/13/2019

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)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000617 BREAKFAST BREADSTICK, BACON	EACH	1	170	3.00	380	1	7.00	0.00	60	17.00	2.00	9.00	0	0.0	*N/A*	1.08
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			668	4.83	859	*59	11.34	0.00	68	122.09	6.70	24.68	2482	365.4	*31.69	11.33
% of Calories				6.51%		*35.3%	15.3%	0.0%		73.1%		14.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Monday - 09/16/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000033 SAUSAGE & PANCAKE BITES: TONY'S	SERVING (3)	1	200	3.00	500	5	12.00	0.50	20	17.00	2.00	6.00	25	40.0	0.00	1.08
000489 MILK - Variety :WD (brkfst)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			698	4.83	979	*63	16.34	0.50	28	122.09	6.70	21.68	2507	405.4	31.69	11.33
% of Calories				6.23%		*36.1%	21.1%	0.6%		70.0%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Tuesday - 09/17/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000477 LONG JOHN, WG	ea	1	260	7.00	340	*N/A*	15.00	*N/A*	*N/A*	27.00	3.00	5.00	0	0.0	0.00	*N/A*
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			758	8.83	819	*58	19.34	*0.00	*8	132.09	7.70	20.68	2482	365.4	31.69	*10.25
% of Calories				10.48%		*30.6%	23.0%	*0.0%		69.7%		10.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Wednesday - 09/18/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000387 WAFFLES, FRZ	SERVING (2)	1	236	1.00	378	*7	7.03	0.00	0	39.84	5.02	4.02	0	41.7	0.00	0.00
000349 SYRUP,MAPLE	TBSP	1	25	0.00	27	*N/A*	0.00	0.00	0	6.68	0.00	0.00	0	1.5	0.00	0.00
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			759	2.83	885	*65	11.38	0.00	8	151.61	9.72	19.70	2482	408.6	31.69	10.26
% of Calories				3.36%		*34.3%	13.5%	0.0%		79.9%		10.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Thursday - 09/19/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000380 BREAKFAST PIZZA	EACH	1	160	2.50	500	2	7.00	0.00	10	16.00	2.00	8.00	10	20.0	0.00	0.00
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			658	4.33	979	*60	11.34	0.00	18	121.09	6.70	23.68	2492	385.4	31.69	10.25
% of Calories				5.92%		*36.5%	15.5%	0.0%		73.6%		14.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Friday - 09/20/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000606 TORNADO, BACON AND EGG	EACH	1	180	2.00	320	1	7.00	0.00	41	22.00	1.00	6.00	0	0.0	1.80	0.00
000489 MILK - Variety :WD (brkfst)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
000335 KETCHUP	TBSP	1	15	0.00	140	*N/A*	0.00	0.00	0	4.00	0.00	0.00	100	0.0	1.20	0.00
Weighted Daily Average			693	3.83	939	*59	11.34	0.00	49	131.09	5.70	21.68	2582	365.4	34.69	10.25
% of Calories				4.97%		*34.1%	14.7%	0.0%		75.7%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Monday - 09/23/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000374 BREAKFAST BAR, HAM	EACH	1	200	5.00	350	0	16.00	0.00	60	8.00	1.00	7.00	0	0.0	0.00	0.00
000489 MILK - Variety :WD (brkfst)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			698	6.83	829	*58	20.34	0.00	68	113.09	5.70	22.68	2482	365.4	31.69	10.25
% of Calories				8.81%		*33.2%	26.2%	0.0%		64.8%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Tuesday - 09/24/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000193 MUFFIN, IND., 2OZ	EACH	1	214	1.53	192	*N/A*	8.99	0.00	17	30.61	0.57	2.57	41	26.1	0.51	0.71
000087 YOGURT, 4oz	EACH	1	90	0.00	50	*N/A*	0.50	0.00	5	17.00	0.00	4.00	0	0.0	0.00	0.00
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			802	3.35	722	*58	13.83	0.00	30	152.70	5.27	22.25	2523	391.4	32.20	10.96
% of Calories				3.76%		*28.9%	15.5%	0.0%		76.2%		11.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Wednesday - 09/25/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000452 B-FAST SAND HAM,EGG & CHEESE	EACH	1	307	8.77	1202	4	15.86	0.00	138	28.31	1.01	15.05	305	95.0	0.00	1.45
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			806	10.60	1681	*62	20.21	0.00	146	133.40	5.71	30.73	2787	460.4	31.69	11.70
% of Calories				11.84%		*30.8%	22.6%	0.0%		66.2%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Thursday - 09/26/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000398 COFFEECAKE,CINN W/CRUMB TOPPIN	EACH	1	196	2.30	153	*16	5.46	0.00	8	33.69	1.12	3.76	76	33.4	0.00	0.82
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			695	4.13	633	*74	9.80	0.00	16	138.78	5.82	19.43	2558	398.8	31.69	11.06
% of Calories				5.35%		*42.6%	12.7%	0.0%		79.9%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Friday - 09/27/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000533 SAUSAGE & PANCAKE STICK	EACH	1	210	3.00	390	8	12.00	0.00	20	20.00	0.00	7.00	40	20.0	0.00	1.44
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			708	4.83	869	*66	16.34	0.00	28	125.09	4.70	22.68	2522	385.4	31.69	11.69
% of Calories				6.14%		*37.3%	20.8%	0.0%		70.7%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Base Menu Spreadsheet

Weighted Values

Aug 23, 2019 thru Sep 30, 2019

Monday - 09/30/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000604 BAGEL, CREAM CHEESE FILLED	EACH	1	240	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	0	0.0	0.00	0.00
000489 MILK - Variety :WD (brkfast)	HALF PT	1	118	0.45	158	18	0.75	0.00	3	20.32	0.64	8.00	500	300.0	0.43	0.23
000406 JUICE, CUP, IND, FRZ	EA (4oz)	1	62	0.00	15	14	0.00	0.00	0	14.75	0.25	0.50	27	0.0	12.45	0.00
001072 CEREAL,BOWL, VARIETY	BOWL	1	108	0.13	149	*N/A*	0.58	0.00	0	24.11	0.11	1.91	1886	1.4	17.94	8.62
000442 TOAST, BUTTERED w/ cereal	SLICE	1	97	1.21	147	*2	2.92	0.00	5	16.00	2.00	4.02	69	40.6	0.00	0.72
000518 RAISINS, IND BOX (SKIP)	1.33 OZ BOX	1	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68
Weighted Daily Average			738	4.33	659	*71	10.34	0.00	18	146.09	6.70	21.68	2482	365.4	31.69	10.25
% of Calories				5.28%		*38.5%	12.6%	0.0%		79.2%		11.8%				
Weekly Nutrient Guideline			450 - 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.