

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Wednesday - 12/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	1	487	12.52	977	2	33.63	0.00	40	32.30	1.52	12.52	10	80.0	0.00	1.44
001086 Cinnaminis	Each	1	240	1.50	270	14	6.99	0.00	0	39.95	3.00	4.00	0	30.0	0.00	1.44
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
990226 Jelly Portion Cup	Portion Cup	1	35	0.00	0	5	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1350	15.52	1647	130	43.18	0.00	60	194.94	6.81	40.90	1819	1274.1	79.05	2.94
% of Calories				10.35%		38.5%	28.8%	0.0%		57.8%		12.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Thursday - 12/02/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990171 Breakfast Bagel Pizza-Cheese	each	1	220	3.00	430	3	6.00	0.00	15	30.00	4.00	14.00	6	20.0	15.00	8.00
001252 Craisins	each	1	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			860	4.50	830	124	8.50	0.00	35	157.00	7.00	38.00	1746	1170.0	76.20	8.00
% of Calories				4.71%		57.7%	8.9%	0.0%		73.0%		17.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Friday - 12/03/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008092 Long John	each	1	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
990102 Cereal Bar, Cinnamon Toast Crunch	Each	1	150	0.00	115	9	4.00	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80
990101 Cereal Bar, Golden Grahams	Each	1	150	0.00	110	9	3.00	0.00	0	30.00	3.00	2.00	100	200.0	0.00	1.44
000594 Apples, sliced, fresh	2 oz	1	18	0.00	0	5	0.06	0.00	0	4.82	0.84	0.09	25	2.5	1.52	0.05

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			1169	9.82	995	132	27.44	*0.00	20	199.77	10.08	33.32	2018	1577.0	62.72	4.82
% of Calories				7.56%		45.2%	21.1%	*0.0%		68.4%		11.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Monday - 12/06/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000948 Confetti Pancake Minis	Pouch	1	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00	1000	40.0	0.00	3.60
000237 Choc Chocolate Chip Muffin	each	1	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
000005 Applesauce, Cup	each	1	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			985	3.50	835	133	16.50	0.00	31	177.44	5.89	30.00	2776	1190.0	61.20	4.32
% of Calories				3.20%		54.0%	15.1%	0.0%		72.1%		12.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Tuesday - 12/07/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001284 Chicken Breakfast Biscuit	each	1	300	5.00	650	2	14.00	0.00	20	31.00	1.00	12.00	10	80.0	42.00	2.16
990217 Gogurt/Teddy Grahams	each	1	134	0.00	30	10	3.49	0.00	5	23.90	1.00	2.98	8	107.9	0.00	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	1	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	1	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
990226 Jelly Portion Cup	Portion Cup	1	35	0.00	0	5	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1081	6.51	1109	*127	20.08	0.00	45	183.50	3.32	39.44	2247	1344.5	110.37	2.57
% of Calories				5.42%		*47.0%	16.7%	0.0%		67.9%		14.6%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Wednesday - 12/08/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	1	487	12.52	977	2	33.63	0.00	40	32.30	1.52	12.52	10	80.0	0.00	1.44
001086 Cinnaminis	Each	1	240	1.50	270	14	6.99	0.00	0	39.95	3.00	4.00	0	30.0	0.00	1.44
000085 Orange Smiles	1/2 EACH	1	40	0.00	0	7	0.00	0.00	0	9.50	1.50	0.50	50	30.0	39.00	0.00
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990226 Jelly Portion Cup	Portion Cup	1	35	0.00	0	5	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1332	15.52	1647	125	43.12	0.00	60	189.76	6.02	41.01	1800	1290.0	100.20	2.88
% of Calories				10.49%		37.5%	29.1%	0.0%		57.0%		12.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Thursday - 12/09/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000958 French Toast Minis	Each	1	210	1.50	270	11	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70
000726 Poptart, Cinnamon Br Sugar	2/ct	1	370	2.00	380	31	5.00	0.00	0	75.00	6.00	5.00	1000	200.0	0.00	3.60
000557 Poptart, S'mores	Pkg 2 ct	1	400	1.00	400	*N/A*	12.00	0.00	0	75.00	1.00	4.00	500	0.0	0.00	1.80
000558 Poptart, Strawberry	Double	1	360	2.00	360	30	4.50	0.00	0	75.00	6.00	4.00	1000	200.0	0.00	3.60
000959 Raisels	Each	1	177	0.00	6	34	0.00	0.00	0	40.95	2.21	1.11	0	22.1	0.00	0.40
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			2047	8.00	1816	*203	30.00	0.00	20	400.95	19.21	43.11	4740	1672.1	61.20	12.10
% of Calories				3.52%		*39.7%	13.2%	0.0%		78.3%		8.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Friday - 12/10/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008092 Long John	each	1	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
990102 Cereal Bar, Cinnamon Toast Crunch	Each	1	150	0.00	115	9	4.00	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80
990101 Cereal Bar, Golden Grahams	Each	1	150	0.00	110	9	3.00	0.00	0	30.00	3.00	2.00	100	200.0	0.00	1.44
000688 Peach Cup	Serving	1	118	0.00	8	16	0.16	0.00	0	29.98	2.20	0.79	355	4.0	117.80	0.46
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			1269	9.82	1002	143	27.54	*0.00	20	224.93	11.45	34.02	2347	1578.4	179.00	5.24
% of Calories				6.96%		45.1%	19.5%	*0.0%		70.9%		10.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Monday - 12/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990155 Strawberry Mini Bagel	Each	1	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	2	2.0	0.00	8.00
000726 Poptart, Cinnamon Br Sugar	2/ct	1	370	2.00	380	31	5.00	0.00	0	75.00	6.00	5.00	1000	200.0	0.00	3.60
000557 Poptart, S'mores	Pkg 2 ct	1	400	1.00	400	*N/A*	12.00	0.00	0	75.00	1.00	4.00	500	0.0	0.00	1.80
000558 Poptart, Strawberry	Double	1	360	2.00	360	30	4.50	0.00	0	75.00	6.00	4.00	1000	200.0	0.00	3.60
000005 Applesauce, Cup	each	1	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00



# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			1935	8.50	1730	*181	30.00	0.00	30	378.44	15.89	43.00	4278	1552.0	61.20	17.00
% of Calories				3.95%		*37.4%	14.0%	0.0%		78.2%		8.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Tuesday - 12/14/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990121 Chicken Waffle Slider	each	1	289	3.98	499	7	13.96	0.00	20	30.88	1.00	9.99	0	0.0	42.00	2.15
990104 Cinnamon Toast Crunch Filled Bar	Each	1	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	100	20.0	0.00	1.44
001252 Craisins	each	1	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
990226 Jelly Portion Cup	Portion Cup	1	35	0.00	0	5	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000349 Syrup	Portion cup	1	120	0.00	40	16	0.00	0.00	0	31.00	0.00	0.00	80	0.0	0.00	0.00
Weighted Daily Average			1334	8.48	1219	163	24.46	0.00	45	237.88	6.00	39.99	1920	1170.0	103.20	3.59
% of Calories				5.72%		48.9%	16.5%	0.0%		71.3%		12.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Wednesday - 12/15/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000799 Sausage Biscuit	each	1	487	12.52	977	2	33.63	0.00	40	32.30	1.52	12.52	10	80.0	0.00	1.44
000237 Choc Chocolate Chip Muffin	each	1	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
000688 Peach Cup	Serving	1	118	0.00	8	16	0.16	0.00	0	29.98	2.20	0.79	355	4.0	117.80	0.46
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990226 Jelly Portion Cup	Portion Cup	1	35	0.00	0	5	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1360	15.02	1520	135	43.29	0.00	61	200.28	4.72	39.31	2105	1234.0	179.00	2.62
% of Calories				9.94%		39.7%	28.6%	0.0%		58.9%		11.6%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Thursday - 12/16/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990171 Breakfast Bagel Pizza-Cheese	each	1	220	3.00	430	3	6.00	0.00	15	30.00	4.00	14.00	6	20.0	15.00	8.00
001086 Cinnaminis	Each	1	240	1.50	270	14	6.99	0.00	0	39.95	3.00	4.00	0	30.0	0.00	1.44
000754 Fruit Cup-Canned/Frozen	1/2 cup	1	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			1062	6.01	1104	*125	15.57	0.00	35	187.55	8.31	42.46	2225	1206.5	83.37	9.85
% of Calories				5.09%		*47.1%	13.2%	0.0%		70.6%		16.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Friday - 12/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
008092 Long John	each	1	321	8.32	369	12	17.88	*0.00	0	35.95	3.25	5.23	152	24.4	0.00	1.54
990102 Cereal Bar, Cinnamon Toast Crunch	Each	1	150	0.00	115	9	4.00	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80
990101 Cereal Bar, Golden Grahams	Each	1	150	0.00	110	9	3.00	0.00	0	30.00	3.00	2.00	100	200.0	0.00	1.44
000594 Apples, sliced, fresh	2 oz	1	18	0.00	0	5	0.06	0.00	0	4.82	0.84	0.09	25	2.5	1.52	0.05
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			1169	9.82	995	132	27.44	*0.00	20	199.77	10.08	33.32	2018	1577.0	62.72	4.82
% of Calories				7.56%		45.2%	21.1%	*0.0%		68.4%		11.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Monday - 12/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000948 Confetti Pancake Minis	Pouch	1	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00	1000	40.0	0.00	3.60
000237 Choc Chocolate Chip Muffin	each	1	190	1.00	135	15	7.00	0.00	1	30.00	1.00	2.00	0	0.0	0.00	0.72
000005 Applesauce, Cup	each	1	45	0.00	0	10	0.00	0.00	0	12.44	0.89	0.00	36	0.0	0.00	0.00
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			985	3.50	835	133	16.50	0.00	31	177.44	5.89	30.00	2776	1190.0	61.20	4.32
% of Calories				3.20%		54.0%	15.1%	0.0%		72.1%		12.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Tuesday - 12/21/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001284 Chicken Breakfast Biscuit	each	1	300	5.00	650	2	14.00	0.00	20	31.00	1.00	12.00	10	80.0	42.00	2.16
990217 Gogurt/Teddy Grahams	each	1	134	0.00	30	10	3.49	0.00	5	23.90	1.00	2.98	8	107.9	0.00	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	1	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000570 Juice, Apple, 4 oz	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
001129 Juice, Apple/Cherry	4 oz serving	1	60	0.00	10	14	0.00	0.00	0	16.00	0.00	0.00	70	0.0	4.80	0.00
000559 Juice, Orange, 4 oz	carton	1	60	0.00	0	14	0.00	0.00	0	15.00	0.00	0.00	100	250.0	48.00	0.00
000544 Milk, 1% White	half pint	1	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000693 Milk, Choc Skim	half pint	1	130	0.00	140	22	0.00	0.00	5	19.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990226 Jelly Portion Cup	Portion Cup	1	35	0.00	0	5	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1071	6.51	1084	*125	20.08	0.00	45	181.50	3.32	39.44	2237	1344.5	110.37	2.57
% of Calories				5.47%		*46.7%	16.9%	0.0%		67.8%		14.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	1267	9	1225	*141	26.25	*0.00	37	219.41	8.27	37.82	2470	1358	92.73	5.84
% of Calories		6.21%		*44.5%	18.6%	*0.0%		69.3%		11.9%				

- \*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.**