

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

Menu Name: High School Breakfast

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 12/01/2021

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)
008107 Breakfast Burrito	each	1	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
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
001240 Bacon/Egg/Cheese Bagel	each	1	269	3.26	590	6	9.55	0.00	123	32.11	4.00	17.04	352	95.9	0.00	1.90
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
001242 Salsa Packet	packet	1	5	0.00	115	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1477	20.10	2079	*128	45.47	*0.00	351	204.24	11.54	61.13	2817	1467.8	79.05	4.91
% of Calories				12.25%		*34.7%	27.7%	*0.0%		55.3%		16.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

Thursday - 12/02/2021

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 (mg)	Vit-C (mg)	Iron (mg)
000679 Biscuit, Sausage/Gravy	each	1	489	13.98	1070	4	33.96	0.00	40	33.89	1.00	12.00	20	81.8	0.00	1.45
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
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
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
Weighted Daily Average			2427	23.48	3040	*177	64.01	0.00	75	402.57	20.29	63.38	4335	1665.9	94.05	18.51
% of Calories				8.71%		*29.2%	23.7%	0.0%		66.3%		10.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/03/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
008107 Breakfast Burrito	each	1	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
000334 Cinnamon Rolls, Rich's	2 oz roll	1	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
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
990197 Hashbrown Patty	2.25 oz	1	115	0.75	315	0	5.00	0.00	0	15.50	1.50	1.50	0	10.0	1.80	0.36
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
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
001242 Salsa Packet	packet	1	5	0.00	115	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1519	14.77	2300	*129	39.54	*0.00	253	225.11	7.79	57.36	2633	1437.5	122.85	5.43
% of Calories				8.75%		*34.0%	23.4%	*0.0%		59.3%		15.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 12/06/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000983 French Toast /Sausage*	2 oz patty	1	577	9.33	800	23	27.33	0.00	207	64.32	2.67	18.66	347	53.3	0.00	2.28
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
001241 Sausage/Egg/Cheese Bagel	each	1	460	10.27	937	6	28.52	0.00	163	32.01	4.00	22.54	352	95.9	0.00	2.16
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
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			2066	29.42	2547	166	76.29	*0.00	389	276.97	12.21	70.82	2740	1337.9	79.05	6.04
% of Calories				12.82%		32.1%	33.2%	*0.0%		53.6%		13.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 12/07/2021

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)
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
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
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
990197 Hashbrown Patty	2.25 oz	1	115	0.75	315	0	5.00	0.00	0	15.50	1.50	1.50	0	10.0	1.80	0.36
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			2605	22.77	3113	*191	70.69	0.00	65	435.49	20.31	57.40	4419	1674.2	80.85	12.30
% of Calories				7.87%		*29.3%	24.4%	0.0%		66.9%		8.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 12/08/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
008107 Breakfast Burrito	each	1	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
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
001240 Bacon/Egg/Cheese Bagel	each	1	269	3.26	590	6	9.55	0.00	123	32.11	4.00	17.04	352	95.9	0.00	1.90
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
001242 Salsa Packet	packet	1	5	0.00	115	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1477	20.10	2079	*128	45.47	*0.00	351	204.24	11.54	61.13	2817	1467.8	79.05	4.91
% of Calories				12.25%		*34.7%	27.7%	*0.0%		55.3%		16.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 12/09/2021

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)
000679 Biscuit, Sausage/Gravy	each	1	489	13.98	1070	4	33.96	0.00	40	33.89	1.00	12.00	20	81.8	0.00	1.45

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
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
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
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
Weighted Daily Average			2427	23.48	3040	*177	64.01	0.00	75	402.57	20.29	63.38	4335	1665.9	94.05	18.51
% of Calories				8.71%		*29.2%	23.7%	0.0%		66.3%		10.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/10/2021

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)
008107 Breakfast Burrito	each	1	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40

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Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000334 Cinnamon Rolls, Rich's	2 oz roll	1	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
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
990197 Hashbrown Patty	2.25 oz	1	115	0.75	315	0	5.00	0.00	0	15.50	1.50	1.50	0	10.0	1.80	0.36
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
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
001242 Salsa Packet	packet	1	5	0.00	115	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1519	14.77	2300	*129	39.54	*0.00	253	225.11	7.79	57.36	2633	1437.5	122.85	5.43
% of Calories				8.75%		*34.0%	23.4%	*0.0%		59.3%		15.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 12/13/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000983 French Toast /Sausage*	2 oz patty	1	577	9.33	800	23	27.33	0.00	207	64.32	2.67	18.66	347	53.3	0.00	2.28
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
001241 Sausage/Egg/Cheese Bagel	each	1	460	10.27	937	6	28.52	0.00	163	32.01	4.00	22.54	352	95.9	0.00	2.16
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
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			2066	29.42	2547	166	76.29	*0.00	389	276.97	12.21	70.82	2740	1337.9	79.05	6.04
% of Calories				12.82%		32.1%	33.2%	*0.0%		53.6%		13.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 12/14/2021

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)
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
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
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
990197 Hashbrown Patty	2.25 oz	1	115	0.75	315	0	5.00	0.00	0	15.50	1.50	1.50	0	10.0	1.80	0.36
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
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
Weighted Daily Average			2615	22.77	3138	*193	70.69	0.00	65	437.49	20.31	57.40	4429	1674.2	80.85	12.30
% of Calories				7.84%		*29.5%	24.3%	0.0%		66.9%		8.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 12/15/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
008107 Breakfast Burrito	each	1	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40
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
001240 Bacon/Egg/Cheese Bagel	each	1	269	3.26	590	6	9.55	0.00	123	32.11	4.00	17.04	352	95.9	0.00	1.90
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
001242 Salsa Packet	packet	1	5	0.00	115	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1477	20.10	2079	*128	45.47	*0.00	351	204.24	11.54	61.13	2817	1467.8	79.05	4.91
% of Calories				12.25%		*34.7%	27.7%	*0.0%		55.3%		16.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 12/16/2021

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)
000679 Biscuit, Sausage/Gravy	each	1	489	13.98	1070	4	33.96	0.00	40	33.89	1.00	12.00	20	81.8	0.00	1.45

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
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
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
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
Weighted Daily Average			2427	23.48	3040	*177	64.01	0.00	75	402.57	20.29	63.38	4335	1665.9	94.05	18.51
% of Calories				8.71%		*29.2%	23.7%	0.0%		66.3%		10.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 12/17/2021

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)
008107 Breakfast Burrito	each	1	295	7.02	604	*0	15.48	0.00	208	21.50	2.00	14.47	504	183.2	0.00	1.40

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
000334 Cinnamon Rolls, Rich's	2 oz roll	1	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
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
990197 Hashbrown Patty	2.25 oz	1	115	0.75	315	0	5.00	0.00	0	15.50	1.50	1.50	0	10.0	1.80	0.36
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
001242 Salsa Packet	packet	1	5	0.00	115	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1509	14.77	2275	*127	39.54	*0.00	253	223.11	7.79	57.36	2623	1437.5	122.85	5.43
% of Calories				8.81%		*33.7%	23.6%	*0.0%		59.1%		15.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 12/20/2021

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)
000983 French Toast /Sausage*	2 oz patty	1	577	9.33	800	23	27.33	0.00	207	64.32	2.67	18.66	347	53.3	0.00	2.28

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)
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
001241 Sausage/Egg/Cheese Bagel	each	1	460	10.27	937	6	28.52	0.00	163	32.01	4.00	22.54	352	95.9	0.00	2.16
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
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			2066	29.42	2547	166	76.29	*0.00	389	276.97	12.21	70.82	2740	1337.9	79.05	6.04
% of Calories				12.82%		32.1%	33.2%	*0.0%		53.6%		13.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 12/21/2021

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)
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

	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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990197 Hashbrown Patty	2.25 oz	1	115	0.75	315	0	5.00	0.00	0	15.50	1.50	1.50	0	10.0	1.80	0.36
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
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			2615	22.77	3138	*193	70.69	0.00	65	437.49	20.31	57.40	4429	1674.2	80.85	12.30
% of Calories				7.84%		*29.5%	24.3%	0.0%		66.9%		8.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

			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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			2019	22	2617	*158	59.20	*0.00	227	309.01	14.43	62.02	3389	1517	91.17	9.44

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

% of Calories				9.86%		*31.3%	26.4%	*0.0%		61.2%		12.3%				
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

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.