

# Base Menu Spreadsheet

Luncheras Di Si

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

**Menu Name:** LAYC ACADEMY - Breakfast 9-12

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 07/03/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Tuesday - 07/04/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Wednesday - 07/05/2023

#### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992021 WG Bagel (IW) & Cream Cheese & Jelly	1 serving	100	250	2.50	395	10	*N/A*	4.50	0.00	15	45.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>427</b>	<b>3.29</b>	<b>526</b>	<b>*38</b>	<b>*0</b>	<b>6.00</b>	<b>0.00</b>	<b>25</b>	<b>78.58</b>
<b>% of Calories</b>				<b>6.93%</b>		<b>*35.6%</b>	<b>*0%</b>	<b>12.6%</b>	<b>0.0%</b>		<b>73.6%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>			<b>&lt;=0</b>			

**Thursday - 07/06/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991381 Whole Grain Pancakes (KRUSTEAZ)	2 pancakes	100	153	0.33	400	5	*N/A*	2.33	0.00	7	31.33
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
990660 Orange Juice	2 HC	100	100	0.00	30	20	*N/A*	0.00	0.00	0	24.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			473	1.08	600	*55	*0	3.58	0.00	17	99.33
% of Calories				2.05%		*46.5%	*0%	6.8%	0.0%		84.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Friday - 07/07/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992004 Strawberry Breakfast Muffin (v/VG)	56 grams	100	232	0.67	1	18	*N/A*	9.75	*0.00	0	32.97
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			542	1.69	133	*60	*0	11.78	*0.00	10	99.87
% of Calories				2.81%		*44.3%	*0%	19.6%	*0.0%		73.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Monday - 07/10/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

Lunches Di Si

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991670 Frosted Mini Wheats Cereal 2 (28)	2 (28 gr)	100	200	0.00	0	12	*N/A*	1.00	0.00	0	48.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>510</b>	<b>1.01</b>	<b>132</b>	<b>*54</b>	<b>*0</b>	<b>3.03</b>	<b>0.00</b>	<b>10</b>	<b>114.90</b>
% of Calories				1.78%		*42.4%	*0%	5.3%	0.0%		90.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

**Tuesday - 07/11/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992212 Sweet Potato Waffles	serving	100	263	0.31	38	*14	*N/A*	4.91	0.00	0	48.45
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

# Base Menu Spreadsheet

Lunches Di Si

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			603	1.06	208	*68	*0	6.16	0.00	10	118.45
% of Calories				1.58%		*45.1%	*0%	9.2%	0.0%		78.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Wednesday - 07/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991204 Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	21	*N/A*	3.50	0.00	5	41.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	1	1	0.00	0	0	*N/A*	0.00	0.00	0	0.21
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			321	1.25	255	*34	*0	4.75	0.00	15	54.21
% of Calories				3.50%		*42.4%	*0%	13.3%	0.0%		67.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Thursday - 07/13/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	140	1.50	360	6	*N/A*	5.00	0.00	10	16.00
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	*N/A*	0.09	0.00	0	0.37
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>393</b>	<b>2.36</b>	<b>584</b>	<b>*47</b>	<b>*0</b>	<b>7.16</b>	<b>0.00</b>	<b>20</b>	<b>68.59</b>
<b>% of Calories</b>				<b>5.40%</b>		<b>*47.8%</b>	<b>*0%</b>	<b>16.4%</b>	<b>0.0%</b>		<b>69.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>			<b>&lt;=0</b>			

### Friday - 07/14/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991382 Chocolate Chip Oatmeal Muffin	serving	100	274	3.82	211	*22	*N/A*	34.91	*0.00	21	47.57
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			520	6.62	545	*51	*0	39.40	*0.00	41	84.12
% of Calories				11.46 %		*39.2%	*0%	68.2%	*0.0%		64.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Monday - 07/17/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991061 French Toast Sticks k-12	4 stick (92 gr)	100	260	2.00	300	9	*N/A*	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			454	2.78	511	*36	*0	11.46	0.00	10	77.54
% of Calories				5.51%		*31.7%	*0%	22.7%	0.0%		68.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Tuesday - 07/18/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	100	314	4.54	563	*2	*N/A*	13.90	0.00	193	25.82
992259 V- Egg & Cheese Burrito	1 burrito	1	4	0.06	4	*0	*N/A*	0.17	0.00	2	0.26
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
991949 APPLES PreK - Half Cup (100-134 ct)	1/2 cup	1	0	0.00	0	0	*N/A*	0.00	0.00	0	0.10
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			495	5.39	698	*31	*0	15.58	0.00	205	59.76
% of Calories				9.80%		*25.1%	*0%	28.3%	0.0%		48.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Wednesday - 07/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991210 WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	*N/A*	7.00	0.00	15	32.00
990660 Orange Juice	2 HC	100	100	0.00	30	20	*N/A*	0.00	0.00	0	24.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50



# Base Menu Spreadsheet

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			400	2.25	300	*49	*0	8.25	0.00	25	69.00
% of Calories				5.06%		*49.0%	*0%	18.6%	0.0%		69.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Thursday - 07/20/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990645 Eggo Bites Waffles Maple	2.64 oz	100	190	1.50	220	11	*N/A*	5.00	0.00	36	36.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			510	2.51	432	*53	*0	7.03	0.00	46	106.90
% of Calories				4.43%		*41.6%	*0%	12.4%	0.0%		83.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Friday - 07/21/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992316 Yogurt Crispy Cup Cereal (pineapple/peaches)	1 serving	100	360	0.33	228	59	*N/A*	0.67	0.00	3	85.25
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			460	1.08	358	*72	*0	1.92	0.00	13	98.25
<b>% of Calories</b>				2.11%		*62.6%	*0%	3.8%	0.0%		85.4%
<b>Weekly Nutrient Guideline</b>			450 - 600	<10	640			<=0			

## Monday - 07/24/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991425 WG Cinnamon Roll Freezer to Oven	3 oz	100	270	4.50	420	9	*N/A*	11.00	0.00	0	37.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			454	5.28	551	*36	*0	12.46	0.00	10	72.54
<b>% of Calories</b>				10.47 %		*31.7%	*0%	24.7%	0.0%		63.9%
<b>Weekly Nutrient Guideline</b>			450 - 600	<10	640			<=0			

# Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

**Tuesday - 07/25/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990505 WW Chai Cheesecake Muffin - CR	2 oz	100	299	2.94	213	*30	*N/A*	11.75	*0.00	35	45.44
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>610</b>	<b>3.95</b>	<b>346</b>	<b>*71</b>	<b>*0</b>	<b>13.78</b>	<b>*0.00</b>	<b>45</b>	<b>112.34</b>
% of Calories				5.83%		*46.6%	*0%	20.3%	*0.0%		73.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

**Wednesday - 07/26/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991560 WG English Muffin w/ Chicken Patty	serving	100	203	2.02	444	1	*N/A*	7.48	0.00	40	24.37
991173 WG English Muffin w/ Meatless Patty (V/VG)	serving	1	2	0.00	4	0	*N/A*	0.02	0.00	0	0.33
990660 Orange Juice	2 HC	100	100	0.00	30	20	*N/A*	0.00	0.00	0	24.00
992024 Orange Juice - PreK	1 HC	1	0	0.00	0	0	*N/A*	0.00	0.00	0	0.12
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			405	2.78	608	*34	*0	8.75	0.00	50	61.82
% of Calories				6.18%		*33.6%	*0%	19.4%	0.0%		61.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Thursday - 07/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991058 WW Breakfast Roll & Cheesy Scramble eggs	serving	100	253	3.40	362	*3	*N/A*	10.31	0.00	241	20.94
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			430	4.20	493	*31	*0	11.81	0.00	251	54.52
% of Calories				8.79%		*28.8%	*0%	24.7%	0.0%		50.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Friday - 07/28/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992280 Chocolate Chip Banana Bread - (V)	50 grams	100	206	0.79	145	*16	*N/A*	1.84	*0.00	0	43.25
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			446	1.64	281	*57	*0	3.91	*0.00	10	91.47
% of Calories				3.31%		*51.1%	*0%	7.9%	*0.0%		82.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Monday - 07/31/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991062 CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH KM	2 (28 gr)	100	240	2.00	320	16	*N/A*	6.00	0.00	0	44.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			424	2.78	451	*43	*0	7.46	0.00	10	79.54
% of Calories				5.90%		*40.6%	*0%	15.8%	0.0%		75.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Tuesday - 08/01/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991522 One-Pan Breakfast Potatoes	serving	100	302	3.18	527	*4	*N/A*	13.27	*0.00	196	37.69
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			612	4.19	660	*46	*0	15.30	*0.00	206	104.59
% of Calories				6.16%		*30.1%	*0%	22.5%	*0.0%		68.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Wednesday - 08/02/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991210 WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	*N/A*	7.00	0.00	15	32.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>440</b>	<b>2.35</b>	<b>275</b>	<b>*57</b>	<b>*0</b>	<b>9.07</b>	<b>0.00</b>	<b>25</b>	<b>80.22</b>
<b>% of Calories</b>				<b>4.81%</b>		<b>*51.8%</b>	<b>*0%</b>	<b>18.6%</b>	<b>0.0%</b>		<b>72.9%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>			<b>&lt;=0</b>			

**Thursday - 08/03/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	100	199	2.68	359	*0	*N/A*	8.98	*0.00	98	16.06
991174 VEGGIE Taco Breakfast (V/VG)	1	1	3	0.04	5	*0	*N/A*	0.17	*0.00	0	0.25
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			380	3.51	496	*28	*0	10.65	*0.00	108	49.88
% of Calories				8.31%		*29.5%	*0%	25.2%	*0.0%		52.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Friday - 08/04/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992021 WG Bagel (IW) & Cream Cheese & Jelly	serving	100	250	2.50	395	10	*N/A*	4.50	0.00	15	45.00
990660 Orange Juice	2 HC	100	100	0.00	30	20	*N/A*	0.00	0.00	0	24.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			450	3.25	555	*43	*0	5.75	0.00	25	82.00
% of Calories				6.50%		*38.2%	*0%	11.5%	0.0%		72.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages	468	3	435	*48	*0	9.78	*0.00	52	83.41
% of Calories		5.54%		*41.0%	*0%	18.8%	*0.0%		71.3%



*\*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.*