

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

Menu Name: LAYC ACADEMY - Breakfast 9-12

Include Cost: No

Site:

Report Style: Detailed

Monday - 06/05/2023

Reimbursable Meal Total 100

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 992004 Strawberry Breakfast Muffin (v/VG) | 56 grams | 100 | 232 | 0.67 | 1 | 18 | 9.75 | *0.00 | 0 | 32.97 |
| 991141 TANGERINES,FRESH - 1 cup (120 ct) | 3 medium | 100 | 140 | 0.10 | 5 | 28 | 0.82 | 0.00 | 0 | 35.22 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 472 | 1.52 | 136 | *59 | 11.82 | *0.00 | 10 | 81.18 |
| % of Calories | | | | 2.90% | | *50.0% | 22.5% | *0.0% | | 68.8% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Tuesday - 06/06/2023

Reimbursable Meal Total 100

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991373 Chicken Sausage Pancake | 1 serving | 100 | 253 | 1.83 | 650 | 5 | 8.33 | 0.00 | 47 | 32.33 |
| 991777 VEGGIE Patty WG Pancakes | 1 serving | 1 | 3 | 0.00 | 8 | 0 | 0.09 | 0.00 | 0 | 0.37 |
| 991123 Syrup Maple SS Sugar Free (smuckers) | 32 gr | 100 | 10 | 0.00 | 80 | 0 | 0.00 | 0.00 | 0 | 4.00 |

Base Menu Spreadsheet

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Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-------------|-------------------------|-------------|--------------|
| 000307 APPLES,Fresh - Cup (100 - 125 ct) | 1 cup | 100 | 77 | 0.04 | 1 | 15 | 0.25 | 0.00 | 0 | 20.58 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 444 | 2.63 | 870 | *34 | 9.93 | 0.00 | 57 | 70.28 |
| % of Calories | | | | 5.33% | | *30.6% | 20.1% | 0.0% | | 63.3% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Wednesday - 06/07/2023

Reimbursable Meal Total 100

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-------------|-------------------------|-------------|--------------|
| 992021 WG Bagel (IW) & Cream Cheese & Jelly | serving | 100 | 250 | 2.50 | 395 | 10 | 4.50 | 0.00 | 15 | 45.00 |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup | 100 | 84 | 0.03 | 1 | 14 | 0.21 | 0.00 | 0 | 22.54 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 434 | 3.28 | 526 | *37 | 5.96 | 0.00 | 25 | 80.54 |
| % of Calories | | | | 6.80% | | *34.1% | 12.4% | 0.0% | | 74.2% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

Thursday - 06/08/2023

Reimbursable Meal Total 100

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991670 Frosted Mini Wheats Cereal 2 (28) | 2 (28 gr) | 100 | 200 | 0.00 | 0 | 12 | 1.00 | 0.00 | 0 | 48.00 |
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 100 | 210 | 0.26 | 2 | 29 | 0.78 | 0.00 | 0 | 53.90 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 510 | 1.01 | 132 | *54 | 3.03 | 0.00 | 10 | 114.90 |
| % of Calories | | | | 1.78% | | *42.4% | 5.3% | 0.0% | | 90.1% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Friday - 06/09/2023

Reimbursable Meal Total 100

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 992212 Sweet Potato Waffles | serving | 100 | 263 | 0.31 | 38 | *14 | 4.91 | 0.00 | 0 | 48.45 |
| 991123 Syrup Maple SS Sugar Free (smuckers) | 32 gr | 100 | 10 | 0.00 | 80 | 0 | 0.00 | 0.00 | 0 | 4.00 |
| 991059 Cranberry Apple Juice | 2 HC | 100 | 120 | 0.00 | 0 | 24 | 0.00 | 0.00 | 0 | 26.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 493 | 1.06 | 248 | *51 | 6.16 | 0.00 | 10 | 91.45 |
| % of Calories | | | | 1.94% | | *41.4% | 11.2% | 0.0% | | 74.2% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Monday - 06/12/2023

Reimbursable Meal Total 100

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

Tuesday - 06/13/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|---------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991204 Yogurt Yoplait & Granola | 4oz Yg/1oz Gran | 100 | 220 | 0.50 | 125 | 21 | 3.50 | 0.00 | 5 | 41.00 |
| 990708 Fruit Punch, Juice | (2 HC) | 100 | 120 | 0.00 | 10 | 24 | 0.00 | 0.00 | 0 | 28.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 440 | 1.25 | 265 | *58 | 4.75 | 0.00 | 15 | 82.00 |
| % of Calories | | | | 2.56% | | *52.7% | 9.7% | 0.0% | | 74.5% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Wednesday - 06/14/2023

Reimbursable Meal Total 100

| | 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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991382 Chocolate Chip Oatmeal Muffin | serving | 100 | 274 | 3.82 | 211 | *22 | 34.91 | *0.00 | 21 | 47.57 |
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 100 | 210 | 0.26 | 2 | 29 | 0.78 | 0.00 | 0 | 53.90 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 585 | 4.83 | 343 | *64 | 36.94 | *0.00 | 31 | 114.47 |
| % of Calories | | | | 7.43% | | *43.8% | 56.8% | *0.0% | | 78.3% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Thursday - 06/15/2023

Reimbursable Meal Total 100

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991557 Egg, Turkey Breast & Cheese Burrito | 1 burrito | 100 | 314 | 4.54 | 563 | *2 | 13.90 | 0.00 | 193 | 25.82 |
| 992259 V- Egg & Cheese Burrito | 1 burrito | 1 | 4 | 0.06 | 4 | *0 | 0.17 | 0.00 | 2 | 0.26 |
| 000307 APPLES,Fresh - Cup (100 - 125 ct) | 1 cup | 100 | 77 | 0.04 | 1 | 15 | 0.25 | 0.00 | 0 | 20.58 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 495 | 5.39 | 698 | *31 | 15.57 | 0.00 | 205 | 59.66 |
| % of Calories | | | | 9.80% | | *25.1% | 28.3% | 0.0% | | 48.2% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Friday - 06/16/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

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

Monday - 06/19/2023

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) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|---------------|-------------------------|-------------|-------------|
| 000145 NO SCHOOL TODAY | | | | | | | | | | |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | | 0% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Tuesday - 06/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 990645 Eggo Bites Waffles Maple | 2.64 oz | 100 | 190 | 1.50 | 220 | 11 | 5.00 | 0.00 | 36 | 36.00 |
| 991123 Syrup Maple SS Sugar Free (smuckers) | 32 gr | 100 | 10 | 0.00 | 80 | 0 | 0.00 | 0.00 | 0 | 4.00 |
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 100 | 210 | 0.26 | 2 | 29 | 0.78 | 0.00 | 0 | 53.90 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 510 | 2.51 | 432 | *53 | 7.03 | 0.00 | 46 | 106.90 |
| % of Calories | | | | 4.43% | | *41.6% | 12.4% | 0.0% | | 83.8% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Wednesday - 06/21/2023

Reimbursable Meal Total 100

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991058 WW Breakfast Roll & Cheesy Scramble eggs | serving | 100 | 253 | 3.40 | 362 | *3 | 10.31 | 0.00 | 241 | 20.94 |
| 000307 APPLES,Fresh - Cup (100 - 125 ct) | 1 cup | 100 | 77 | 0.04 | 1 | 15 | 0.25 | 0.00 | 0 | 20.58 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 430 | 4.20 | 493 | *31 | 11.81 | 0.00 | 251 | 54.52 |
| % of Calories | | | | 8.79% | | *28.8% | 24.7% | 0.0% | | 50.7% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Thursday - 06/22/2023

Reimbursable Meal Total 100

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 992316 Yogurt Crispy Cup Cereal (pineapple/peaches) | serving | 100 | 360 | 0.33 | 228 | 59 | 0.67 | 0.00 | 3 | 85.25 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 460 | 1.08 | 358 | *72 | 1.92 | 0.00 | 13 | 98.25 |
| % of Calories | | | | 2.11% | | *62.6% | 3.8% | 0.0% | | 85.4% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Friday - 06/23/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991425 WG Cinnamon Roll Freezer to Oven | 3 oz | 100 | 270 | 4.50 | 420 | 9 | 11.00 | 0.00 | 0 | 37.00 |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup | 100 | 84 | 0.03 | 1 | 14 | 0.21 | 0.00 | 0 | 22.54 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 454 | 5.28 | 551 | *36 | 12.46 | 0.00 | 10 | 72.54 |
| % of Calories | | | | 10.47% | | *31.7% | 24.7% | 0.0% | | 63.9% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Monday - 06/26/2023

Reimbursable Meal Total 100

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 992280 Chocolate Chip Banana Bread - (V) | 50 grams | 100 | 206 | 0.79 | 145 | *16 | 1.84 | *0.00 | 0 | 43.25 |
| 000307 APPLES,Fresh - Cup (100 - 125 ct) | 1 cup | 100 | 77 | 0.04 | 1 | 15 | 0.25 | 0.00 | 0 | 20.58 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 384 | 1.58 | 277 | *44 | 3.34 | *0.00 | 10 | 76.83 |
| % of Calories | | | | 3.70% | | *45.8% | 7.8% | *0.0% | | 80.0% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Tuesday - 06/27/2023

Reimbursable Meal Total 100

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991560 WG English Muffin w/ Chicken Patty | serving | 100 | 203 | 2.02 | 444 | 1 | 7.48 | 0.00 | 40 | 24.37 |
| 991173 WG English Muffin w/ Meatless Patty (V/VG) | serving | 1 | 2 | 0.00 | 4 | 0 | 0.02 | 0.00 | 0 | 0.33 |
| 990660 Orange Juice | 2 HC | 100 | 100 | 0.00 | 30 | 20 | 0.00 | 0.00 | 0 | 24.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 405 | 2.78 | 608 | *34 | 8.75 | 0.00 | 50 | 61.70 |
| % of Calories | | | | 6.18% | | *33.6% | 19.4% | 0.0% | | 60.9% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Wednesday - 06/28/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|---------------|
| 991522 One-Pan Breakfast Potatoes | serving | 100 | 302 | 3.18 | 527 | *4 | 13.27 | *0.00 | 196 | 37.69 |
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 100 | 210 | 0.26 | 2 | 29 | 0.78 | 0.00 | 0 | 53.90 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 612 | 4.19 | 660 | *46 | 15.30 | *0.00 | 206 | 104.59 |
| % of Calories | | | | 6.16% | | *30.1% | 22.5% | *0.0% | | 68.4% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Thursday - 06/29/2023

Reimbursable Meal Total 100

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991210 WG Blueberry Muffin (Chef Pierre) | 57 gr | 100 | 200 | 1.50 | 140 | 16 | 7.00 | 0.00 | 15 | 32.00 |
| 991141 TANGERINES,FRESH - 1 cup (120 ct) | 3 medium | 100 | 140 | 0.10 | 5 | 28 | 0.82 | 0.00 | 0 | 35.22 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 440 | 2.35 | 275 | *57 | 9.07 | 0.00 | 25 | 80.22 |
| % of Calories | | | | 4.81% | | *51.8% | 18.6% | 0.0% | | 72.9% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | <=0 | | | |

Friday - 06/30/2023

Reimbursable Meal Total 100

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| 991103 CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH KM | 1 (28 GR) | 100 | 120 | 1.00 | 160 | 8 | 3.00 | 0.00 | 0 | 22.00 |
| 000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct) | 1 cup | 100 | 84 | 0.03 | 1 | 14 | 0.21 | 0.00 | 0 | 22.54 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 45 | 0.00 | 65 | 6 | 0.00 | 0.00 | 2 | 6.50 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 55 | 0.75 | 65 | 6 | 1.25 | 0.00 | 8 | 6.50 |
| 990556 Place Settings | 1 | 100 | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 |
| Weighted Daily Average | | | 304 | 1.78 | 291 | *35 | 4.46 | 0.00 | 10 | 57.54 |
| % of Calories | | | | 5.27% | | *46.1% | 13.2% | 0.0% | | 75.7% |
| 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) |
|-------------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|
| Weighted Averages | 459 | 3 | 435 | *46 | 9.84 | *0.00 | 53 | 81.77 |

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

| | | | | | | | | | | |
|---------------|--|--|--|-------|--|--------|-------|-------|--|-------|
| % of Calories | | | | 5.35% | | *40.1% | 19.3% | *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*

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.