

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 03/06/2023

**Reimbursable Meal Total 35**

	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)
991062 CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH KM	2 (28 gr)	35	240	2.00	320	16	6.00	0.00	0	44.00
000065 Go Gurts	2 oz	35	51	0.00	30	8	0.51	0.00	5	10.12
991006 Banana - 1 cup (2 Bananas)	2 Bananas	35	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			604	3.04	486	*66	8.57	0.00	15	121.40
<b>% of Calories</b>				4.53%		*43.7%	12.8%	0.0%		80.4%
<b>Weekly Nutrient Guideline</b>			450 - 600	<10	640		<=0			

### Tuesday - 03/07/2023

**Reimbursable Meal Total 35**

	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)
991061 French Toast Sticks k-12	4 stick (92 gr)	35	260	2.00	300	9	10.00	0.00	0	38.00

# 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)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	35	10	0.00	80	0	0.00	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	35	84	0.03	1	14	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>457</b>	<b>2.80</b>	<b>515</b>	<b>*37</b>	<b>11.49</b>	<b>0.00</b>	<b>10</b>	<b>77.91</b>
<b>% of Calories</b>				<b>5.51%</b>		<b>*32.4%</b>	<b>22.6%</b>	<b>0.0%</b>		<b>68.2%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>		<b>&lt;=0</b>			

### Wednesday - 03/08/2023

### Reimbursable Meal Total 35

	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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	30	120	1.29	309	5	4.29	0.00	9	13.71
991777 VEGGIE Patty WG Pancakes	1 serving	5	40	0.05	119	1	1.33	0.00	1	5.33
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	35	10	0.00	80	0	0.00	0.00	0	4.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	35	77	0.04	1	15	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			351	2.15	642	*35	7.16	0.00	20	57.00
% of Calories				5.51%		*39.9%	18.4%	0.0%		65.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Thursday - 03/09/2023

### Reimbursable Meal Total 35

	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)
991332 Apple Caramel Bread Pudding	1 serving	35	287	3.67	227	31	7.57	*0.00	65	49.05
990660 Orange Juice	2 HC	35	100	0.00	30	20	0.00	0.00	0	24.00
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			490	4.44	391	*65	8.86	*0.00	75	86.42
% of Calories				8.16%		*53.1%	16.3%	*0.0%		70.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Friday - 03/10/2023

### Reimbursable Meal Total 35

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
990947 Taco Breakfast	1	30	171	2.30	308	*0	7.70	*0.00	84	13.76
991174 VEGGIE Taco Breakfast (V/VG)	1	5	47	0.56	74	*0	2.44	*0.00	0	3.58
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	35	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			460	3.73	521	*41	12.24	*0.00	94	65.93
% of Calories				7.30%		*35.7%	23.9%	*0.0%		57.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Monday - 03/13/2023

### Reimbursable Meal Total 35

	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)
992067 WG waffles w/ Apple-Pears Cinnamon	2 waffles	35	256	1.52	381	*6	6.12	*0.00	5	38.44
990708 Fruit Punch, Juice	(2 HC)	35	120	0.00	10	24	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			479	2.29	524	*44	7.41	*0.00	15	79.81
% of Calories				4.30%		*36.7%	13.9%	*0.0%		66.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Tuesday - 03/14/2023

### Reimbursable Meal Total 35

	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)
991054 Pillsbury French Toast Triple Berry	75 gr	35	210	1.00	190	11	7.00	0.00	0	36.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	35	10	0.00	80	0	0.00	0.00	0	4.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	35	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			463	1.87	409	*52	9.10	0.00	10	88.59
% of Calories				3.63%		*44.9%	17.7%	0.0%		76.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Wednesday - 03/15/2023

### Reimbursable Meal Total 35

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
000303 White WW Loaf - 0.5" slice	1 slice	35	80	0.00	150	2	1.00	0.00	0	14.00
000370 EGG,HARD-BOILED	1 EACH	35	72	1.56	71	0	4.76	0.02	186	0.36
991006 Banana - 1 cup (2 Bananas)	2 Bananas	35	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>464</b>	<b>2.60</b>	<b>357</b>	<b>*44</b>	<b>7.82</b>	<b>0.02</b>	<b>196</b>	<b>81.63</b>
% of Calories				5.04%		*37.9%	15.2%	0.0%		70.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Thursday - 03/16/2023

Reimbursable Meal Total 35

	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)
991382 Chocolate Chip Oatmeal Muffin	serving	35	274	3.82	211	*22	34.91	*0.00	21	47.57
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	35	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69

# Base Menu Spreadsheet

Lunches Di Si

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			455	4.63	346	*51	36.45	*0.00	32	81.52
% of Calories				9.16%		*44.8%	72.1%	*0.0%		71.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Friday - 03/17/2023

### Reimbursable Meal Total 35

	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)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	30	269	3.89	482	*2	11.92	0.00	165	22.14
992259 V- Egg & Cheese Burrito	1 burrito	5	50	0.79	60	*0	2.40	0.00	28	3.71
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	35	84	0.03	1	14	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			506	5.49	677	*30	15.81	0.00	204	61.76
% of Calories				9.76%		*23.7%	28.1%	0.0%		48.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Monday - 03/20/2023

### Reimbursable Meal Total 35

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
991383 Cereal Cheerios MULTIGRAIN (9-12) 28gr	2 (28 gr)	35	220	0.00	210	12	2.00	0.00	0	46.00
992028 Dannon, Assorted Yogurt (Strawberry,Blueberry, Rap	4oz	35	50	0.00	55	7	0.00	0.00	5	10.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	35	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>583</b>	<b>1.04</b>	<b>401</b>	<b>*61</b>	<b>4.06</b>	<b>0.00</b>	<b>15</b>	<b>123.27</b>
<b>% of Calories</b>				<b>1.61%</b>		<b>*41.9%</b>	<b>6.3%</b>	<b>0.0%</b>		<b>84.6%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>		<b>&lt;=0</b>			

### Tuesday - 03/21/2023

### Reimbursable Meal Total 35

	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)
991524 Baked French Toast Muffin	serving	35	220	2.42	209	*18	6.02	*0.00	99	32.17
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	35	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69



# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			400	3.23	344	*47	7.56	*0.00	109	66.12
% of Calories				7.27%		*47.0%	17.0%	*0.0%		66.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Wednesday - 03/22/2023

Reimbursable Meal Total 35

	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)
991005 WG Biscuit and Patty Sausage CR	28 gr	30	137	4.29	249	1	7.71	0.00	26	12.00
992260 V- WG Biscuit and Veggie Patty	28 gr	5	24	0.57	66	0	1.07	0.00	0	2.57
000010 Mozzarella, Cheese String	1 oz	35	61	2.02	202	1	3.04	0.00	10	1.01
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	35	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			409	7.69	652	*30	13.32	0.00	46	51.50
% of Calories				16.92%		*29.3%	29.3%	0.0%		50.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Thursday - 03/23/2023

Reimbursable Meal Total 35

# 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)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991528 Breakfast Pizza w/ Hashbrown Crust	serving	30	180	1.37	235	*2	5.29	*0.00	67	23.08
991778 V- Breakfast Pizza w/ Hashbrown Crust	serving	5	33	0.29	60	*0	0.76	*0.00	8	4.32
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	35	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>455</b>	<b>2.54</b>	<b>434</b>	<b>*44</b>	<b>8.15</b>	<b>*0.00</b>	<b>86</b>	<b>75.99</b>
% of Calories				5.02%		*38.7%	16.1%	*0.0%		66.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Friday - 03/24/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991349 Lemon Blueberry Pancakes	1 pc (56 gr)	100	240	2.53	554	*10	6.72	*0.00	38	38.44
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	0.00	0.00	0	26.00
991950 Cranberry Apple Juice- PreK HC	4 oz	1	1	0.00	0	0	0.00	0.00	0	0.13
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

Mar 6, 2023 thru Mar 31, 2023

	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)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			460	3.28	684	*47	7.97	*0.00	48	77.57
% of Calories				6.42%		*40.9%	15.6%	*0.0%		67.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Monday - 03/27/2023

### Reimbursable Meal Total 35

	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)
991204 Yogurt Yoplait & Granola	4oz Yg/1oz Gran	35	220	0.50	125	21	3.50	0.00	5	41.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	35	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			407	1.30	260	*49	4.99	0.00	15	76.91
% of Calories				2.87%		*48.2%	11.0%	0.0%		75.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Tuesday - 03/28/2023

### Reimbursable Meal Total 35

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
992258 WG Cinnamon Crumb Loaf (V)	3oz	35	250	1.00	190	22	7.00	0.00	20	43.00
000010 Mozzarella, Cheese String	1 oz	35	61	2.02	202	1	3.04	0.00	10	1.01
991006 Banana - 1 cup (2 Bananas)	2 Bananas	18	108	0.14	1	15	0.40	0.00	0	27.72
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
000190 Low Fat Milk - 1%	8 fl. oz.	35	110	1.50	130	13	2.50	0.00	15	13.00
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>575</b>	<b>4.66</b>	<b>591</b>	<b>*58</b>	<b>12.94</b>	<b>0.00</b>	<b>48</b>	<b>91.42</b>
<b>% of Calories</b>				<b>7.29%</b>		<b>*40.3%</b>	<b>20.3%</b>	<b>0.0%</b>		<b>63.6%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>		<b>&lt;=0</b>			

**Wednesday - 03/29/2023**

**Reimbursable Meal Total 35**

	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)
991075 Frosted Mini Wheats Cereal	28 gr	35	100	0.00	0	6	0.50	0.00	0	24.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	35	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			343	0.87	139	*47	2.60	0.00	10	72.59
% of Calories				2.28%		*54.8%	6.8%	0.0%		84.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Thursday - 03/30/2023

### Reimbursable Meal Total 35

	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)
991522 One-Pan Breakfast Potatoes	serving	35	302	3.18	527	*4	13.27	*0.00	196	37.69
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	35	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	18	57	0.77	67	7	1.29	0.00	8	6.69
000231 MILK,Skim	8 fl. oz.	18	46	0.00	67	7	0.00	0.00	3	6.69
990556 Place Settings	1	35	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			482	3.99	663	*33	14.81	*0.00	207	71.64
% of Calories				7.45%		*27.4%	27.7%	*0.0%		59.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Friday - 03/31/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	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)
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			

			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)
Weighted Averages			465	3	476	*46	10.60	*0.00	66	79.42
% of Calories				6.27%		*39.6%	20.5%	*0.0%		68.3%

**\*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.