

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 2023

Menu Name: LAYC ACADEMY - Breakfast 9-12

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/01/2023

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			

Tuesday - 05/02/2023

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
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0.00	0	24.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

Base Menu Spreadsheet

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Weighted Values

May 1, 2023 thru Jun 2, 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)
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			432	1.42	161	*51	11.00	*0.00	10	69.97
% of Calories				2.96%		*47.2%	22.9%	*0.0%		64.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Wednesday - 05/03/2023

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)
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			

Thursday - 05/04/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
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
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			

Friday - 05/05/2023

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)
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
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

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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			557	5.45	702	*43	16.14	0.00	205	74.30
% of Calories				8.81%		*30.9%	26.1%	0.0%		53.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Monday - 05/08/2023

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)
992279 WG Emoji Waffles (EGGO)	70gr (2 waffles)	100	210	1.50	380	2	6.00	0.00	5	26.00
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	0.00	0.00	0	31.00
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
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			550	2.25	550	*56	7.25	0.00	15	96.00
% of Calories				3.68%		*40.7%	11.9%	0.0%		69.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Tuesday - 05/09/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
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
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			330	2.30	580	*35	6.60	0.00	20	53.95
% of Calories				6.27%		*42.4%	18.0%	0.0%		65.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Wednesday - 05/10/2023

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
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

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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			514	4.67	346	*63	36.98	*0.00	31	95.79
% of Calories				8.18%		*49.0%	64.8%	*0.0%		74.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Thursday - 05/11/2023

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)
990947 Taco Breakfast	1	100	199	2.68	359	*0	8.98	*0.00	98	16.06
991174 VEGGIE Taco Breakfast (V/VG)	1	1	3	0.04	5	*0	0.17	*0.00	0	0.25
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.	70	77	1.05	91	9	1.75	0.00	10	9.10
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	0.00	0.00	2	3.90
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			391	3.80	496	*27	11.11	*0.00	110	51.85
% of Calories				8.75%		*27.6%	25.6%	*0.0%		53.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Friday - 05/12/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
991597 Cereal WG Cheerios (9-12) 28gr	2 (28 gr)	100	200	0.00	280	2	4.00	0.00	0	42.00
992028 Dannon, Assorted Yogurt (Strawberry,Blueberry, Rap	4oz	100	50	0.00	55	7	0.00	0.00	5	10.00
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			560	1.01	467	*51	6.03	0.00	15	118.90
% of Calories				1.62%		*36.4%	9.7%	0.0%		84.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Monday - 05/15/2023

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)
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

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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	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			

Tuesday - 05/16/2023

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)
991061 French Toast Sticks k-12	4 stick (92 gr)	100	260	2.00	300	9	10.00	0.00	0	38.00
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	0.00	0.00	0	31.00
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			620	2.85	475	*67	12.07	0.00	10	117.22
% of Calories				4.14%		*43.2%	17.5%	0.0%		75.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Wednesday - 05/17/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
992001 Egg Breakfast Quesadilla	quesadilla 6"	100	196	3.27	511	1	10.07	0.00	104	17.01
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			373	4.06	643	*29	11.58	0.00	114	50.59
% of Calories				9.80%		*31.1%	27.9%	0.0%		54.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Thursday - 05/18/2023

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)
991381 Whole Grain Pancakes (KRUSTEAZ)	2 pancakes	100	153	0.33	400	5	2.33	0.00	7	31.33
991923 Strawberry Syrup	2oz	100	84	0.00	2	18	0.00	*0.00	0	20.91
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

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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			422	1.12	533	*51	3.79	*0.00	17	87.78
% of Calories				2.39%		*48.3%	8.1%	*0.0%		83.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Friday - 05/19/2023

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
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	272	*58	9.03	0.00	25	98.90
% of Calories				4.43%		*45.5%	15.9%	0.0%		77.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Monday - 05/22/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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
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			440	2.35	435	*52	7.07	0.00	46	88.22
% of Calories				4.81%		*47.3%	14.5%	0.0%		80.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Tuesday - 05/23/2023

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
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

May 1, 2023 thru Jun 2, 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			382	2.82	579	*29	9.00	0.00	50	58.28
% of Calories				6.64%		*30.4%	21.2%	0.0%		61.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Wednesday - 05/24/2023

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)
991383 Cereal Cheerios MULTIGRAIN (9-12) 28gr	2 (28 gr)	100	220	0.00	210	12	2.00	0.00	0	46.00
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			530	1.01	342	*54	4.03	0.00	10	112.90
% of Calories				1.72%		*40.8%	6.8%	0.0%		85.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Thursday - 05/25/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
992280 Chocolate Chip Banana Bread - (V)	50 grams	100	206	0.79	145	*16	1.84	*0.00	0	43.25
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	3.04	0.00	10	1.01
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			451	3.59	479	*44	6.33	*0.00	20	79.80
% of Calories				7.16%		*39.0%	12.6%	*0.0%		70.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Friday - 05/26/2023

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)
991058 WW Breakfast Roll & Cheesy Scramble eggs	serving	100	253	3.40	362	*3	10.31	0.00	241	20.94
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

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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			453	4.15	522	*36	11.56	0.00	251	57.94
% of Calories				8.25%		*31.8%	23.0%	0.0%		51.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Monday - 05/29/2023

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 - 05/30/2023

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			

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 2023

Wednesday - 05/31/2023

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			

Thursday - 06/01/2023

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			

Friday - 06/02/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages			468	3	470	*46	9.99	*0.00	52	82.61
% of Calories				5.35%		*39.3%	19.2%	*0.0%		70.6%

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.