

Base Menu Spreadsheet

Luncheras Di Si

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

Menu Name: LAYC ACADEMY - Breakfast 9-12 **Include Cost:** No
Site: **Report Style:** Detailed
Use Alternate Menu Name: No

Monday - 08/28/2023 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*N/A*	3.50	0.00	5	41.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			404	1.28	256	*48	*0	4.96	0.00	15	76.54
% of Calories				2.85%		*47.5%	*0%	11.0%	0.0%		75.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 08/29/2023 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991262 WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

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Lunches Di Si

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			420	2.25	250	*53	*0	9.25	0.00	20	72.00
% of Calories				4.82%		*50.5%	*0%	19.8%	0.0%		68.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 08/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992342 WG Croissant	servings	100	261	5.53	615	6	3	11.05	0.00	15	31.02
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			438	6.32	747	*35	*3	12.55	0.00	25	64.60
% of Calories				12.99 %		*32.0%	*2.7%	25.8%	0.0%		59.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 08/31/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992345 Raspberry Peach Sour Cream Quick Bread (V)	1 slice	100	248	2.90	327	26	0	49.30	*0.00	9	46.70
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			488	3.75	462	*67	*0	51.37	*0.00	19	94.92
% of Calories				6.92%		*54.9%	*0%	94.7%	*0.0%		77.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
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

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Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			583	1.35	572	*64	*0	4.36	0.00	17	129.24
% of Calories				2.08%		*43.9%	*0%	6.7%	0.0%		88.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/04/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 09/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992212 Sweet Potato Waffles (V/VG)	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
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
991954 Fruit Punch, Juice - PreK - HC	4 fl.oz.	1	1	0.00	0	0	0	0.00	0.00	0	0.14

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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			604	1.06	218	*68	*0	6.16	0.00	10	120.59
% of Calories				1.58%		*45.0%	*0%	9.2%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 09/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991677 Cereal, WG Cocoa Puff Bowl	1.06 oz	100	110	0.00	120	8	*N/A*	1.50	0.00	0	25.00
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			420	1.01	252	*50	*0	3.53	0.00	10	91.90
% of Calories				2.16%		*47.6%	*0%	7.6%	0.0%		87.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 09/07/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992343 WG Corn Muffin (Muffin Twon -Smart Choice)	2.5 oz	100	220	1.00	115	18	18	8.00	0.00	20	36.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
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			397	1.79	246	*46	*18	9.50	0.00	30	69.58
% of Calories				4.06%		*46.3%	*18.1%	21.5%	0.0%		70.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	99	197	2.65	356	*0	*N/A*	8.89	*0.00	97	15.89
991174 VEGGIE Taco Breakfast (V/VG)	1	1	3	0.04	5	*0	*N/A*	0.17	*0.00	0	0.25
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			385	3.47	492	*27	*0	10.52	*0.00	107	51.69
% of Calories				8.11%		*28.1%	*0%	24.6%	*0.0%		53.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*N/A*	4.50	0.00	15	45.00
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			434	3.28	526	*37	*0	5.96	0.00	25	80.54
% of Calories				6.80%		*34.1%	*0%	12.4%	0.0%		74.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 09/12/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
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			573	2.52	541	*65	*0	7.12	0.00	20	114.28
% of Calories				3.96%		*45.4%	*0%	11.2%	0.0%		79.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 09/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992347 V- WG English Muffin w/ Egg Patty & Cheese	serving	100	218	2.77	462	2	*N/A*	9.48	0.00	104	25.37
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			438	3.52	602	*39	*0	10.73	0.00	114	66.37
% of Calories				7.23%		*35.6%	*0%	22.0%	0.0%		60.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 09/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991526 Blueberry Lemon Yogurt WW Muffins	Muffins	100	144	0.40	132	*7	*N/A*	1.62	*0.00	47	26.15
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
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			382	3.22	466	*37	*0	6.16	*0.00	68	60.73
% of Calories				7.59%		*38.7%	*0%	14.5%	*0.0%		63.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/15/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992341 V- Sunny Day Parfait	portions	100	308	0.83	151	39	15	5.17	0.00	3	60.30
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			408	1.58	281	*52	*15	6.42	0.00	13	73.30
% of Calories				3.49%		*51.0%	*14.7%	14.2%	0.0%		71.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/18/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	*N/A*	2.00	0.00	0	21.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	*N/A*	0.50	0.00	5	21.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
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

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Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			377	0.79	326	*44	*0	4.00	0.00	15	75.58
% of Calories				1.89%		*46.7%	*0%	9.5%	0.0%		80.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 09/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992346 V- Peachy WG Cinnamon Roll Cobbler	3 oz (serving)	100	323	4.50	424	20	*N/A*	11.00	0.00	0	50.32
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
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			483	5.25	559	*45	*0	12.25	0.00	10	77.32
% of Calories				9.78%		*37.3%	*0%	22.8%	0.0%		64.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 09/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992335 Maple-Bacon Grits Puff	serving	99	285	3.14	389	*3	*N/A*	8.79	*0.00	126	37.01
992336 V- Maple-Bacon Meatless Grits Puff	serving	1	3	0.02	3	*0	*N/A*	0.09	*0.00	1	0.39
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
Weighted Daily Average			527	4.02	527	*44	*0	10.94	*0.00	137	85.62
% of Calories				6.87%		*33.4%	*0%	18.7%	*0.0%		65.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 09/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	99	310	4.50	557	*2	*N/A*	13.76	0.00	191	25.57
992259 V- Egg & Cheese Burrito	1 burrito	1	4	0.06	4	*0	*N/A*	0.17	0.00	2	0.26
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			498	5.34	693	*30	*0	15.39	0.00	203	61.37
% of Calories				9.65%		*24.1%	*0%	27.8%	0.0%		49.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992337 Carrot-Pineapple WG Muffin (v)	56 gr	100	130	1.53	203	*11	*0	30.63	0.00	4	24.16
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			440	2.55	336	*52	*0	32.66	0.00	14	91.06
% of Calories				5.22%		*47.3%	*0%	66.8%	0.0%		82.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/25/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
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
Weighted Daily Average			510	2.85	515	*50	*0	12.07	0.00	10	90.22
% of Calories				5.03%		*39.2%	*0%	21.3%	0.0%		70.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 09/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*N/A*	3.50	0.00	5	41.00
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

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			404	1.28	256	*48	*0	4.96	0.00	15	76.54
% of Calories				2.85%		*47.5%	*0%	11.0%	0.0%		75.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 09/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992342 WG Croissant	servings	100	261	5.53	615	6	3	11.05	0.00	15	31.02
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			481	6.28	755	*43	*3	12.30	0.00	25	72.03
% of Calories				11.75 %		*35.8%	*2.5%	23.0%	0.0%		59.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 09/28/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991262 WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
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			377	2.29	241	*44	*0	9.50	0.00	20	64.58
% of Calories				5.47%		*46.7%	*0%	22.7%	0.0%		68.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992345 Raspberry Peach Sour Cream Quick Bread (V)	1 slice	100	248	2.90	327	26	0	49.30	*0.00	9	46.70
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

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			558	3.91	459	*68	*0	51.33	*0.00	19	113.60
% of Calories				6.31%		*48.7%	*0%	82.8%	*0.0%		81.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages	460	3	441	*48	*2	13.08	*0.00	40	82.26
% of Calories		5.79%		*41.7%	*1.7%	25.6%	*0.0%		71.5%

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.