

Menu Name:

LAYC ACADEMY - Breakfast 9-12

Include Cost:

No

Site:

Report Style:

Detailed

Use Alternate Menu Name:

No

Monday - 08/26/2024

Reimbursable Meal Total 50

	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)
990645 Eggo Bites Waffles Maple	2.64 oz	50	190	1.50	220	11	*N/A*	5.00	0.00	36	36.00
991172 VG/DF-Homemade WG Waffles	2 oz	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990919 Syrup Maple (ss)	43 gr	50	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			489	2.28	391	*56	*N/A*	6.63	0.00	46	100.58
% of Calories				4.20%		*45.8%	*N/A*	12.2%	0.0%		82.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 08/27/2024

Reimbursable Meal Total 50

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
992590 WW Spiced Pear Bread (V)	1 loaf	50	146	0.73	48	*7	*N/A*	7.83	*0.00	23	16.98
992594 VG- WW Spiced Pear Bread	1 loaf	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
990708 Fruit Punch, Juice	(2 HC)	50	120	0.00	10	24	*0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			367	1.47	187	*44	*0	9.21	*0.00	33	57.98
% of Calories				3.60%		*48.0%	*0%	22.6%	*0.0%		63.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 08/28/2024 Reimbursable Meal Total 50

	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 (V)	4oz Yg/1oz Gran	50	220	0.50	125	21	17	3.50	0.00	5	41.00
992443 VG -Dairy Free Yogurt & Granola	5.3 oz	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24

	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)
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			531	1.50	257	*63	*17	5.66	0.00	15	107.90
% of Calories				2.54%		*47.5%	*12.8%	9.6%	0.0%		81.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 08/29/2024 Reimbursable Meal Total 50

	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)
992595 V- WG White Bagel w/ Egg Fried & Cheese	serving	50	265	2.75	475	5	*0	11.00	0.00	128	30.00
992596 DF- WG White Bagel w/ Egg Fried	serving	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992598 VG- WG White Bagel & Egg Substitute	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	50	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			489	3.53	604	*42	*0	12.69	*0.00	137	73.78
% of Calories				6.50%		*34.4%	*0%	23.4%	*0.0%		60.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 08/30/2024 Reimbursable Meal Total 50

	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)
992599 V/VG - Sandwich, Sunflower Butter & Jelly	2.8 OZ	50	311	2.01	322	12	12	15.07	0.00	0	32.15
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	50	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			497	2.78	452	*39	*12	16.66	0.00	10	67.69
% of Calories				5.03%		*31.4%	*9.7%	30.2%	0.0%		54.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/02/2024 Reimbursable Meal Total 1

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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 - 09/03/2024 Reimbursable Meal Total 50

	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)
991597 Cereal WG Cheerios (9-12) 28gr	2 (28 gr)	50	200	0.00	280	2	2	4.00	0.00	0	42.00
991346 Yogurt Yoplait 4oz	4 oz	50	100	0.00	55	15	*11	0.50	0.00	5	21.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			611	1.00	467	*59	*13	6.66	0.00	15	129.90
% of Calories				1.47%		*38.6%	*8.5%	9.8%	0.0%		85.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 09/04/2024 Reimbursable Meal Total 50

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
991560 WG English Muffin w/ Chicken Patty	serving	45	189	1.80	405	1	*1	6.75	0.00	36	23.40
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	serving	5	25	0.00	58	0	*0	0.85	0.00	0	3.10
990708 Fruit Punch, Juice	(2 HC)	50	120	0.00	10	24	*0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			435	2.54	602	*38	*1	8.98	0.00	46	67.50
% of Calories				5.26%		*34.9%	*0.9%	18.6%	0.0%		62.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 09/05/2024

Reimbursable Meal Total 50

	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	45	179	2.41	323	*0	*N/A*	8.08	*0.00	88	14.45
991174 V/VG- Veggie Taco Breakfast	1	5	33	0.39	52	*0	*N/A*	1.71	*0.00	0	2.50
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			391	3.59	506	*28	*N/A*	11.42	*0.00	98	50.53
% of Calories				8.26%		*28.6%	*N/A*	26.3%	*0.0%		51.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/06/2024

Reimbursable Meal Total 50

	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)
992600 V- Carrot-Pineapple WG Loaf	56 gr	50	130	1.53	203	*11	*0	30.63	0.00	4	24.16
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
000010 Mozzarella, Cheese String	1 oz	50	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	50	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	24	53	0.72	62	6	*N/A*	1.20	0.00	7	6.24
000231 MILK,Skim	8 fl. oz.	24	43	0.00	62	6	*N/A*	0.00	0.00	2	6.24
991919 Soy Milk	8 fl	2	5	0.02	4	0	*N/A*	0.18	0.00	0	0.52

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			377	4.33	537	*39	*0	35.25	0.00	24	60.71
% of Calories				10.34 %		*41.4%	*0%	84.2%	0.0%		64.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/09/2024 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)
992601 CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)	100	110	1.00	160	6	6	2.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	*11	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
000307 APPLES,Fresh - 1 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.	49	44	0.00	64	6	*N/A*	0.00	0.00	2	6.37
000190 Low Fat Milk - 1%	8 fl. oz.	49	54	0.74	64	6	*N/A*	1.22	0.00	7	6.37
991919 Soy Milk	8 fl	2	3	0.01	2	0	*N/A*	0.09	0.00	0	0.26
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			388	1.79	346	*49	*17	4.57	0.00	15	76.58
% of Calories				4.15%		*50.5%	*17.5%	10.6%	0.0%		78.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

Tuesday - 09/10/2024		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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	99	139	1.48	356	6	*N/A*	4.95	0.00	10	15.84
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	*0	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			571	2.50	537	*65	*0	7.07	0.00	20	114.12
% of Calories				3.94%		*45.5%	*0%	11.1%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 09/11/2024		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)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1	*0	6.00	0.00	120	2.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
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
991919 Soy Milk	8 fl	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			411	7.76	601	*39	*0	12.30	0.00	130	55.13
% of Calories				16.99 %		*38.0%	*0%	26.9%	0.0%		53.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 09/12/2024

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	99	198	1.48	109	16	*N/A*	7.92	0.00	10	30.69
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0	0.33
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			423	2.28	239	*54	*N/A*	9.56	*0.00	20	74.81
% of Calories				4.85%		*51.1%	*N/A*	20.3%	*0.0%		70.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/13/2024 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)
992316 Yogurt Crispy Cup Cereal (pineapple/peaches)	serving	99	356	0.33	226	59	*N/A*	0.66	0.00	3	84.40
992603 VG/DF- Yogurt Crispy Cup Cereal	serving	1	4	0.05	2	1	*0	0.05	0.00	0	0.78
000231 MILK,Skim	8 fl. oz.	49	44	0.00	64	6	*N/A*	0.00	0.00	2	6.37
000190 Low Fat Milk - 1%	8 fl. oz.	49	54	0.74	64	6	*N/A*	1.22	0.00	7	6.37
991919 Soy Milk	8 fl	2	3	0.01	2	0	*N/A*	0.09	0.00	0	0.26
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			460	1.13	357	*72	*0	2.03	0.00	13	98.18
% of Calories				2.21%		*62.6%	*0%	4.0%	0.0%		85.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/16/2024 Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
990668 V- Cinnamon Soft Round Granola Bar	2.2 oz	100	280	3.00	190	18	*18	8.01	0.00	5	44.05
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
000307 APPLES,Fresh - 1 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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			458	3.80	322	*47	*18	9.51	0.00	15	77.63
% of Calories				7.47%		*41.0%	*15.7%	18.7%	0.0%		67.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 09/17/2024 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)
992588 Waffle Omelet w/ cheese & Tk. bacon	1	99	111	2.23	175	*0	*N/A*	7.15	*0.00	103	1.15
992591 V- Waffle Omelet w/ cheese	1	1	1	0.02	1	*0	*N/A*	0.06	*0.00	1	0.01
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90

	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			523	7.26	518	*43	*0	14.24	*0.00	114	82.06
% of Calories				12.49 %		*32.9%	*0%	24.5%	*0.0%		62.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 09/18/2024 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)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	99	99	0.00	54	15	*11	0.50	0.00	5	20.79
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.18
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			395	0.78	292	*48	*11	2.99	0.00	15	79.51
% of Calories				1.78%		*48.6%	*11.1%	6.8%	0.0%		80.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 09/19/2024 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)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9	*8	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			497	2.84	515	*47	*8	11.99	0.00	10	87.02
% of Calories				5.14%		*37.8%	*6.4%	21.7%	0.0%		70.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/20/2024 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)
992587 Banana berry yogurt WW muffins (V)	Muffins	99	201	0.49	19	*14	*N/A*	5.49	0.00	18	31.58
992592 VG/DF- Banana berry yogurt WW muffins	Muffins	1	2	0.02	0	*0	*0	0.07	0.00	0	0.35
990708 Fruit Punch, Juice	(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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			423	1.26	159	*51	*0	6.81	0.00	28	72.92
% of Calories				2.68%		*48.2%	*0%	14.5%	0.0%		69.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/23/2024

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)
992533 WG Biscuit 2oz & Tk. Patty Sausage CR	2oz Biscuit	99	257	7.92	485	2	*0	12.87	0.00	30	26.73
992260 V- WG Biscuit and Veggie Patty	28 gr	1	2	0.04	5	0	*N/A*	0.08	0.00	0	0.18
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	50	32	0.02	1	6	*N/A*	0.19	0.00	0	8.00
990703 Cranberry Apple Juice	4 oz fl	50	30	0.00	0	6	*N/A*	0.00	0.00	0	6.50

	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			421	8.73	621	*27	*0	14.38	0.00	40	54.41
% of Calories				18.66 %		*25.7%	*0%	30.7%	0.0%		51.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 09/24/2024

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)
990645 Eggo Bites Waffles Maple	2.64 oz	99	188	1.48	218	11	*N/A*	4.95	0.00	36	35.64
991172 VG/DF-Homemade WG Waffles	2 oz	1	3	0.01	0	0	*N/A*	0.09	0.00	0	0.45
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
000307 APPLES,Fresh - 1 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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			489	2.28	390	*56	*N/A*	6.55	0.00	46	100.67
% of Calories				4.20%		*45.8%	*N/A*	12.1%	0.0%		82.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 09/25/2024 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)
992590 WW Spiced Pear Bread (V)	1 loaf	99	144	0.72	47	*7	*N/A*	7.75	*0.00	23	16.81
992594 VG- WW Spiced Pear Bread	1 loaf	1	1	0.01	1	*0	*0	0.08	*0.00	0	0.17
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	*0	0.00	0.00	0	28.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			366	1.48	188	*44	*0	9.08	*0.00	33	57.98
% of Calories				3.64%		*48.1%	*0%	22.3%	*0.0%		63.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 09/26/2024 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 (V)	4oz Yg/1oz Gran	99	218	0.50	124	21	17	3.46	0.00	5	40.59
992443 VG -Dairy Free Yogurt & Granola	5.3 oz	1	2	0.00	2	0	*0	0.06	0.00	0	0.38
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			405	1.28	257	*48	*17	4.99	0.00	15	76.51
% of Calories				2.84%		*47.4%	*16.8%	11.1%	0.0%		75.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 09/27/2024

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)
992595 V- WG White Bagel w/ Egg Fried & Cheese	serving	99	262	2.72	470	5	*0	10.89	0.00	126	29.70
992596 DF- WG White Bagel w/ Egg Fried	serving	1	2	0.02	3	0	*0	0.09	0.00	1	0.29
992598 VG- WG White Bagel & Egg Substitute	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			575	3.75	605	*47	*0	13.01	*0.00	137	96.89
% of Calories				5.87%		*32.7%	*0%	20.4%	*0.0%		67.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 09/30/2024

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)
992599 V/VG - Sandwich, Sunflower Butter & Jelly	2.8 OZ	100	311	2.01	322	12	12	15.07	0.00	0	32.15
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			496	2.79	453	*39	*12	16.53	0.00	10	67.69
% of Calories				5.06%		*31.5%	*9.7%	30.0%	0.0%		54.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 10/01/2024 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)
990972 WG Chai Cheesecake Muffin Mix-CR	2.2	99	253	3.98	407	*19	*N/A*	59.19	*0.00	12	42.84
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0	0.33
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			482	4.82	542	*58	*N/A*	61.26	*0.00	22	88.18
% of Calories				9.00%		*48.1%	*N/A*	114.4%	*0.0%		73.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 10/02/2024 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)
991597 Cereal WG Cheerios (9-12) 28gr	2 (28 gr)	100	200	0.00	280	2	2	4.00	0.00	0	42.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			510	1.01	412	*44	*2	6.03	0.00	10	108.90
% of Calories				1.78%		*34.5%	*1.6%	10.6%	0.0%		85.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 10/03/2024

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)
991560 WG English Muffin w/ Chicken Patty	serving	99	208	1.98	446	1	*1	7.42	0.00	40	25.74
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	serving	1	2	0.00	6	0	*0	0.08	0.00	0	0.31
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
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

	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)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			430	2.73	581	*38	*1	8.76	0.00	50	65.05
% of Calories				5.71%		*35.3%	*0.9%	18.3%	0.0%		60.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 10/04/2024

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)
992600 V- Carrot-Pineapple WG Loaf	56 gr	99	129	1.52	201	*11	*0	30.32	0.00	4	23.92
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0	0.21
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
000307 APPLES,Fresh - 1 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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			368	4.34	537	*40	*0	34.88	0.00	24	58.72
% of Calories				10.61 %		*43.5%	*0%	85.3%	0.0%		63.8%
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		458	3	430	*47	*4	12.75	*0.00	41	79.64
% of Calories			5.93%		*41.0%	*3.5%	25.1%	*0.0%		69.6%

**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.