

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Menu Name:

LAYC ACADEMY - Breakfast 9-12

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 02/03/2025Reimbursable 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	100	0.00	55	14	11	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12	*N/A*	3.50	0.00	0	18.00
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			388	0.79	292	*48	*11	3.03	0.00	15	77.55
% of Calories				1.83%		*49.5%	*11.3%	7.0%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 02/04/2025Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
991332 V-Apple Caramel Bread Pudding	1 serving	100	277	3.67	227	31	*0	7.07	*0.00	65	48.05
992442 VG/DF Apple Bread Pudding	1 serving	1	266	0.35	233	34	*0	3.92	*0.00	0	48.51
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			501	4.43	370	*69	*0	8.41	*0.00	75	89.66
% of Calories				7.96%		*55.1%	*0%	15.1%	*0.0%		71.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 02/05/2025 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)
992456 V- WG Biscuit & Cheesy Scramble eggs	serving	100	241	7.44	373	1	*1	15.31	0.00	277	14.51
992226 VG/DF -WW Breakfast Roll & Tofu Scramble	serving	0	160	3.22	381	3	*2	5.73	0.00	0	18.78
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	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			552	8.46	506	*43	*1	17.38	0.00	287	81.54
% of Calories				13.79 %		*31.2%	*0.7%	28.3%	0.0%		59.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 02/06/2025

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)
991372 V- WG Chocolate Chip Pancakes-(Krusteaz)	2 pancakes	100	186	1.51	400	9	*5	4.22	0.00	7	36.06
991178 VG/DF- Homemade WG Pancakes	2 pancakes	0	214	0.68	3	*5	*0	9.77	0.00	0	27.02
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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			530	2.30	550	*69	*27	5.79	0.00	17	110.84
% of Calories				3.91%		*52.1%	*20.4%	9.8%	0.0%		83.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 02/07/2025 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)
000192 V-WW Sweet Potato Muffin	serving	100	157	0.22	29	*9	*N/A*	2.70	*0.00	1	28.22
992223 VG- Homemade Vegan Muffins	64 gr	0	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			343	1.01	161	*36	*0	4.20	*0.00	11	63.89
% of Calories				2.65%		*42.0%	*0%	11.0%	*0.0%		74.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 02/10/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	19	*19	8.00	0.00	5	44.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1	1	2.00	0.00	0	21.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(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	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			500	3.75	330	*56	*19	9.25	0.00	15	85.00
% of Calories				6.75%		*44.8%	*15.2%	16.6%	0.0%		68.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 02/11/2025 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)
992805 V- WG Froot Loops Waffles	2.64 oz	100	180	1.50	210	5	5	6.00	0.00	0	32.00
991172 VG/DF- Homemade WG Waffles	2 oz	1	309	0.69	42	12	*N/A*	9.44	0.00	0	44.97
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 - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			420	2.35	425	*44	*5	8.09	0.00	10	81.47
% of Calories				5.04%		*41.9%	*4.8%	17.3%	0.0%		77.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 02/12/2025 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	99	225	2.75	470	2	*1	9.50	0.00	102	27.00
991166 VG- WG English Muffin w/ Tofu Scramble	serving	1	259	1.52	151	1	*1	9.70	0.00	0	27.98
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	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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			411	3.53	599	*30	*1	11.00	0.00	111	62.68
% of Calories				7.73%		*29.2%	*1.0%	24.1%	0.0%		61.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 02/13/2025 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)
991425 WG Cinnamon Roll Freezer to Oven	3 oz	99	270	4.50	420	9	*9	11.00	0.00	0	37.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1	1	2.00	0.00	0	21.00
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	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			447	5.25	550	*38	*9	12.46	0.00	10	70.55
% of Calories				10.57 %		*34.0%	*8.1%	25.1%	0.0%		63.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 02/14/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	16	7.00	0.00	15	32.00
992223 VG- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			513	2.52	274	*58	*16	9.15	*0.00	25	99.36
% of Calories				4.42%		*45.2%	*12.5%	16.1%	*0.0%		77.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 02/17/2025

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			

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Tuesday - 02/18/2025 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			

Wednesday - 02/19/2025 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			

Thursday - 02/20/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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			

Friday - 02/21/2025 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			

Monday - 02/24/2025 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	160	1.50	400	7	7	6.00	0.00	20	19.00
991777 V- Veggie Patty & WG Pancakes	1 serving	1	283	0.33	830	6	*5	9.33	0.00	7	37.33
991178 VG/DF- Homemade WG Pancakes	2 pancakes	1	214	0.68	3	*5	*0	9.77	0.00	0	27.02
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00

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Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	49	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			460	2.28	554	*57	*29	7.65	0.00	30	83.90
% of Calories				4.46%		*49.6%	*25.2%	15.0%	0.0%		73.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 02/25/2025

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)
991334 V- Pumpkin Carrot Breakfast Loaf	1 squares	100	223	2.59	231	*21	*N/A*	4.77	*0.00	36	41.54
992219 VG- Pumpkin Carrot Breakfast Loaf (VG)	1 squares	1	185	0.05	192	*21	*N/A*	0.69	*0.00	0	42.17
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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			410	3.37	364	*48	*N/A*	6.24	*0.00	46	77.50
% of Calories				7.40%		*46.8%	*N/A*	13.7%	*0.0%		75.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 02/26/2025 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 V-WG Bagel (IW) & Cream Cheese & Jelly	serving	99	250	2.50	395	12	*9	4.50	0.00	15	45.00
991347 VG/DF - WG White Bagel (IW) & Jelly	serving	1	205	0.00	315	11	9	1.00	0.00	0	44.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(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	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			470	3.22	534	*49	*9	5.72	0.00	25	85.99
% of Calories				6.17%		*41.7%	*7.7%	11.0%	0.0%		73.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 02/27/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
992806 WW Waffle & Chicken Patty	1 Waffle/1Patty	100	176	2.78	494	1	*1	9.07	0.00	43	14.01
992807 V- WW Waffle & Veggie Patty	1 Waffle/1Patty	1	215	0.75	620	2	*1	10.00	0.00	2	19.00
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7	7	0.00	0.00	0	7.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			430	3.63	635	*46	*8	11.17	0.00	53	66.22
% of Calories				7.60%		*42.8%	*7.4%	23.4%	0.0%		61.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 02/28/2025

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)
991528 Breakfast Pizza w/ Hashbrown Crust	serving	100	210	1.60	274	*3	*2	6.17	*0.00	78	26.93
992240 V/VG- Breakfast Pizza w/ Hashbrown Crust	serving	1	241	2.14	505	*4	*2	5.48	*0.00	0	32.77
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

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			524	2.64	413	*45	*2	8.30	*0.00	88	94.29
% of Calories				4.53%		*34.4%	*1.5%	14.3%	*0.0%		72.0%
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	437	*49	*9	8.52	*0.00	55	82.03
% of Calories			6.46%		*42.6%	*7.8%	16.7%	*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.