

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Menu Name:

LAYC ACADEMY - Breakfast 9-12

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 03/03/2025

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)
992571 V-Mini French Toast Cinnamon Crunch	2.64 oz	100	210	1.00	200	11	10	7.00	0.00	0	36.00
992656 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	1	260	2.00	300	9	*8	10.00	0.00	0	38.00
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			593	1.77	373	*82	*32	8.35	0.00	10	118.38
% of Calories				2.69%		*55.3%	*21.6%	12.7%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 03/04/2025

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	9.46	393	1	*1	16.83	0.00	277	14.51

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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)
992226 VG/DF -WW Breakfast Roll & Tofu Scramble	serving	0	160	3.22	381	3	*2	5.73	0.00	0	18.78
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			419	10.26	526	*30	*1	18.38	0.00	287	48.21
% of Calories				22.04 %		*28.6%	*1.0%	39.5%	0.0%		46.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 03/05/2025 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)
991381 V- Whole Grain Pancakes	2 pancakes	100	153	0.33	400	5	*5	2.33	0.00	7	31.33
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
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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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	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			458	1.12	551	*55	*27	3.79	0.00	17	97.87
% of Calories				2.20%		*48.0%	*23.6%	7.4%	0.0%		85.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 03/06/2025

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)
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/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
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			423	2.26	271	*53	*16	8.37	*0.00	25	71.46
% of Calories				4.81%		*50.1%	*15.1%	17.8%	*0.0%		67.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Friday - 03/07/2025 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)
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
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
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	*47	*11	2.99	0.00	15	79.51
% of Calories				1.78%		*47.6%	*11.1%	6.8%	0.0%		80.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 03/10/2025 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)
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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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)
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 - 03/11/2025

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)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
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	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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			381	2.30	243	*45	*0	9.62	*0.00	20	65.04
% of Calories				5.43%		*47.2%	*0%	22.7%	*0.0%		68.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 03/12/2025 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)
992212 V/VG- Sweet Potato Waffles	serving	100	263	0.31	38	*14	*N/A*	4.91	0.00	0	48.45
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
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	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			457	1.10	249	*42	*0	6.37	0.00	10	87.99
% of Calories				2.17%		*36.8%	*0%	12.5%	0.0%		77.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 03/13/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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)
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
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
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	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	3.49	598	*39	*1	10.80	0.00	111	66.14
% of Calories				7.03%		*34.9%	*0.9%	21.7%	0.0%		59.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 03/14/2025

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)
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
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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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)
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			591	4.69	363	*74	*0	9.18	*0.00	75	115.57
% of Calories				7.14%		*50.1%	*0%	14.0%	*0.0%		78.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 03/17/2025

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 V- WG Cinnamon Roll	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
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	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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			497	5.30	553	*47	*9	12.95	0.00	10	81.99
% of Calories				9.60%		*37.8%	*7.2%	23.5%	0.0%		66.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 03/18/2025 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)
991382 V-Chocolate Chip Oatmeal Muffin	serving	100	274	3.82	211	22	*0	34.91	*0.00	21	47.57
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*0	7.58	*0.00	0	33.17
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	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			455	4.62	343	*51	*0	36.53	*0.00	31	81.61
% of Calories				9.14%		*44.8%	*0%	72.3%	*0.0%		71.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 03/19/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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)
992848 V/VG- Cereal, Cheerios Honey SS Bowl	28 gram.	100	110	0.00	170	6	6	1.50	0.00	0	22.00
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
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	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			391	2.78	502	*44	*6	5.79	0.00	20	62.01
% of Calories				6.40%		*45.0%	*6.1%	13.3%	0.0%		63.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 03/20/2025

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)
991384 WG Biscuit & Tk. Patty Sandwich	2oz	99	262	8.09	495	2	*0	13.11	0.00	30	27.34
991773 V-WG Biscuit & Veggie Patty Sandwich	28 gr	1	170	4.00	460	2	*1	7.50	0.00	0	18.00
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	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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
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	8.83	627	*30	*0	14.56	0.00	40	62.91
% of Calories				17.78 %		*26.8%	*0%	29.3%	0.0%		56.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 03/21/2025

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	166	0.26	29	*9	*N/A*	2.92	*0.00	1	30.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	0	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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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			477	1.27	162	*51	*0	4.99	*0.00	11	97.03
% of Calories				2.40%		*42.8%	*0%	9.4%	*0.0%		81.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 03/24/2025 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)
991204 Yogurt Yoplait & Granola (V)	4oz Yg/1oz Gran	99	220	0.50	125	20	17	3.50	0.00	5	41.00
992443 VG -Dairy Free Yogurt & Granola	5.3 oz	1	250	0.50	160	18	*6	6.50	0.00	0	38.00
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	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			398	1.29	257	*48	*17	5.03	0.00	15	74.55
% of Calories				2.92%		*48.2%	*17.1%	11.4%	0.0%		74.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 03/25/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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)
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
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
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			523	2.26	370	*64	*27	7.34	0.00	10	104.45
% of Calories				3.89%		*48.9%	*20.7%	12.6%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 03/26/2025 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)
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/DF- Pumpkin Carrot Breakfast Loaf (VG)	1 squares	1	185	0.05	192	*21	*N/A*	0.69	*0.00	0	42.17
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

Mar 3, 2025 thru Apr 4, 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			535	3.61	365	*63	*N/A*	6.81	*0.00	46	108.86
% of Calories				6.07%		*47.1%	*N/A*	11.5%	*0.0%		81.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 03/27/2025

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
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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			393	2.24	613	*44	*7	7.40	0.00	30	62.32
% of Calories				5.13%		*44.8%	*7.1%	16.9%	0.0%		63.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 03/28/2025 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)
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
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	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			434	3.26	526	*39	*9	5.92	0.00	25	80.53
% of Calories				6.76%		*35.9%	*8.3%	12.3%	0.0%		74.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 03/31/2025 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			

Tuesday - 04/01/2025 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)
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/DF-Homemade Vegan Muffins	64 gr	1	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			388	2.29	273	*44	*16	8.58	*0.00	25	68.00
% of Calories				5.31%		*45.4%	*16.5%	19.9%	*0.0%		70.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 2025

Wednesday - 04/02/2025 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)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	100	314	4.54	563	*2	*N/A*	13.90	0.00	193	25.82
992259 V- Egg & Cheese Burrito	1 burrito	1	352	5.56	420	*2	*N/A*	16.77	0.00	199	25.99
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
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			537	5.35	697	*39	*0	15.32	0.00	205	65.08
% of Calories				8.97%		*29.1%	*0%	25.7%	0.0%		48.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 04/03/2025 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)
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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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.	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			

Friday - 04/04/2025

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)
992005 V/VG- Whole Wheat Zucchini Bread	slice	100	124	0.26	46	*9	*N/A*	3.31	*0.00	0	21.33
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
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

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Apr 4, 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			496	3.30	382	*52	*N/A*	8.42	*0.00	20	89.37
% of Calories				5.99%		*41.9%	*N/A*	15.3%	*0.0%		72.1%
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		459	3	407	*49	*9	9.57	*0.00	45	81.31
% of Calories			6.43%		*42.7%	*7.8%	18.8%	*0.0%		70.9%

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.