

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

Monday - 10/07/2024

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
991178 VG/DF-Homemade WG Pancakes	2 pancakes	1	2	0.01	0	*0	*N/A*	0.10	*0.00	0	0.27
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	*N/A*	0.00	0.00	0	31.00
992362 Grape Juice - Suncup	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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	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			523	2.24	553	*72	*0	6.41	*0.00	20	98.35
% of Calories				3.85%		*55.1%	*0%	11.0%	*0.0%		75.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 10/08/2024

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
992566 DF/VG- WG Roll (2pc)	32 gr (2pc)	100	160	0.00	340	4	*4	2.00	0.00	0	30.00
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	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			429	3.80	733	*34	*4	9.55	0.00	130	65.71
% of Calories				7.97%		*31.7%	*3.7%	20.0%	0.0%		61.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 10/09/2024 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)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	*N/A*	7.00	0.00	15	32.00
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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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)
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			425	2.29	270	*54	*N/A*	8.64	*0.00	25	76.12
% of Calories				4.85%		*50.8%	*N/A*	18.3%	*0.0%		71.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 10/10/2024 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			

Friday - 10/11/2024 Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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			

Monday - 10/14/2024Reimbursable 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 - 10/15/2024Reimbursable 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	4.23	195	*0	*0	8.65	*0.00	103	1.15
992591 V- Waffle Omelet w/ cheese	1	1	1	0.04	1	*0	*0	0.08	*0.00	1	0.01
992755 DF- Waffle Omelet w/ Tk. bacon	1	1	1	0.01	1	*0	*N/A*	0.04	*0.00	1	0.01
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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)
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
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			420	5.13	502	*40	*2	11.76	*0.00	115	61.18
% of Calories				10.99 %		*38.1%	*1.9%	25.2%	*0.0%		58.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 10/16/2024

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
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

Weighted Values

Oct 7, 2024 thru Nov 1, 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			580	3.01	512	*51	*8	12.03	0.00	10	108.90
% of Calories				4.67%		*35.2%	*5.5%	18.7%	0.0%		75.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 10/17/2024 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)
000192 V-WW Sweet Potato Muffin	serving	99	155	0.22	28	*9	*N/A*	2.67	*0.00	1	27.94
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0	0.33
000010 Mozzarella, Cheese String	1 oz	100	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	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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			403	3.03	362	*37	*N/A*	7.24	*0.00	21	64.82
% of Calories				6.77%		*36.7%	*N/A*	16.2%	*0.0%		64.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

Friday - 10/18/2024 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)
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
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0	0.21
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			480	8.71	631	*39	*0	14.22	0.00	40	68.12
% of Calories				16.33 %		*32.5%	*0%	26.7%	0.0%		56.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 10/21/2024 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

	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)
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
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			448	1.34	260	*59	*17	5.52	0.00	15	85.99
% of Calories				2.69%		*52.7%	*15.2%	11.1%	0.0%		76.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Tuesday - 10/22/2024 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm (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
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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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			323	1.52	180	*36	*0	9.33	*0.00	33	50.56
% of Calories				4.24%		*44.6%	*0%	26.0%	*0.0%		62.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 10/23/2024 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)
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
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			583	1.33	250	*56	*0	6.94	0.00	10	119.35
% of Calories				2.05%		*38.4%	*0%	10.7%	0.0%		81.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 10/24/2024 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)
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
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			

Friday - 10/25/2024 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)
992342 WG Croissant	servings	100	261	5.53	615	6	*3	11.05	0.00	15	31.02
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0	0.21
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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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)
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	6.28	757	*43	*3	12.32	0.00	25	72.24
% of Calories				11.73 %		*35.7%	*2.5%	23.0%	0.0%		60.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Monday - 10/28/2024

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)
991053 Pillsbury Mini Cinnis Cinnamon	65 gr	100	240	1.50	270	14	*N/A*	7.00	0.00	0	40.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
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
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			424	2.28	401	*41	*0	8.46	0.00	10	75.54
% of Calories				4.84%		*38.7%	*0%	18.0%	0.0%		71.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

Tuesday - 10/29/2024 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
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
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	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			493	3.38	357	*53	*0	10.64	0.00	38	78.08
% of Calories				6.17%		*43.0%	*0%	19.4%	0.0%		63.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Wednesday - 10/30/2024 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)
991560 WG English Muffin w/ Chicken Patty	serving	95	200	1.90	428	1	*1	7.12	0.00	38	24.70
991173 V / VG- WG English Muffin w/ Meatless Patty	serving	5	12	0.00	29	0	*0	0.42	0.00	0	1.55

Weighted Values

Oct 7, 2024 thru Nov 1, 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)
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			389	2.69	588	*30	*1	9.05	0.00	48	59.83
% of Calories				6.22%		*30.8%	*1.0%	20.9%	0.0%		61.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Thursday - 10/31/2024

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)
990947 Taco Breakfast	1	95	188	4.43	359	*0	*N/A*	9.92	*0.00	93	15.25
991174 V/VG- Veggie Taco Breakfast	1	5	17	0.20	24	*0	*0	0.84	*0.00	0	1.27
992362 Grape Juice - Suncup	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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

Weighted Values

Oct 7, 2024 thru Nov 1, 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			465	5.38	533	*49	*0	12.01	*0.00	103	67.52
% of Calories				10.41 %		*42.2%	*0%	23.2%	*0.0%		58.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

Friday - 11/01/2024 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)
992600 V- Carrot-Pineapple WG Loaf	56 gr	99	129	1.52	201	*11	*0	30.32	0.00	4	23.92
000065 Go Gurts	2 oz	100	51	0.00	30	8	*N/A*	0.51	0.00	5	10.12
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0	0.21
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
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			491	2.53	366	*60	*0	32.88	0.00	19	101.16
% of Calories				4.64%		*48.9%	*0%	60.3%	0.0%		82.4%
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		462	3	453	*47	*3	11.38	*0.00	40	77.72
% of Calories			6.62%		*40.7%	*2.6%	22.2%	*0.0%		67.3%

**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.