

# Base Menu Spreadsheet

## Portion Values

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

**Monday - 02/02/2026 Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992601 CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)	100	110	1.00	160	6.00	6.00	2.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*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	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			394	1.78	351	*46.43	*17.00	4.46	0.00	15	78.54
% of Calories				4.07%		*47.14 %	*6.09%	10.2%	0.0%		79.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

**Tuesday - 02/03/2026 Reimbursable Meal Total 100**

# Base Menu Spreadsheet

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## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993113 V- WG Pancakes Buttermilk Maple Cinnamon (IW)	74gr per portio	99	170	0.50	210	12.00	9.00	3.50	0.00	10	32.00
991178 VG/DF- Homemade WG Pancakes	2 pancakes	1	214	0.68	3	*4.73	*0.00	9.77	0.00	0	27.02
990949 V/VG- Jelly	14 gr	100	35	0.00	5	8.00	6.00	0.00	0.00	0	9.00
992900 TANGERINES, FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK, Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			433	1.35	353	*57.32	*14.91	5.56	0.00	20	85.97
% of Calories				2.81%		*52.95 %	*8.31%	11.6%	0.0%		79.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Wednesday - 02/04/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000192 V-WW Sweet Potato Muffin	56 grs	99	166	0.26	29	*8.83	*0.00	2.92	*0.00	1	30.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>537</b>	<b>3.30</b>	<b>368</b>	<b>*50.80</b>	<b>*0.17</b>	<b>8.03</b>	<b>*0.00</b>	<b>21</b>	<b>97.94</b>
% of Calories				5.53%		*37.84 %	*0.00%	13.5%	*0.0%		73.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Thursday - 02/05/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9.00	*8.00	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			447	2.79	516	*36.48	*8.00	11.50	0.00	10	75.58
% of Calories				5.62%		*32.64 %	*7.16%	23.2%	0.0%		67.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Friday - 02/06/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991053 Pillsbury Mini Cinnis Cinnamon	65 gr	100	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			450	2.25	425	*50.00	*13.00	8.25	0.00	10	82.00
% of Calories				4.50%		*44.44 %	*11.56 %	16.5%	0.0%		72.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Monday - 02/09/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992848 V/VG- Cereal, Cheerios Honey SS Bowl	28 gram.	100	110	0.00	170	6.00	6.00	1.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	99	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			388	0.79	362	*47.46	*16.89	3.53	0.00	15	76.55
% of Calories				1.83%		*48.93 %	*6.19%	8.2%	0.0%		78.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

Tuesday - 02/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991694 Turkey Sausage Patty WG Pancakes	1 serving	100	223	1.83	660	5.33	*5.33	7.33	0.00	37	31.33
991777 V- Veggie Patty & WG Pancakes	1 serving	1	283	0.33	830	6.33	*5.33	9.33	0.00	7	37.33
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>421</b>	<b>2.62</b>	<b>885</b>	<b>*31.83</b>	<b>*5.39</b>	<b>8.88</b>	<b>0.00</b>	<b>47</b>	<b>71.25</b>
<b>% of Calories</b>				<b>5.60%</b>		<b>*30.24 %</b>	<b>*5.07%</b>	<b>19.0%</b>	<b>0.0%</b>		<b>67.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>		<b>&lt;10</b>				

### Wednesday - 02/11/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991524 V- Baked French Toast Muffin	serving	100	210	2.42	209	*17.94	*8.38	5.52	*0.00	99	31.17
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			494	5.20	548	*55.24	*8.55	9.93	*0.00	119	71.64
% of Calories				9.47%		*44.73 %	*6.79%	18.1%	*0.0%		58.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Thursday - 02/12/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991332 V-Apple Caramel Bread Pudding	1 serving	99	277	3.67	227	31.45	*8.38	7.07	*0.00	65	48.05
992442 VG/DF Apple Bread Pudding	1 serving	1	266	0.35	233	33.56	*8.38	3.92	*0.00	0	48.51
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			588	4.66	365	*72.45	*8.38	9.11	*0.00	74	115.09
% of Calories				7.13%		*49.29 %	*5.70%	13.9%	*0.0%		78.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Friday - 02/13/2026

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

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## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992588 Waffle Omelet w/ cheese & Tk. bacon	1	99	102	4.26	188	*0.02	*0.00	8.39	*0.00	127	0.67
992591 V- Waffle Omelet w/ cheese	1	1	91	4.04	135	0.02	*0.00	7.56	0.00	123	0.58
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1.00	1.00	5.00	0.00	0	14.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991025 ORANGES - (1 orange 113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12.25	*0.00	0.16	0.00	0	15.39
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12.00	0.00	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			424	9.03	537	*37.27	*1.00	14.79	*0.00	137	57.06
<b>% of Calories</b>				19.17 %		*35.16 %	*0.00%	31.4%	*0.0%		53.8%
<b>Weekly Nutrient Guideline</b>			450 - 600	<10	640		<10				

**Monday - 02/16/2026**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Tuesday - 02/17/2026

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Wednesday - 02/18/2026

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

### Thursday - 02/19/2026

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Friday - 02/20/2026

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	*N/A*	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Monday - 02/23/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992993 V-WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)	100	250	1.00	290	13.00	11.00	12.00	0.00	40	37.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	3	*4.73	*0.00	9.77	0.00	0	27.02

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			439	1.80	508	*40.59	*11.00	13.55	0.00	50	74.71
% of Calories				3.69%		*36.98 %	*10.02 %	27.8%	0.0%		68.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

## Tuesday - 02/24/2026

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6.00	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	99	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12.00	*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	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00

# Base Menu Spreadsheet

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## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			395	0.78	297	*46.41	*10.89	2.99	0.00	15	79.51
% of Calories				1.78%		*47.00 %	*N/A*	6.8%	0.0%		80.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Wednesday - 02/25/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992533 WG Biscuit 2oz & Tk. Patty Sausage CR	2oz Biscuit	99	260	8.00	490	2.00	*0.00	13.00	0.00	30	27.00
992260 V- WG Biscuit and Veggie Patty	28 gr	1	170	4.00	460	2.00	*1.00	7.50	0.00	0	18.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			482	8.75	625	*38.50	*0.01	14.51	0.00	40	70.70
% of Calories				16.34 %		*31.95 %	*0.00%	27.1%	0.0%		58.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Thursday - 02/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991328 V- WW Gingerbread Muffin	56 grams	100	278	0.86	69	*24.83	*5.58	10.18	*0.00	16	42.58
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18.20	*16.77	7.58	*0.00	0	33.17
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			591	1.89	208	*65.99	*5.75	12.32	*0.00	26	109.95
% of Calories				2.88%		*44.66 %	*3.78%	18.8%	*0.0%		74.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

### Friday - 02/27/2026

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Feb 2, 2026 thru Feb 27, 2026

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992996 V- Breakfast Egg & Cheese Scrambler (IW)	93 gr	100	230	4.00	350	4.00	2.00	9.00	0.00	110	30.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			450	4.75	485	*40.00	*2.00	10.25	0.00	120	69.00
% of Calories				9.50%		*35.56 %	*1.78%	20.5%	0.0%		61.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<10				

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	462	3	456	*47.78	*8.20	9.18	*0.00	48	81.03
% of Calories		6.72%		*41.37 %	*5.19%	17.9%	*0.0%		70.2%

\*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

<sup>1</sup> - denotes required nutrient values

Added Sugars target is informational only, with an effective date of July 1, 2027.

**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.