

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Menu Name:

LAYC ACADEMY - Breakfast 9-12

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 01/05/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992858 Cereal, Lucky Charm SS Bowl	28 gr	100	110	0.00	220	6.00	6.00	2.00	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	412	*47.46	*16.89	4.03	0.00	15	76.55
% of Calories				1.83%		*48.93 %	*6.19%	9.3%	0.0%		78.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Tuesday - 01/06/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993002 V-Oatmeal Soft Round Banana Chocolate Chip Bar	66 gr	100	280	4.00	240	15.00	14.00	12.00	0.00	10	39.00
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
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
Weighted Daily Average			464	4.78	376	*41.43	*14.00	13.46	0.00	20	74.54
% of Calories				9.27%		*35.72 %	*12.07 %	26.1%	0.0%		64.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Wednesday - 01/07/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000192 V-WW Sweet Potato Muffin	serving	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	*N/A*	3.04	0.00	10	1.01
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

Base Menu Spreadsheet

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Portion Values

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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			447	3.03	376	*45.94	*0.17	7.25	*0.00	21	72.04
% of Calories				6.10%		*41.11 %	*0.00%	14.6%	*0.0%		64.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Thursday - 01/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
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	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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			580	3.01	517	*49.86	*8.00	12.03	0.00	10	108.90
% of Calories				4.67%		*34.39 %	*5.52%	18.7%	0.0%		75.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Friday - 01/09/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			453	2.29	415	*50.50	*13.00	8.56	0.00	10	84.78
% of Calories				4.55%		*44.59 %	*11.48 %	17.0%	0.0%		74.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Monday - 01/12/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	<=0			

Tuesday - 01/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991372 V- WG Chocolate Chip Pancakes-(Krusteaz)	2 pancakes	100	186	1.51	400	9.11	*5.33	4.22	0.00	7	36.06
991178 VG/DF- Homemade WG Pancakes	2 pancakes	0	214	0.68	3	*4.73	*0.00	9.77	0.00	0	27.02
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

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	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			506	2.53	617	*49.98	*5.33	6.25	0.00	17	106.96
% of Calories				4.50%		*39.51 %	*4.22%	11.1%	0.0%		84.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Wednesday - 01/14/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	*N/A*	3.04	0.00	10	1.01
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24.00	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

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	<=0			

Thursday - 01/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990797 V-Apple Homemade Baked Oatmeal Bar	SERVINGS	99	229	0.97	33	*6.41	*0.00	4.49	*0.00	3	40.30
993073 VG/DF- Apple Homemade Baked Oatmeal Bar	SERVINGS	1	234	0.67	30	*6.88	*0.00	4.66	*0.00	0	41.94
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
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			453	1.76	169	*43.02	*0.00	6.10	*0.00	13	84.23
% of Calories				3.50%		*37.99 %	*0.00%	12.1%	*0.0%		74.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Friday - 01/16/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992588 Waffle Omelet w/ cheese & Tk. bacon	1	99	113	4.27	197	*0.02	*0.00	8.74	*0.00	104	1.16
992591 V- Waffle Omelet w/ cheese	1	1	102	4.05	144	*0.02	*0.00	7.91	0.00	100	1.07
992755 DF- Waffle Omelet w/ Tk. bacon	1	1	57	1.24	101	*0.02	*0.00	4.18	*0.00	89	0.66
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
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
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			491	12.08	744	*29.50	*0.00	19.27	*0.00	115	61.75
% of Calories				22.14 %		*24.03 %	*0.00%	35.3%	*0.0%		50.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Monday - 01/19/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	<=0			

Tuesday - 01/20/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
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	297	*47.46	*10.89	3.03	0.00	15	77.55
% of Calories				1.83%		*48.93 %	*N/A*	7.0%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Wednesday - 01/21/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
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
Weighted Daily Average			421	2.62	885	*31.83	*5.39	8.88	0.00	47	71.25
% of Calories				5.60%		*30.24 %	*5.07%	19.0%	0.0%		67.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Thursday - 01/22/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	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			540	5.01	487	*44.86	*2.00	11.03	0.00	120	96.90
% of Calories				8.35%		*33.23 %	*1.48%	18.4%	0.0%		71.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Friday - 01/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
991059 Cranberry Apple Juice (1 cup- 2 juices)	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

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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			501	1.62	205	*61.13	*5.75	11.55	*0.00	26	82.04
% of Calories				2.91%		*48.81 %	*4.46%	20.7%	*0.0%		65.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Monday - 01/26/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
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			395	0.78	362	*46.41	*16.89	3.49	0.00	15	78.51
% of Calories				1.78%		*47.00 %	*6.08%	8.0%	0.0%		79.5%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Tuesday - 01/27/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991334 V- Pumpkin Carrot Breakfast Loaf	1 squares	100	223	2.59	231	*20.74	*13.97	4.77	*0.00	36	41.54
992219 VG/DF- Pumpkin Carrot Breakfast Loaf (VG)	1 squares	1	185	0.05	192	*21.39	*13.97	0.69	*0.00	0	42.17
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	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			535	3.61	370	*61.82	*14.11	6.81	*0.00	46	108.86
% of Calories				6.07%		*46.22 %	*10.45 %	11.5%	*0.0%		81.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Wednesday - 01/28/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
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

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991059 Cranberry Apple Juice (1 cup- 2 juices)	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
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			481	1.76	506	*49.11	*11.00	13.30	0.00	50	80.13
% of Calories				3.29%		*40.84 %	*9.15%	24.9%	0.0%		66.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Thursday - 01/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	100	314	4.54	563	*2.34	*N/A*	13.90	0.00	193	25.82
992259 V- Egg & Cheese Burrito	1 burrito	1	346	10.00	457	2.00	*0.00	20.39	0.00	292	25.01
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
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

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	5.44	704	*29.84	*0.00	15.61	0.00	206	59.65
% of Calories				9.91%		*24.16 %	*N/A*	28.4%	0.0%		48.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=0			

Friday - 01/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
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	<=0			

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		469	4	472	*45.81	*7.84	9.45	*0.00	48	81.34
% of Calories			6.83%		*39.07 %	*5.12%	18.1%	*0.0%		69.4%

**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

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.