

# Base Menu Spreadsheet

Luncheras Di Si

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

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

### Monday - 10/06/2025 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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992342 WG Croissant w/American Cheese	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	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	0	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
<b>Weighted Daily Average</b>			439	6.32	748	*35	*3	12.57	0.00	25	64.81
% of Calories				12.96 %		*31.9%	*2.7%	25.8%	0.0%		59.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Tuesday - 10/07/2025 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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991054 V- Pillsbury French Toast Triple Berry	83 gr	100	220	1.00	190	11	10	7.00	0.00	0	36.00

# Base Menu Spreadsheet

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992656 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	0	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
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			524	1.78	341	*60	*32	8.46	0.00	10	102.54
% of Calories				3.06%		*45.8%	*24.4%	14.5%	0.0%		78.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Wednesday - 10/08/2025

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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993000 Breakfast Egg, Cheese & Turkey Sausage Scrambler	93 gr	99	230	4.00	390	4	2	9.00	0.00	85	31.00
992996 V- Breakfast Egg & Cheese Scrambler (IW)	93 gr	1	230	4.00	350	4	2	9.00	0.00	110	30.00
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
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

**Base Menu Spreadsheet**

Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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			450	4.75	520	*41	*2	10.25	0.00	95	69.99
% of Calories				9.50%		*36.4%	*1.8%	20.5%	0.0%		62.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

**Thursday - 10/09/2025**

**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 (g)	T-Fat (g)	Tr-Fat (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 - 10/10/2025**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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 - 10/13/2025

### 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 (g)	T-Fat (g)	Tr-Fat (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 - 10/14/2025

### 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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991204 V- Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	20	17	3.50	0.00	5	41.00
992443 VG/DF -Dairy Free Yogurt & Granola	5.3 oz	0	250	0.50	160	18	*6	6.50	0.00	0	38.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	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

# Base Menu Spreadsheet

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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	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			404	1.28	256	*47	*17	4.96	0.00	15	76.54
% of Calories				2.85%		*46.5%	*16.8%	11.0%	0.0%		75.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

## Wednesday - 10/15/2025

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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	160	1.50	400	7	7	6.00	0.00	20	19.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	3	*5	*0	9.77	0.00	0	27.02
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7	7	0.00	0.00	0	7.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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			495	2.51	532	*56	*14	8.03	0.00	30	92.90
% of Calories				4.56%		*45.3%	*11.3%	14.6%	0.0%		75.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Thursday - 10/16/2025

### 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 (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	6	2.00	0.00	0	22.00
992028 Dannon, Assorted Yogurt (Strawberry, Blueberry, Rap	4oz	100	50	0.00	55	7	3	0.00	0.00	5	10.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	10	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	0	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			350	0.79	415	*43	*9	3.85	0.00	15	67.38
% of Calories				2.03%		*49.1%	*10.3%	9.9%	0.0%		77.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

# Base Menu Spreadsheet

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

### Friday - 10/17/2025

### 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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992212 V/VG- Sweet Potato Waffles	-serving	100	263	0.31	38	*14	*0	4.91	0.00	0	48.45
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
<b>Weighted Daily Average</b>			<b>603</b>	<b>1.06</b>	<b>198</b>	<b>*73</b>	<b>*22</b>	<b>6.16</b>	<b>0.00</b>	<b>10</b>	<b>120.45</b>
% of Calories				1.58%		*48.4%	*14.6%	9.2%	0.0%		79.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Monday - 10/20/2025

### 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 (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	14	12.00	0.00	10	39.00
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
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	0.21	0.00	0	22.54

# Base Menu Spreadsheet

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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
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
<b>Weighted Daily Average</b>			<b>464</b>	<b>4.78</b>	<b>371</b>	<b>*42</b>	<b>*14</b>	<b>13.46</b>	<b>0.00</b>	<b>20</b>	<b>74.54</b>
% of Calories				9.27%		*36.2%	*12.1%	26.1%	0.0%		64.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

## Tuesday - 10/21/2025

### 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 (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	11	12.00	0.00	40	37.00
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
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	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

Lunches Di Si

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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			549	1.80	443	*64	*33	13.55	0.00	50	101.71
% of Calories				2.95%		*46.6%	*24.0%	22.2%	0.0%		74.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Wednesday - 10/22/2025

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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992005 V/VG- Whole Wheat Zucchini Bread	slice	100	124	0.26	46	*9	*0	3.31	*0.00	0	21.33
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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	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	1.27	178	*51	*0	5.34	*0.00	10	88.23
% of Calories				2.63%		*47.0%	*0%	11.1%	*0.0%		81.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Thursday - 10/23/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (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	2	9.00	0.00	110	30.00
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
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			450	4.75	480	*41	*2	10.25	0.00	120	69.00
% of Calories				9.50%		*36.4%	*1.8%	20.5%	0.0%		61.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Friday - 10/24/2025

### 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 (g)	T-Fat (g)	Tr-Fat (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
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	0.31	0.00	0	30.78
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

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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			473	3.26	524	*49	*9	6.03	0.00	25	88.78
% of Calories				6.20%		*41.4%	*7.6%	11.5%	0.0%		75.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Monday - 10/27/2025

### 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 (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	6	1.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14	11	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	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	0	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

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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			394	0.78	356	*47	*17	3.46	0.00	15	78.54
% of Calories				1.78%		*47.7%	*17.3%	7.9%	0.0%		79.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

## Tuesday - 10/28/2025

## 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 (g)	T-Fat (g)	Tr-Fat (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	*17	7.58	*0.00	0	33.17
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*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	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			484	4.29	454	*54	*0	12.41	*0.00	30	73.47
% of Calories				7.98%		*44.6%	*0%	23.1%	*0.0%		60.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

# Base Menu Spreadsheet

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

### Wednesday - 10/29/2025

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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991425 V- WG Cinnamon Roll	3 oz	100	270	4.50	420	9	*9	11.00	0.00	0	37.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	100	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	0	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			547	5.29	691	*38	*10	14.50	0.00	10	91.58
% of Calories				8.70%		*27.8%	*7.3%	23.9%	0.0%		67.0%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

### Thursday - 10/30/2025

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 (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990675 V- Pillsbury Mini Bagel Strawberry and Cheese	69 gr	100	230	2.00	190	13	12	6.00	0.00	10	42.00
991347 VG/DF - WG White Bagel (iW) & Jelly	serving	0	205	0.00	315	11	9	1.00	0.00	0	44.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	0.78	0.00	0	53.90

# Base Menu Spreadsheet

Luncheras Di Si

## Portion Values

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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			540	3.01	322	*55	*12	8.03	0.00	20	108.90
% of Calories				5.02%		*40.7%	*8.9%	13.4%	0.0%		80.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

## Friday - 10/31/2025

## 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 (g)	T-Fat (g)	Tr-Fat (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
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	1	5.00	0.00	0	14.00
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12	*0	0.16	0.00	0	15.39
992365 Orange Juice - Suncup - 4oz	4 fl.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	100	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

Oct 6, 2025 thru Oct 31, 2025

	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 (g)	T-Fat (g)	Tr-Fat (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			468	8.52	671	*46	*1	13.70	0.00	138	65.02
% of Calories				16.38 %		*39.3%	*0.9%	26.3%	0.0%		55.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	475	3	441	*50	*12	9.12	*0.00	38	84.38
% of Calories		6.27%		*42.1%	*10.1%	17.3%	*0.0%		71.1%

\*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

**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.