

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

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

Monday - 08/24/2026 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	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	0.00	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	0.03	296	*46.43	*11.00	2.96	0.00	15	79.54
% of Calories				0.07%		*47.14 %	*11.17 %	6.8%	0.0%		80.8%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Tuesday - 08/25/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993206 WG English Muffin w/Chicken Patty Sausage & Cheese	serving	99	237	3.25	650	1.93	*0.93	9.40	0.00	48	25.36
993217 V-WG English Muffin w/Veggie Patty & Ame. Cheese	serving	1	217	1.25	600	2.93	*0.93	5.90	0.00	8	28.36
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	0.00	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			424	3.27	876	*31.42	*2.93	10.87	0.00	57	60.97
% of Calories				6.94%		*29.64 %	*2.76%	23.1%	0.0%		57.5%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Wednesday - 08/26/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	99	200	1.50	140	16.00	16.00	7.00	0.00	15	32.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992366 Orange Juice - Suncup - 1 cup: 2 juices	8 fl. (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	0.00	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			481	3.52	486	*53.04	*16.02	11.29	*0.00	35	74.02
% of Calories				6.59%		*44.11 %	*13.32 %	21.1%	*0.0%		61.6%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Thursday - 08/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990645 V-Eggo Bites Waffles Maple	2.64 oz	99	190	1.50	220	11.00	*N/A*	5.00	0.00	36	36.00
993194 VG/DF-Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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			512	1.76	437	*51.97	*0.10	7.12	0.00	46	107.11
% of Calories				3.09%		*40.60 %	*0.08%	12.5%	0.0%		83.7%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Friday - 08/28/2026 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)
993207 Yogurt Parfait w/ Mango & Pineapple	serving	99	284	0.83	123	34.67	*16.67	3.87	0.00	3	55.95
993218 VG/DF-D. Free Yogurt Parfait w/ Mango & Pineapple	serving	1	291	5.84	77	29.34	*14.00	8.54	0.00	0	49.28
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
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			446	0.89	264	*58.73	*16.65	5.21	0.00	13	83.02
% of Calories				1.80%		*52.67 %	*14.93 %	10.5%	0.0%		74.5%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Monday - 08/31/2026 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	99	200	1.50	110	16.00	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
993280 Unsweetened Applesauce Strawberry	4.5 oz	100	50	0.00	0	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	0.00	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			414	1.54	246	*52.72	*0.18	9.62	*0.00	20	74.03
% of Calories				3.35%		*50.94 %	*0.17%	20.9%	*0.0%		71.5%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Tuesday - 09/01/2026

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)
993202 V/DF- Egg Spanish Tortilla w/potatoes & onions	serving	99	174	1.87	107	1.41	*0.00	7.45	0.00	238	17.09
993211 VG- Egg Spanish Tortilla w/potatoes & onions	serving	1	185	0.17	348	1.41	*0.00	8.35	0.00	0	15.96
993220 White WW Loaf - 0.5" slice	1 slice	100	70	0.00	150	2.00	*0.00	0.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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	0.00	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			555	2.12	397	*44.27	*0.00	9.99	0.00	246	96.98
% of Calories				3.44%		*31.91 %	*0.00%	16.2%	0.0%		69.9%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Wednesday - 09/02/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993208 WG White Bagel w/ American Cheese & Tk. Bacon	serving	99	251	2.67	687	5.14	*0.00	7.29	0.00	22	29.98
993219 V-WG White Bagel w/ Veggie Patty & American Cheese	serving	1	250	1.25	626	6.14	*0.00	5.53	0.00	8	33.98
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	0.00	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

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Portion Values

Aug 24, 2026 thru Oct 2, 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			471	2.65	832	*41.15	*0.00	8.52	0.00	32	71.02
% of Calories				5.06%		*34.95 %	*0.00%	16.3%	0.0%		60.3%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Thursday - 09/03/2026

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	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
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	0.00	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			387	0.04	361	*47.48	*17.00	3.50	0.00	15	76.58
% of Calories				0.09%		*49.07 %	*17.57 %	8.1%	0.0%		79.2%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Friday - 09/04/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991381 V- Whole Grain Pancakes	2 pancakes	99	153	0.33	400	5.33	*5.33	2.33	0.00	7	31.33
991178 VG/DF- Homemade WG Pancakes	2 pancakes	1	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
993279 Cinnamon Applesauce Drizzle	1 oz	100	14	0.01	1	*0.04	*0.00	0.02	0.00	0	3.49
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18.00	*N/A*	0.00	0.00	0	19.00
992365 Orange Juice - Suncup - 4oz	4 fl.	100	60	0.00	5	12.00	0.00	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			408	0.34	542	*47.37	*5.33	3.68	0.00	17	80.78
% of Calories				0.75%		*46.44 %	*5.23%	8.1%	0.0%		79.2%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Sunday - 09/06/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993199 WAFFLE STUFFED CHICKEN SAUSAGE CHEESE WG	2.2 oz	99	200	4.00	340	8.00	7.00	8.00	0.00	45	23.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993194 VG/DF-Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
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
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	0.00	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			438	4.06	557	*45.42	*7.03	10.01	0.00	55	72.22
% of Calories				8.34%		*41.48 %	*6.42%	20.6%	0.0%		66.0%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Monday - 09/07/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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%	0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Tuesday - 09/08/2026

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)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
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
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	0.00	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			510	0.26	332	*55.86	*12.00	4.53	0.00	15	108.90
% of Calories				0.46%		*43.81 %	*9.41%	8.0%	0.0%		85.4%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Wednesday - 09/09/2026

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)
992346 V- Peachy WG Cinnamon Roll Cobbler	2.87 (serving)	99	313	5.00	304	20.55	*9.00	11.00	0.00	0	47.32
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
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	0.00	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			472	4.96	438	*44.47	*8.92	12.21	0.00	10	73.18
% of Calories				9.46%		*37.69 %	*7.56%	23.3%	0.0%		62.0%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Thursday - 09/10/2026

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)
993200 FRITTATA, HAM CHEESE VEGETABLE	84 gr	99	110	2.50	500	1.00	*0.00	7.00	0.00	185	2.00
993214 V- FRITTATA, Omelet Cheddar Cheese	3.5 oz	1	180	6.00	400	1.00	*0.00	13.00	0.00	270	2.00
993220 White WW Loaf - 0.5" slice	1 slice	100	70	0.00	150	2.00	*0.00	0.50	0.00	0	13.00
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	0.00	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

Luncheras Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 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			365	2.57	785	*29.43	*0.00	9.02	0.00	196	50.54
% of Calories				6.34%		*32.25 %	*0.00%	22.2%	0.0%		55.4%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Friday - 09/11/2026

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	4	4.73	*4.72	9.77	0.00	0	27.02
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7.00	7.00	0.00	0.00	0	7.00
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	0.00	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			454	1.05	428	*47.59	*18.00	13.55	0.00	50	77.71
% of Calories				2.08%		*41.93 %	*15.86 %	26.9%	0.0%		68.5%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Monday - 09/14/2026

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)
993201 Pizza Bagel w/Egg, mozzarella cheese & tk. sausage	2.83 oz	100	180	3.00	380	6.00	1.00	6.00	0.00	50	23.00
993212 V- Pizza Bagel w/Egg mozzarella cheese	2.8 oz	1	180	3.00	380	6.00	1.00	6.00	0.00	55	23.00
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	0.00	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			366	3.06	520	*32.49	*1.01	7.52	0.00	61	58.77
% of Calories				7.52%		*35.51 %	*1.10%	18.5%	0.0%		64.2%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Tuesday - 09/15/2026

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)
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
993205 Turkey Sausage Links, 3", .67 oz	2 (0.67oz each)	99	68	2.04	170	0.68	*0.68	4.75	0.00	24	0.68
993288 V- Veggie Breakfast Sausage Strips	1.34 oz	1	70	0.00	250	1.00	*N/A*	2.50	0.00	0	4.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
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	0.00	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			515	4.06	687	*37.16	*8.67	16.23	0.00	34	76.29
% of Calories				7.10%		*28.86 %	*6.73%	28.4%	0.0%		59.3%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Wednesday - 09/16/2026 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)
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
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	0.00	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
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			520	1.26	352	*60.86	*17.00	5.03	0.00	15	109.90
% of Calories				2.18%		*46.82 %	*13.08 %	8.7%	0.0%		84.5%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Thursday - 09/17/2026

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)
993203 Breakfast Bowl w/ potato,Tk. bacon, egg & cheese	serving	99	241	5.30	487	*0.03	*0.00	14.20	*0.00	158	15.44
993215 V- Veggie Bowl w/potato, crumbles, egg & cheese	serving	1	211	4.02	297	0.36	*0.00	10.07	0.00	134	17.23
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	0.00	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

Aug 24, 2026 thru Oct 2, 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			462	5.29	621	*36.14	*0.00	15.46	*0.00	168	54.59
% of Calories				10.31 %		*31.29 %	*0.00%	30.1%	*0.0%		47.3%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Friday - 09/18/2026 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)
993124 V- WG Apple Cinnamon Muffin (Muffin Town)	57 gr	99	160	0.50	100	13.00	13.00	4.50	0.00	15	27.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12.25	*0.00	0.16	0.00	0	15.39
993280 Unsweetened Applesauce Strawberry	4.5 oz	100	50	0.00	0	12.00	0.00	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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

Luncheras Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 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			433	2.54	437	*50.31	*13.05	8.98	*0.00	35	70.47
% of Calories				5.28%		*46.48 %	*12.06 %	18.7%	*0.0%		65.1%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Monday - 09/21/2026

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)
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	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	0.00	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	0.03	296	*46.43	*11.00	2.96	0.00	15	79.54
% of Calories				0.07%		*47.14 %	*11.17 %	6.8%	0.0%		80.8%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Tuesday - 09/22/2026

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)
993204 V-Sunbutter Overnight Oats	serving	100	392	2.56	182	12.22	*4.01	19.02	*0.00	2	40.52
993216 VG/DF -Sunbutter Overnight Oats	serving	1	403	2.72	173	8.82	*6.37	21.05	*0.00	0	38.69
992429 PEACHES, DICED IN JUICE SS PLASTIC - HC PreK	HC	100	80	0.00	5	18.00	*N/A*	0.00	0.00	0	19.00
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	0.00	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			638	2.59	329	*54.42	*4.07	20.53	*0.00	12	87.04
% of Calories				3.65%		*34.12 %	*2.55%	29.0%	*0.0%		54.6%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Wednesday - 09/23/2026

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)
993206 WG English Muffin w/Chicken Patty Sausage & Cheese	serving	99	237	3.25	650	1.93	*0.93	9.40	0.00	48	25.36
993217 V-WG English Muffin w/Veggie Patty & Ame. Cheese	serving	1	217	1.25	600	2.93	*0.93	5.90	0.00	8	28.36

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	0.00	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			424	3.27	876	*31.42	*2.93	10.87	0.00	57	60.97
% of Calories				6.94%		*29.64 %	*2.76%	23.1%	0.0%		57.5%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Thursday - 09/24/2026

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)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	99	200	1.50	140	16.00	16.00	7.00	0.00	15	32.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
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
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	0.00	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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)
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			571	3.78	479	*57.90	*16.02	12.07	*0.00	35	99.93
% of Calories				5.96%		*40.56 %	*11.22 %	19.0%	*0.0%		70.0%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Friday - 09/25/2026

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)
990645 V-Eggo Bites Waffles Maple	2.64 oz	99	190	1.50	220	11.00	*N/A*	5.00	0.00	36	36.00
993194 VG/DF- Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
992366 Orange Juice - Suncup - 1 cup: 2 juices	8 fl. (2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 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			422	1.50	444	*47.11	*0.10	6.34	0.00	46	81.20
% of Calories				3.20%		*44.65 %	*0.09%	13.5%	0.0%		77.0%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Monday - 09/28/2026 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)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	99	200	1.50	110	16.00	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
993280 Unsweetened Applesauce Strawberry	4.5 oz	100	50	0.00	0	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	0.00	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			414	1.54	246	*52.72	*0.18	9.62	*0.00	20	74.03
% of Calories				3.35%		*50.94 %	*0.17%	20.9%	*0.0%		71.5%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

Tuesday - 09/29/2026 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)
993202 V/DF- Egg Spanish Tortilla w/potatoes & onions	serving	99	174	1.87	107	1.41	*0.00	7.45	0.00	238	17.09
993211 VG- Egg Spanish Tortilla w/potatoes & onions	serving	1	185	0.17	348	1.41	*0.00	8.35	0.00	0	15.96
993220 White WW Loaf - 0.5" slice	1 slice	100	70	0.00	150	2.00	*0.00	0.50	0.00	0	13.00
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	0.00	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			555	2.12	397	*44.27	*0.00	9.99	0.00	246	96.98
% of Calories				3.44%		*31.91 %	*0.00%	16.2%	0.0%		69.9%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Wednesday - 09/30/2026 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)
993208 WG White Bagel w/ American Cheese & Tk. Bacon	serving	99	251	2.67	687	5.14	*0.00	7.29	0.00	22	29.98
993219 V-WG White Bagel w/ Veggie Patty & American Cheese	serving	1	250	1.25	626	6.14	*0.00	5.53	0.00	8	33.98

Base Menu Spreadsheet

Portion Values

Aug 24, 2026 thru Oct 2, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
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	0.00	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			471	2.65	832	*41.15	*0.00	8.52	0.00	32	71.02
% of Calories				5.06%		*34.95 %	*0.00%	16.3%	0.0%		60.3%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Thursday - 10/01/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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	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
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	0.00	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

Aug 24, 2026 thru Oct 2, 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			387	0.04	361	*47.48	*17.00	3.50	0.00	15	76.58
% of Calories				0.09%		*49.07 %	*17.57 %	8.1%	0.0%		79.2%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

Friday - 10/02/2026

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)
993207 Yogurt Parfait w/ Mango & Pineapple	serving	99	284	0.83	123	34.67	*16.67	3.87	0.00	3	55.95
993218 VG/DF-D. Free Yogurt Parfait w/ Mango & Pineapple	serving	1	291	5.84	77	29.34	*14.00	8.54	0.00	0	49.28
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	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			444	0.88	258	*58.62	*16.65	5.17	0.00	13	81.89
% of Calories				1.78%		*52.81 %	*15.00 %	10.5%	0.0%		73.8%
Weekly Nutrient Guideline			450 - 600	<10	<=640		<10				

		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		458	2.12	480	*46.53	*7.43	8.83	*0.00	54	78.86
% of Calories			4.17%		*40.64 %	*6.49%	17.4%	*0.0%		68.9%

**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
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.