

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

Menu Name: 9-12 Breakfast
Site: All Sites

Include Cost: No
Report Style: Detailed

Tuesday - 01/05/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	50	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
000575 Breakfast Pizza, WW #1119	1 piece	50	180	3.50	450	5	8.00	0.00	55	16.00	1.00	10.00	100	150.0	0.00	1.44
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	10	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825311 Ketchup PC MS1528	1 packet	10	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	10	0.0	0.00	0.00
825492 Yogurt Parfait, Briggs, MS1691	1 parfait	20	288	1.05	107	40	2.10	0.00	3	63.63	3.59	6.94	1055	116.1	3.60	1.16
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			456	3.55	539	46	8.87	0.02	39	79.20	4.35	15.70	1259	448.9	23.82	4.69
% of Calories				7.01%		40.4%	17.5%	0.0%		69.5%		13.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Wednesday - 01/06/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	30	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000126 Biscuit Bacon,Egg,CheeseMS168 2	1 serving	45	343	9.35	939	2	20.60	0.04	98	24.99	1.00	12.50	256	99.8	0.03	1.47
825346 Muffins & Yogurt Choice,MS1686	1 serving	25	80	0.00	65	13	0.00	0.00	4	16.00	0.00	4.00	282	150.0	0.00	0.00
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	25	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
825246 Fresh Apple MS1206	each	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			447	6.28	669	*36	15.20	0.06	57	61.37	3.25	15.88	791	350.3	22.93	1.99
% of Calories				12.64%		*32.2%	30.6%	0.1%		54.9%		14.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Thursday - 01/07/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	45	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
000562 Chicken Pat & Biscuit, 000562	1 serving	55	254	4.31	633	3	12.11	0.00	0	31.33	1.58	11.11	60	109.2	0.02	2.18
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			441	4.02	624	36	11.29	0.02	11	73.37	3.89	15.29	990	400.2	22.87	4.62
% of Calories				8.20%		32.7%	23.0%	0.0%		66.5%		13.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Friday - 01/08/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	45	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000708 Pancakes, WG or WGR USDA	2 Pancakes	55	265	0.00	313	35	4.00	0.00	6	54.00	2.00	4.00	200	20.0	0.00	1.08
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	25	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
825247 Fresh Bananas MS1220	1 each	50	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825443 Syrup, Pancake, PC MS1566	1 packet	15	119	0.00	29	29	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00

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Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			489	2.42	447	*58	9.38	0.04	16	90.22	4.10	12.73	755	288.7	25.16	2.50
% of Calories				4.45%		*47.4%	17.3%	0.1%		73.8%		10.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Monday - 01/11/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	35	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000360 Biscuit,Egg & Sausage	Each	65	354	7.83	911	2	19.36	0.04	109	24.76	1.00	16.55	118	118.8	0.03	2.15
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	10	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	40	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825251 Fresh Fruit Bowl VarietyMS1244	1 each	60	84	0.05	1	13	0.24	0.00	0	21.72	3.65	0.87	120	20.1	23.13	0.22
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

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Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825338 Milk, FFStrwbr, 1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			503	6.96	816	*33	17.76	0.04	83	64.09	3.80	20.48	722	356.4	30.29	2.86
% of Calories				12.45%		*26.2%	31.8%	0.1%		51.0%		16.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Tuesday - 01/12/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	50	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
000575 Breakfast Pizza, WW #1119	1 piece	50	180	3.50	450	5	8.00	0.00	55	16.00	1.00	10.00	100	150.0	0.00	1.44
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825311 Ketchup PC MS1528	1 packet	10	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	10	0.0	0.00	0.00
825492 Yogurt Parfait, Briggs, MS1691	1 parfait	20	288	1.05	107	40	2.10	0.00	3	63.63	3.59	6.94	1055	116.1	3.60	1.16
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt.PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			462	3.66	545	46	9.26	0.02	39	79.89	4.45	15.75	1259	448.9	23.88	4.71
% of Calories				7.13%		39.8%	18.0%	0.0%		69.2%		13.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Wednesday - 01/13/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	30	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000126 Biscuit Bacon,Egg,CheeseMS168 2	1 serving	45	343	9.35	939	2	20.60	0.04	98	24.99	1.00	12.50	256	99.8	0.03	1.47
825346 Muffins & Yogurt Choice,MS1686	1 serving	25	80	0.00	65	13	0.00	0.00	4	16.00	0.00	4.00	282	150.0	0.00	0.00
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
825246 Fresh Apple MS1206	each	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			434	6.07	656	*36	14.42	0.04	57	59.99	3.05	15.78	791	350.3	22.81	1.95
% of Calories				12.59%		*33.2%	29.9%	0.1%		55.3%		14.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Thursday - 01/14/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	50	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
000562 Chicken Pat & Biscuit, 000562	1 serving	50	254	4.31	633	3	12.11	0.00	0	31.33	1.58	11.11	60	109.2	0.02	2.18
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt.PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			441	3.85	607	37	10.90	0.02	11	74.53	4.03	14.92	1027	405.3	23.17	4.85
% of Calories				7.86%		33.6%	22.2%	0.0%		67.6%		13.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

Friday - 01/15/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	30	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000649 Cinnamon Roll, WGR New	1 Roll	70	270	5.00	360	11	12.00	0.00	0	36.00	3.00	6.00	0	19.7	0.00	1.44
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
825255 Fresh Oranges MS1268	1 each	80	61	0.03	0	6	0.16	0.00	0	15.22	3.07	1.22	292	51.4	68.94	0.13
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	70	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			475	5.36	469	*40	13.55	0.02	12	75.70	5.50	14.16	816	319.3	81.31	2.38
% of Calories				10.16%		*33.7%	25.7%	0.0%		63.7%		11.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Monday - 01/18/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000015 Holiday-No Students																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Tuesday - 01/19/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	55	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
000575 Breakfast Pizza, WW #1119	1 piece	45	180	3.50	450	5	8.00	0.00	55	16.00	1.00	10.00	100	150.0	0.00	1.44
825492 Yogurt Parfait, Briggs, MS1691	1 parfait	20	288	1.05	107	40	2.10	0.00	3	63.63	3.59	6.94	1055	116.1	3.60	1.16
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825311 Ketchup PC MS1528	1 packet	10	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	10	0.0	0.00	0.00
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			467	3.53	538	47	9.08	0.02	36	81.82	4.61	15.43	1295	452.0	24.17	4.98
% of Calories				6.80%		40.3%	17.5%	0.0%		70.1%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Wednesday - 01/20/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	45	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000126 Biscuit Bacon,Egg,CheeseMS168 2	1 serving	55	343	9.35	939	2	20.60	0.04	98	24.99	1.00	12.50	256	99.8	0.03	1.47
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
825246 Fresh Apple MS1206	each	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt.PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			485	7.31	774	*36	17.65	0.05	67	64.44	3.48	16.84	785	333.8	23.10	2.60
% of Calories				13.56%		*29.7%	32.8%	0.1%		53.1%		13.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

Thursday - 01/21/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	45	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
000562 Chicken Pat & Biscuit, 000562	1 serving	55	254	4.31	633	3	12.11	0.00	0	31.33	1.58	11.11	60	109.2	0.02	2.18
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825309 Jelly, Assorted, PC MS1526	1 packet	10	33	0.00	0	6	0.00	0.00	0	8.67	0.00	0.00	28	0.0	0.79	0.00
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt.PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			444	4.02	624	37	11.29	0.02	11	74.24	3.89	15.29	993	400.2	22.95	4.62
% of Calories				8.15%		33.3%	22.9%	0.0%		66.9%		13.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Friday - 01/22/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	45	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825411 Sausage Pancake/Stick, MS1690	1 stick	55	210	3.00	310	9	10.00	0.00	25	22.00	1.00	6.00	45	20.0	0.00	1.08
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825443 Syrup, Pancake, PC MS1566	1 packet	15	119	0.00	29	29	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			425	3.80	434	*43	11.73	0.02	26	66.04	2.65	13.28	735	288.8	21.06	2.47
% of Calories				8.05%		*40.5%	24.8%	0.0%		62.2%		12.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Monday - 01/25/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	35	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000360 Biscuit,Egg & Sausage	Each	65	354	7.83	911	2	19.36	0.04	109	24.76	1.00	16.55	118	118.8	0.03	2.15
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	25	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825309 Jelly, Assorted, PC MS1526	1 packet	15	33	0.00	0	6	0.00	0.00	0	8.67	0.00	0.00	28	0.0	0.79	0.00
825443 Syrup, Pancake, PC MS1566	1 packet	10	119	0.00	29	29	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			527	7.24	840	*37	18.82	0.07	83	67.25	2.73	20.29	765	347.7	21.13	2.98
% of Calories				12.36%		*28.1%	32.1%	0.1%		51.0%		15.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Tuesday - 01/26/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	50	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
000575 Breakfast Pizza, WW #1119	1 piece	50	180	3.50	450	5	8.00	0.00	55	16.00	1.00	10.00	100	150.0	0.00	1.44
000275 Potato Rounds, Baked, MS1095	3/4 cup	35	223	1.71	326	*0	12.00	0.00	0	27.43	1.72	1.72	0	0.0	0.00	0.00
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825311 Ketchup PC MS1528	1 packet	10	10	0.00	85	2	0.00	0.00	0	3.00	0.00	0.00	10	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825492 Yogurt Parfait, Briggs, MS1691	1 parfait	20	288	1.05	107	40	2.10	0.00	3	63.63	3.59	6.94	1055	116.1	3.60	1.16
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			521	3.94	640	*46	12.28	0.00	39	87.42	4.76	16.21	1259	448.9	23.70	4.66
% of Calories				6.81%		*35.3%	21.2%	0.0%		67.1%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Wednesday - 01/27/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	30	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000126 Biscuit Bacon,Egg,CheeseMS168 2	1 serving	45	343	9.35	939	2	20.60	0.04	98	24.99	1.00	12.50	256	99.8	0.03	1.47
825346 Muffins & Yogurt Choice,MS1686	1 serving	25	80	0.00	65	13	0.00	0.00	4	16.00	0.00	4.00	282	150.0	0.00	0.00
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	25	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
825246 Fresh Apple MS1206	each	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			447	6.28	669	*36	15.20	0.06	57	61.37	3.25	15.88	791	350.3	22.93	1.99
% of Calories				12.64%		*32.2%	30.6%	0.1%		54.9%		14.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Thursday - 01/28/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	45	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
000562 Chicken Pat & Biscuit, 000562	1 serving	55	254	4.31	633	3	12.11	0.00	0	31.33	1.58	11.11	60	109.2	0.02	2.18
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	15	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	50	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt.PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			441	4.02	624	36	11.29	0.02	11	73.37	3.89	15.29	990	400.2	22.87	4.62
% of Calories				8.20%		32.7%	23.0%	0.0%		66.5%		13.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

Friday - 01/29/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	45	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000708 Pancakes, WG or WGR USDA	2 Pancakes	55	265	0.00	313	35	4.00	0.00	6	54.00	2.00	4.00	200	20.0	0.00	1.08
000178 Potatoes, Hashbrown, 1 patty	1/4 cup	25	128	2.10	128	0	7.88	0.16	0	13.78	1.97	0.98	0	0.0	1.18	0.36
825247 Fresh Bananas MS1220	1 each	50	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	50	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825443 Syrup, Pancake, PC MS1566	1 packet	15	119	0.00	29	29	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	30	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	60	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	0	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			489	2.42	447	*58	9.38	0.04	16	90.22	4.10	12.73	755	288.7	25.16	2.50
% of Calories				4.45%		*47.4%	17.3%	0.1%		73.8%		10.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=30									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	466	5	609	*41	12.63	0.03	37	73.58	3.88	15.66	932	371	26.85	3.44
% of Calories		9.10%		*35.2%	24.4%	0.1%		63.2%		13.4%				

Base Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.