

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

**Menu Name:** K-8 Breakfast **Include Cost:** No  
**Site:** All Sites **Report Style:** Detailed

### Tuesday - 01/05/2021

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	70	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	20	180	3.50	450	5	8.00	0.00	55	16.00	1.00	10.00	100	150.0	0.00	1.44
825201 Chilled Pears Diced MS1283	1/2 cup	30	78	0.00	7	11	0.04	0.00	0	20.69	2.18	0.26	57	6.8	0.96	0.38
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
825492 Yogurt Parfait, Briggs, MS1691	1 parfait	10	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	40	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
Weighted Daily Average			430	2.38	447	46	6.31	0.00	22	80.61	4.18	13.33	1265	454.4	30.80	5.48
% of Calories				4.98%		42.8%	13.2%	0.0%		75.0%		12.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Wednesday - 01/06/2021

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
825346 Muffins & Yogurt Choice,MS1686	1 serving	60	80	0.00	65	13	0.00	0.00	4	16.00	0.00	4.00	282	150.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000126 Biscuit Bacon,Egg,CheeseMS168 2	1 serving	40	343	9.35	939	2	20.60	0.04	98	24.99	1.00	12.50	256	99.8	0.03	1.47
000329 Chilled Peach Diced,1/2 Cup	1/2 cup	30	68	0.00	6	16	0.04	0.00	0	18.22	1.63	0.56	443	3.8	3.00	0.45
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
825309 Jelly, Assorted, PC MS1526	1 packet	60	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	40	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
Weighted Daily Average			383	4.64	548	42	9.75	0.02	53	56.91	0.89	15.59	976	393.4	27.40	0.93
% of Calories				10.90%		43.9%	22.9%	0.0%		59.4%		16.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

Thursday - 01/07/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	60	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	40	254	4.31	633	3	12.11	0.00	0	31.33	1.58	11.11	60	109.2	0.02	2.18
000463 Fruit, Oranges, Mandarin	1/2 cup	50	102	0.02	10	26	0.17	0.00	0	27.03	1.17	0.75	1402	11.7	33.06	0.62
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	40	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			455	3.21	573	47	8.99	0.00	11	82.33	3.76	15.01	1751	438.4	39.56	5.40
% of Calories				6.35%		41.3%	17.8%	0.0%		72.4%		13.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Friday - 01/08/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	50	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	50	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	15	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
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	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
Weighted Daily Average			470	2.32	442	*55	8.79	0.02	16	85.93	3.92	13.50	808	311.4	25.74	2.57
% of Calories				4.44%		*46.8%	16.8%	0.0%		73.1%		11.5%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Monday - 01/11/2021

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	60	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	40	354	7.83	911	2	19.36	0.04	109	24.76	1.00	16.55	118	118.8	0.03	2.15
825201 Chilled Pears Diced MS1283	1/2 cup	30	78	0.00	7	11	0.04	0.00	0	20.69	2.18	0.26	57	6.8	0.96	0.38
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	40	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
Weighted Daily Average			469	5.28	659	*39	13.95	0.02	58	66.57	2.36	17.95	777	356.0	27.46	3.20
% of Calories				10.13%		*33.3%	26.8%	0.0%		56.8%		15.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

Tuesday - 01/12/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	30	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	40	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	30	288	1.05	107	40	2.10	0.00	3	63.63	3.59	6.94	1055	116.1	3.60	1.16
000329 Chilled Peach Diced,1/2 Cup	1/2 cup	50	68	0.00	6	16	0.04	0.00	0	18.22	1.63	0.56	443	3.8	3.00	0.45
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

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	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
Weighted Daily Average			416	2.90	438	50	6.63	0.00	34	74.51	3.56	15.47	1360	422.0	23.83	3.33
% of Calories				6.27%		48.1%	14.3%	0.0%		71.6%		14.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Wednesday - 01/13/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	30	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
825346 Muffins & Yogurt Choice,MS1686	1 serving	40	80	0.00	65	13	0.00	0.00	4	16.00	0.00	4.00	282	150.0	0.00	0.00
000126 Biscuit Bacon,Egg,CheeseMS168 2	1 serving	30	343	9.35	939	2	20.60	0.04	98	24.99	1.00	12.50	256	99.8	0.03	1.47
825018 Applesauce, MS1204	1/2 cup	30	59	0.01	2	12	0.07	0.00	0	15.62	1.70	0.24	40	4.5	1.70	0.17
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
825309 Jelly, Assorted, PC MS1526	1 packet	60	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	40	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			403	4.33	521	*43	10.05	0.01	44	62.34	1.46	15.06	852	375.7	27.58	1.70
% of Calories				9.67%		*42.7%	22.4%	0.0%		61.9%		14.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Thursday - 01/14/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	30	264	0.96	304	18	4.27	0.00	0	54.55	4.24	3.62	812	212.1	5.92	6.79
825172 Chicken Pat & Biscuit, MS1685	1 serving	40	244	2.31	533	4	11.11	0.00	0	34.33	2.58	11.11	1050	109.2	0.02	2.54
825674 Chilled Mandarin Orange MS12??	1/2 cup	30	73	0.01	7	19	0.12	0.00	0	19.46	0.84	0.54	1010	8.4	23.80	0.44
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
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
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	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
Weighted Daily Average			361	2.12	439	38	7.26	0.00	11	63.89	2.56	13.72	1524	372.2	35.05	3.39
% of Calories				5.29%		42.1%	18.1%	0.0%		70.8%		15.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Friday - 01/15/2021

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	70	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	40	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
825018 Applesauce, MS1204	1/2 cup	50	59	0.01	2	12	0.07	0.00	0	15.62	1.70	0.24	40	4.5	1.70	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	40	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
Weighted Daily Average			472	4.67	484	*44	12.99	0.02	14	75.60	3.87	14.45	743	323.3	21.85	3.21
% of Calories				8.90%		*37.3%	24.8%	0.0%		64.1%		12.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Monday - 01/18/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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			400 - 500	<10	540		<=30									

### Tuesday - 01/19/2021

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	40	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
000505 Yogurt Parfait, MS1691, Strby	1 parfait	15	300	1.05	101	40	2.06	0.00	3	64.37	3.96	7.38	642	126.3	53.39	1.45
825201 Chilled Pears Diced MS1283	1/2 cup	30	78	0.00	7	11	0.04	0.00	0	20.69	2.18	0.26	57	6.8	0.96	0.38
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	40	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
Weighted Daily Average			412	3.02	473	44	7.13	0.00	36	71.53	3.39	15.16	1037	435.6	36.67	3.90
% of Calories				6.60%		42.7%	15.6%	0.0%		69.4%		14.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Wednesday - 01/20/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
825346 Muffins & Yogurt Choice,MS1686	1 serving	40	80	0.00	65	13	0.00	0.00	4	16.00	0.00	4.00	282	150.0	0.00	0.00
000126 Biscuit Bacon,Egg,CheeseMS1682	1 serving	30	343	9.35	939	2	20.60	0.04	98	24.99	1.00	12.50	256	99.8	0.03	1.47
825018 Applesauce, MS1204	1/2 cup	30	59	0.01	2	12	0.07	0.00	0	15.62	1.70	0.24	40	4.5	1.70	0.17



# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
825309 Jelly, Assorted, PC MS1526	1 packet	60	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	40	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
Weighted Daily Average			403	4.33	521	*43	10.05	0.01	44	62.34	1.46	15.06	852	375.7	27.58	1.70
% of Calories				9.67%		*42.7%	22.4%	0.0%		61.9%		14.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Thursday - 01/21/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
825172 Chicken Pat & Biscuit, MS1685	1 serving	50	244	2.31	533	4	11.11	0.00	0	34.33	2.58	11.11	1050	109.2	0.02	2.54
825674 Chilled Mandarin Orange MS12???	1/2 cup	30	73	0.01	7	19	0.12	0.00	0	19.46	0.84	0.54	1010	8.4	23.80	0.44
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
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
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			439	2.54	553	42	9.23	0.00	11	78.23	3.66	15.55	1792	425.5	36.24	5.00
% of Calories				5.21%		38.3%	18.9%	0.0%		71.3%		14.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Friday - 01/22/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	40	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
000157 Biscuit & Gravy MS16	1 biscuit	60	235	5.00	720	3	10.00	0.00	0	30.00	1.00	4.00	10	80.0	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
825247 Fresh Bananas MS1220	1 each	30	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	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	40	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
Weighted Daily Average			440	4.98	684	*38	11.53	0.02	13	69.98	2.59	13.06	688	341.5	29.98	2.54
% of Calories				10.19%		*34.5%	23.6%	0.0%		63.6%		11.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Monday - 01/25/2021

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000673 Grab & Go Brkfst. #2 (673)	1 Item	60	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	20	354	7.83	911	2	19.36	0.04	109	24.76	1.00	16.55	118	118.8	0.03	2.15
825018 Applesauce, MS1204	1/2 cup	30	59	0.01	2	12	0.07	0.00	0	15.62	1.70	0.24	40	4.5	1.70	0.17
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	40	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
Weighted Daily Average			392	3.71	476	*39	10.09	0.01	36	60.09	2.02	14.63	748	331.6	27.68	2.70
% of Calories				8.52%		*39.8%	23.2%	0.0%		61.3%		14.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

Tuesday - 01/26/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	40	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	20	180	3.50	450	5	8.00	0.00	55	16.00	1.00	10.00	100	150.0	0.00	1.44
000505 Yogurt Parfait, MS1691, Strby	1 parfait	40	300	1.05	101	40	2.06	0.00	3	64.37	3.96	7.38	642	126.3	53.39	1.45
825201 Chilled Pears Diced MS1283	1/2 cup	30	78	0.00	7	11	0.04	0.00	0	20.69	2.18	0.26	57	6.8	0.96	0.38
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

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	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
Weighted Daily Average			442	2.41	386	52	5.65	0.00	23	83.63	4.13	14.50	1172	429.7	50.02	3.91
% of Calories				4.91%		47.1%	11.5%	0.0%		75.7%		13.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Wednesday - 01/27/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	30	243	2.07	268	*17	7.83	0.00	5	39.67	2.18	5.38	264	73.5	1.93	3.36
825346 Muffins & Yogurt Choice,MS1686	1 serving	40	80	0.00	65	13	0.00	0.00	4	16.00	0.00	4.00	282	150.0	0.00	0.00
000126 Biscuit Bacon,Egg,CheeseMS168 2	1 serving	30	343	9.35	939	2	20.60	0.04	98	24.99	1.00	12.50	256	99.8	0.03	1.47
000329 Chilled Peach Diced,1/2 Cup	1/2 cup	30	68	0.00	6	16	0.04	0.00	0	18.22	1.63	0.56	443	3.8	3.00	0.45
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
825309 Jelly, Assorted, PC MS1526	1 packet	60	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	40	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			406	4.33	522	*44	10.04	0.01	44	63.12	1.44	15.16	973	375.5	27.97	1.79
% of Calories				9.60%		*43.3%	22.3%	0.0%		62.2%		14.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Thursday - 01/28/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000543 Grab & Go Brkfst. #1(543)	2 Items	60	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	40	254	4.31	633	3	12.11	0.00	0	31.33	1.58	11.11	60	109.2	0.02	2.18
000463 Fruit, Oranges, Mandarin	1/2 cup	50	102	0.02	10	26	0.17	0.00	0	27.03	1.17	0.75	1402	11.7	33.06	0.62
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	40	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
Weighted Daily Average			455	3.21	573	47	8.99	0.00	11	82.33	3.76	15.01	1751	438.4	39.56	5.40
% of Calories				6.35%		41.3%	17.8%	0.0%		72.4%		13.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

### Friday - 01/29/2021

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	50	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	50	265	0.00	313	35	4.00	0.00	6	54.00	2.00	4.00	200	20.0	0.00	1.08
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
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	40	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
Weighted Daily Average			451	2.00	423	*55	7.61	0.00	16	83.86	3.62	13.35	808	311.4	25.57	2.52
% of Calories				3.99%		*48.8%	15.2%	0.0%		74.4%		11.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=30									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	428	3	509	*45	9.17	0.01	28	72.43	2.92	14.75	1104	384	31.14	3.26
% of Calories		7.30%		*42.1%	19.3%	0.0%		67.7%		13.8%				

\*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

<sup>2</sup> - 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.**