

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

Menu Name: BRIYA PCS - Breakfast - PreK3-PreK4 Include Cost: No
 Site: Report Style: Detailed
 Use Alternate Menu Name: No

Monday - 08/26/2024 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990645 Eggo Bites Waffles Maple	2.64 oz	99	188	1.48	218	11	*N/A*	4.95	0.00	36
991172 VG/DF-Homemade WG Waffles	2 oz	1	3	0.01	0	0	*N/A*	0.09	0.00	0
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			340	2.26	429	*32	*0	6.42	0.00	46
% of Calories				5.98%		*37.6%	*0%	17.0%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Tuesday - 08/27/2024 Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992590 WW Spiced Pear Bread (V)	1 loaf	99	144	0.72	47	*7	*N/A*	7.75	*0.00	23
992594 VG- WW Spiced Pear Bread	1 loaf	1	1	0.01	1	*0	*0	0.08	*0.00	0
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			309	1.53	180	*33	*0	9.45	*0.00	33
% of Calories				4.46%		*42.7%	*0%	27.5%	*0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Wednesday - 08/28/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991647 Cereal, Corn Flakes	19 gr	100	70	0.00	150	2	*N/A*	5.00	0.00	0
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0

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Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			275	0.88	281	*29	*N/A*	6.64	0.00	10
% of Calories				2.88%		*42.2%	*N/A*	21.7%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Thursday - 08/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992595 V- WG White Bagel w/ Egg Fried & Cheese	serving	99	262	2.72	470	5	*0	10.89	0.00	126
992596 DF- WG White Bagel w/ Egg Fried	serving	1	2	0.02	3	0	*0	0.09	0.00	1
992598 VG- WG White Bagel & Egg Substitute	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			426	3.51	603	*30	*0	12.39	*0.00	137
% of Calories				7.42%		*28.2%	*0%	26.2%	*0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

Friday - 08/30/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992599 V/VG - Sandwich, Sunflower Butter & Jelly	2.8 OZ	100	311	2.01	322	12	12	15.07	0.00	0
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			451	2.78	452	*32	*12	16.42	0.00	10
% of Calories				5.55%		*28.4%	*10.6%	32.8%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Monday - 09/02/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0
% of Calories				0%		0%	0%	0%	0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

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Weighted Values

Aug 26, 2024 thru Oct 4, 2024

Tuesday - 09/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	1	2.00	0.00	0
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			305	0.88	271	*28	*1	3.64	0.00	10
% of Calories				2.60%		*36.7%	*1.3%	10.7%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Wednesday - 09/04/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991560 WG English Muffin w/ Chicken Patty	serving	99	208	1.98	446	1	*1	7.42	0.00	40
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	serving	1	2	0.00	6	0	*0	0.08	0.00	0
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8

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Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			372	2.75	581	*26	*1	8.92	0.00	50
% of Calories				6.65%		*28.0%	*1.1%	21.6%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Thursday - 09/05/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990947 Taco Breakfast	1	99	197	2.65	356	*0	*N/A*	8.89	*0.00	97
991174 V/VG- Veggie Taco Breakfast	1	1	3	0.04	5	*0	*N/A*	0.17	*0.00	0
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0

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Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			339	3.46	492	*21	*N/A*	10.44	*0.00	107
% of Calories				9.19%		*24.8%	*N/A*	27.7%	*0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Friday - 09/06/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992600 V- Carrot-Pineapple WG Loaf	56 gr	99	129	1.52	201	*11	*0	30.32	0.00	4
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			270	2.28	334	*30	*0	31.69	0.00	14
% of Calories				7.60%		*44.4%	*0%	105.6%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Monday - 09/09/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992601 CEREALS RTE, CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)	100	110	1.00	160	6	6	2.50	0.00	0
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	*11	0.50	0.00	5
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0
000231 MILK, Skim	8 fl. oz.	49	44	0.00	64	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	49	54	0.74	64	6	*N/A*	1.22	0.00	7
991919 Soy Milk	8 fl	2	3	0.01	2	0	*N/A*	0.09	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			349	1.77	345	*42	*17	4.44	0.00	15
% of Calories				4.56%		*48.1%	*19.5%	11.4%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Tuesday - 09/10/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991694 Turkey Sausage Patty WG Pancakes	1 serving	100	223	1.83	660	5	*N/A*	7.33	0.00	37
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	*0	0.09	0.00	0
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			441	2.72	879	*33	*0	9.07	0.00	47
% of Calories				5.55%		*29.9%	*0%	18.5%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Wednesday - 09/11/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1	*0	6.00	0.00	120
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	1	1	0.00	1	0	*N/A*	0.04	0.00	0

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Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			355	7.80	604	*28	*0	12.67	0.00	130
% of Calories				19.77 %		*31.5%	*0%	32.1%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Thursday - 09/12/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991262 WG Banana Muffin (Chef Pierre)	57 gr	99	198	1.48	109	16	*N/A*	7.92	0.00	10
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			362	2.26	239	*41	*N/A*	9.40	*0.00	20
% of Calories				5.62%		*45.3%	*N/A*	23.4%	*0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Friday - 09/13/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992316 Yogurt Crispy Cup Cereal (pineapple/peaches)	-serving	99	356	0.33	226	59	*N/A*	0.66	0.00	3
992603 VG/DF- Yogurt Crispy Cup Cereal	-serving	1	4	0.05	2	1	*0	0.05	0.00	0
000231 MILK,Skim	8 fl. oz.	49	44	0.00	64	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	49	54	0.74	64	6	*N/A*	1.22	0.00	7
991919 Soy Milk	8 fl	2	3	0.01	2	0	*N/A*	0.09	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			460	1.13	357	*72	*0	2.03	0.00	13
% of Calories				2.21%		*62.6%	*0%	4.0%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Monday - 09/16/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992342 WG Croissant	servings	100	261	5.53	615	6	*3	11.05	0.00	15
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			400	6.30	746	*27	*3	12.43	0.00	25
% of Calories				14.18 %		*27.0%	*3.0%	28.0%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Tuesday - 09/17/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992588 Waffle Omelet w/ cheese & Tk. bacon	1	99	111	2.23	175	*0	*N/A*	7.15	*0.00	103
992591 V- Waffle Omelet w/ cheese	1	1	1	0.02	1	*0	*N/A*	0.06	*0.00	1
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			317	3.13	307	*27	*0	8.85	*0.00	114
% of Calories				8.89%		*34.1%	*0%	25.1%	*0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Wednesday - 09/18/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6	*N/A*	1.00	0.00	0
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			250	0.77	236	*26	*N/A*	2.35	0.00	10
% of Calories				2.77%		*41.6%	*N/A*	8.5%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Thursday - 09/19/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9	*8	10.00	0.00	0
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			497	2.84	515	*47	*8	11.99	0.00	10
% of Calories				5.14%		*37.8%	*6.4%	21.7%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Friday - 09/20/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992587 Banana berry yogurt WW muffins (V)	Muffins	99	201	0.49	19	*14	*N/A*	5.49	0.00	18
992592 VG/DF- Banana berry yogurt WW muffins	Muffins	1	2	0.02	0	*0	*0	0.07	0.00	0
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			365	1.28	149	*39	*0	6.97	0.00	28
% of Calories				3.16%		*42.7%	*0%	17.2%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Monday - 09/23/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992533 WG Biscuit 2oz & Tk. Patty Sausage CR	2oz Biscuit	99	257	7.92	485	2	*0	12.87	0.00	30
992260 V- WG Biscuit and Veggie Patty	28 gr	1	2	0.04	5	0	*N/A*	0.08	0.00	0
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			423	8.76	622	*28	*0	14.57	0.00	40
% of Calories				18.64 %		*26.5%	*0%	31.0%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

Tuesday - 09/24/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990645 Eggo Bites Waffles Maple	2.64 oz	99	188	1.48	218	11	*N/A*	4.95	0.00	36
991172 VG/DF-Homemade WG Waffles	2 oz	1	3	0.01	0	0	*N/A*	0.09	0.00	0
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			340	2.26	429	*32	*0	6.42	0.00	46
% of Calories				5.98%		*37.6%	*0%	17.0%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Wednesday - 09/25/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992590 WW Spiced Pear Bread (V)	1 loaf	99	144	0.72	47	*7	*N/A*	7.75	*0.00	23
992594 VG- WW Spiced Pear Bread	1 loaf	1	1	0.01	1	*0	*0	0.08	*0.00	0

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			307	1.50	178	*33	*0	9.24	*0.00	33
% of Calories				4.40%		*43.0%	*0%	27.1%	*0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Thursday - 09/26/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991647 Cereal, Corn Flakes	19 gr	100	70	0.00	150	2	*N/A*	5.00	0.00	0
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			210	0.77	281	*22	*N/A*	6.35	0.00	10
% of Calories				3.30%		*41.9%	*N/A*	27.2%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Friday - 09/27/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992595 V- WG White Bagel w/ Egg Fried & Cheese	serving	99	262	2.72	470	5	*0	10.89	0.00	126
992596 DF- WG White Bagel w/ Egg Fried	serving	1	2	0.02	3	0	*0	0.09	0.00	1
992598 VG- WG White Bagel & Egg Substitute	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			470	3.62	604	*32	*0	12.62	*0.00	137
% of Calories				6.93%		*27.2%	*0%	24.2%	*0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

Monday - 09/30/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992599 V/VG - Sandwich, Sunflower Butter & Jelly	2.8 OZ	100	311	2.01	322	12	12	15.07	0.00	0
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			451	2.78	452	*32	*12	16.42	0.00	10
% of Calories				5.55%		*28.4%	*10.6%	32.8%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Tuesday - 10/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
990972 WG Chai Cheesecake Muffin Mix-CR	2.2	99	253	3.98	407	*19	*N/A*	59.19	*0.00	12
992223 VG- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*N/A*	0.08	*0.00	0
992548 TANGERINES,FRESH - 1/2 cup (150 ct)	1 (150ct p/cs)	100	64	0.05	2	13	*N/A*	0.37	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			418	4.78	540	*45	*N/A*	60.89	*0.00	22
% of Calories				10.29%		*43.1%	*N/A*	131.1%	*0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Wednesday - 10/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	1	2.00	0.00	0
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			305	0.88	271	*28	*1	3.64	0.00	10
% of Calories				2.60%		*36.7%	*1.3%	10.7%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

Thursday - 10/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
991560 WG English Muffin w/ Chicken Patty	-serving	99	208	1.98	446	1	*1	7.42	0.00	40
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	-serving	1	2	0.00	6	0	*0	0.08	0.00	0
000339 STRAWBERRIES,FRESH - Half cup	5 large straw	1	0	0.00	0	0	*N/A*	0.00	0.00	0
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			311	2.73	581	*14	*1	8.76	0.00	50
% of Calories				7.90%		*18.0%	*1.3%	25.4%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

Friday - 10/04/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
992600 V- Carrot-Pineapple WG Loaf	56 gr	99	129	1.52	201	*11	*0	30.32	0.00	4
992593 VG/DF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0
Weighted Daily Average			269	2.29	334	*31	*0	31.72	0.00	14
% of Calories				7.66%		*46.1%	*0%	106.1%	0.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0		

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)
Weighted Averages	358	3	424	*32	*2	12.30	*0.00	41
% of Calories		6.99%		*35.8%	*2.2%	30.9%	*0.0%	

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.