

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Menu Name: BRIYA PCS- Breakfast- PreK3-PreK4 Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 01/06/2025

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)	Carb (g)	Fiber (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6	*N/A*	1.00	0.00	0	23.00	2.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	1.79
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			249	0.77	236	*27	*N/A*	2.38	0.00	10	46.29	3.79
% of Calories				2.78%		*43.4%	*N/A*	8.6%	0.0%		74.4%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Tuesday - 01/07/2025

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)	Carb (g)	Fiber (g)
991372 V- WG Chocolate Chip Pancakes-(Krusteaz)	2 pancakes	100	186	1.51	400	9	*5	4.22	0.00	7	36.06	4.47
991178 VG/DF- Homemade WG Pancakes	2 pancakes	0	214	0.68	3	*5	*N/A*	9.77	*0.00	0	27.02	2.51

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00	0.00
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	16.01	2.16
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			360	2.31	612	*35	*5	5.85	*0.00	17	69.07	6.63
% of Calories				5.78%		*38.9%	*5.6%	14.6%	*0.0%		76.7%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Wednesday - 01/08/2025

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)	Carb (g)	Fiber (g)
992456 V- WG Biscuit & Cheesy Scramble eggs	serving	100	243	6.90	372	*1	*1	13.81	0.00	241	14.94	1.00
992226 WW Breakfast Roll & Tofu Scramble	serving	0	160	3.22	381	3	*2	5.73	0.00	0	18.78	1.06
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			449	7.79	504	*29	*1	15.49	0.00	251	55.02	4.09
% of Calories				15.61 %		*25.8%	*0.9%	31.0%	0.0%		49.0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Thursday - 01/09/2025

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)	Carb (g)	Fiber (g)
991647 Cereal, Corn Flakes	19 gr	1	70	0.00	150	2	*N/A*	5.00	0.00	0	16.00	1.00
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	10.66	2.17
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			141	0.77	132	*20	*N/A*	1.40	0.00	10	23.82	2.18
% of Calories				4.91%		*56.7%	*N/A*	8.9%	0.0%		67.6%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Friday - 01/10/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
000192 V-WW Sweet Potato Muffin	serving	100	157	0.22	29	*9	*N/A*	2.70	*0.00	1	28.22	2.97
992223 VG- Homemade Vegan Muffins	64 gr	0	215	0.54	9	*18	*N/A*	7.58	*0.00	0	33.17	1.91
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	3.14
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			318	0.99	159	*34	*N/A*	4.10	*0.00	11	56.61	6.11
% of Calories				2.80%		*42.8%	*N/A*	11.6%	*0.0%		71.2%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Monday - 01/13/2025

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)	Carb (g)	Fiber (g)
992805 V- WG Froot Loops Waffles	2.64 oz	100	180	1.50	210	5	5	6.00	0.00	0	32.00	3.00
991172 VG/DF- Homemade WG Waffles	2 oz	1	309	0.69	42	12	*N/A*	9.44	0.00	0	44.97	5.48
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00	0.00
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	16.01	2.16
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			357	2.30	423	*31	*5	7.72	0.00	10	65.46	5.21
% of Calories				5.80%		*34.7%	*5.6%	19.5%	0.0%		73.3%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Tuesday - 01/14/2025

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)	Carb (g)	Fiber (g)
992347 V- WG English Muffin w/ Egg Patty & Cheese	serving	99	225	2.75	470	2	*1	9.50	0.00	102	27.00	3.00
991166 VG- WG English Muffin w/ Tofu Scramble	serving	1	259	1.52	151	*1	*1	9.70	*0.00	0	27.98	4.35
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	10.66	2.17
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			367	3.51	599	*22	*1	10.90	*0.00	111	50.80	5.20
% of Calories				8.61%		*24.0%	*1.1%	26.7%	*0.0%		55.4%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Wednesday - 01/15/2025

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)	Carb (g)	Fiber (g)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00	1.00
992223 VG- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*N/A*	7.58	*0.00	0	33.17	1.91
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	3.14
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			365	2.28	241	*42	*N/A*	9.53	*0.00	20	59.85	4.18
% of Calories				5.62%		*46.0%	*N/A*	23.5%	*0.0%		65.6%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Thursday - 01/16/2025

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)	Carb (g)	Fiber (g)
991425 WG Cinnamon Roll Freezer to Oven	3 oz	99	270	4.50	420	9	*9	11.00	0.00	0	37.00	2.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1	1	2.00	0.00	0	21.00	3.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	1.79

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			408	5.23	549	*30	*9	12.33	0.00	10	60.26	3.82
% of Calories				11.54 %		*29.4%	*8.8%	27.2%	0.0%		59.1%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Friday - 01/17/2025

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)	Carb (g)	Fiber (g)
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Monday - 01/20/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Tuesday - 01/21/2025

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)	Carb (g)	Fiber (g)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	1	2.00	0.00	0	21.00	3.00
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	3.14
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			262	0.77	270	*26	*1	3.41	0.00	10	49.39	6.14
% of Calories				2.65%		*39.7%	*1.5%	11.7%	0.0%		75.4%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Wednesday - 01/22/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Luncheras Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
991694 Turkey Sausage Patty WG Pancakes	1 serving	99	223	1.83	660	5	*5	7.33	0.00	37	31.33	4.00
991777 V- Veggie Patty & WG Pancakes	1 serving	1	283	0.33	830	6	*5	9.33	0.00	7	37.33	8.00
991178 VG/DF- Homemade WG Pancakes	2 pancakes	0	214	0.68	3	*5	*N/A*	9.77	*0.00	0	27.02	2.51
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00	0.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	1.79
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			373	2.59	872	*26	*5	8.73	*0.00	46	58.68	5.83
% of Calories				6.25%		*27.9%	*5.4%	21.1%	*0.0%		62.9%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Thursday - 01/23/2025

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)	Carb (g)	Fiber (g)
992212 V/VG- Sweet Potato Waffles	serving	100	263	0.31	38	*14	*N/A*	4.91	0.00	0	48.45	4.95
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00	0.00
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	10.66	2.17

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			413	1.08	248	*34	*0	6.26	0.00	10	76.11	7.12
% of Calories				2.35%		*32.9%	*0%	13.6%	0.0%		73.7%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Friday - 01/24/2025

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)	Carb (g)	Fiber (g)
991382 Chocolate Chip Oatmeal Muffin	serving	100	274	3.82	211	*22	*N/A*	34.91	*0.00	21	47.57	3.28
992223 VG- Homemade Vegan Muffins	64 gr	1	215	0.54	9	*18	*N/A*	7.58	*0.00	0	33.17	1.91
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			483	4.71	343	*50	*N/A*	36.67	*0.00	31	87.98	6.39
% of Calories				8.78%		*41.4%	*N/A*	68.3%	*0.0%		72.9%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Monday - 01/27/2025

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)	Carb (g)	Fiber (g)
000145 NO SCHOOL TODAY												
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Tuesday - 01/28/2025

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)	Carb (g)	Fiber (g)
991334 V- Pumpkin Carrot Breakfast Loaf	1 squares	100	223	2.59	231	*21	*N/A*	4.77	*0.00	36	41.54	4.10
992219 VG- Pumpkin Carrot Breakfast Loaf (VG)	1 squares	1	185	0.05	192	*21	*N/A*	0.69	*0.00	0	42.17	4.24
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	10.66	2.17

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			365	3.36	363	*41	*N/A*	6.13	*0.00	46	65.62	6.32
% of Calories				8.28%		*44.9%	*N/A*	15.1%	*0.0%		71.9%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Wednesday - 01/29/2025

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)	Carb (g)	Fiber (g)
992021 V-WG Bagel (IW) & Cream Cheese & Jelly	serving	99	250	2.50	395	12	*9	4.50	0.00	15	45.00	4.00
991347 VG/DF - WG White Bagel (iW) & Jelly	serving	1	205	0.00	315	11	9	1.00	0.00	0	44.00	4.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29	1.79
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	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)	Carb (g)	Fiber (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			388	3.25	525	*33	*9	5.84	0.00	25	68.28	5.79
% of Calories				7.54%		*34.0%	*9.3%	13.5%	0.0%		70.4%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Thursday - 01/30/2025

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)	Carb (g)	Fiber (g)
992806 WW Waffle & Chicken Patty	1 Waffle/1Patty	100	176	2.78	494	1	*1	9.07	0.00	43	14.01	1.00
992807 V- WW Waffle & Veggie Patty	1 Waffle/1Patty	1	215	0.75	620	2	*1	10.00	0.00	2	19.00	5.00
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7	7	0.00	0.00	0	7.00	0.00
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39	3.14
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			365	3.55	630	*33	*8	10.58	0.00	53	49.60	4.19
% of Calories				8.75%		*36.2%	*8.8%	26.1%	0.0%		54.4%	
Weekly Nutrient Guideline			350 - 500	<10	540			<=0				

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Friday - 01/31/2025

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)	Carb (g)	Fiber (g)
991528 Breakfast Pizza w/ Hashbrown Crust	serving	100	210	1.60	274	*3	*2	6.17	*0.00	78	26.93	1.47
992240 VEGAN Breakfast Pizza w/ Hashbrown Crust	serving	1	241	2.14	505	*4	*2	5.48	*0.00	0	32.77	3.89
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00	0.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00	0.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00	2.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00	0.00
Weighted Daily Average			419	2.51	412	*30	*2	7.91	*0.00	88	67.34	4.59
% of Calories				5.39%		*28.6%	*1.9%	17.0%	*0.0%		64.3%	
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)	Carb (g)	Fiber (g)
Weighted Averages	358	3	419	*32	*3	9.13	*0.00	45	59.42	5.15
% of Calories		7.06%		*35.8%	*3.4%	23.0%	*0.0%		66.4%	

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.