Base Menu Spreadsheet

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Portion Values

Nov 2, 2026 thru Nov 27, 2026

Menu Name: BRIYA PCS - Breakfast- PreK3-PreK4

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 11/02/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Tuesday - 11/03/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Wednesday - 11/04/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992414 V- WW Breakfast Roll & Scramble eggs	serving	100	201	2.53	288	*3.00	*N/A*	8.20	0.00	169	20.98
992226 VG/DF -WW Breakfast Roll & Tofu Scramble	serving	1	160	3.22	381	2.62	*2.00	5.73	0.00	0	18.78
000339 STRAWBERRIES,FRESH - Half cup	5 large straw	100	29	0.01	1	4.40	*0.00	0.27	0.00	0	6.91
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			331	2.58	428	*19.43	*0.02	9.78	0.00	179	41.08
% of Calories				7.02%		*23.48 %	*0.02%	26.6%	0.0%		49.6%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Thursday - 11/05/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991694 Turkey Sausage Patty WG Pancakes	1 serving	100	223	1.83	660	5.33	*5.33	7.33	0.00	37	31.33
991777 V- Veggie Patty & WG Pancakes	1 serving	0	283	0.33	830	6.33	*5.33	9.33	0.00	7	37.33
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			397	1.88	877	*30.03	*5.33	8.96	0.00	47	64.34
% of Calories				4.26%		*30.26 %	*5.37%	20.3%	0.0%		64.8%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Friday - 11/06/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991346 Yogurt Yoplait 4oz	4 oz	99	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	1	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			339	0.02	331	*34.72	*11.89	3.91	0.00	15	65.26
% of Calories				0.05%		*40.97 %	*14.03 %	10.4%	0.0%		77.0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Monday - 11/09/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992993 V-WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)	100	250	1.00	290	13.00	11.00	12.00	0.00	40	37.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			425	1.05	508	*37.81	*11.00	13.67	0.00	50	70.14
% of Calories				2.22%		*35.59 %	*10.35 %	28.9%	0.0%		66.0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Tuesday - 11/10/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals[1] (kcal)	S-Fat[1] (g)	Sodm[1] (mg)	Total Sugars (g)	Added Sugars[1] (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992342 V-WG Croissant w/American Cheese	servings	100	261	5.53	615	6.02	*3.00	11.05	0.00	15	31.02
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			402	5.56	753	*25.89	*3.01	12.49	0.00	25	54.65
% of Calories				12.45 %		*25.76 %	*3.00%	28.0%	0.0%		54.4%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Wednesday - 11/11/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Thursday - 11/12/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991647 Cereal, Corn Flakes	19 gr	100	70	0.00	150	2.00	*N/A*	5.00	0.00	0	16.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
991007 Banana - 1/2 cup (150 ct - 1 Banana)	1/2 cup	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			375	0.13	341	*42.43	*11.00	7.14	0.00	15	76.95
% of Calories				0.31%		*45.26 %	*11.73 %	17.1%	0.0%		82.1%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Friday - 11/13/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991526 Blueberry Lemon Yogurt WW Muffins	Muffins	100	143	0.40	144	*10.08	*9.86	1.62	*0.00	47	23.16
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	6.82	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			285	0.42	280	*29.09	*10.04	3.04	*0.00	57	47.15
% of Calories				1.33%		*40.83 %	*14.09 %	9.6%	*0.0%		66.2%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Monday - 11/16/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992347 V- WG English Muffin w/ Egg Patty & Cheese	serving	100	225	2.75	470	2.00	*1.00	9.50	0.00	102	27.00
991166 VG- WG English Muffin w/ Tofu Scramble	serving	1	259	1.52	151	0.95	*0.93	9.70	0.00	0	27.98
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			401	2.81	699	*28.71	*3.01	11.22	0.00	112	58.29
% of Calories				6.31%		*28.64 %	*3.00%	25.2%	0.0%		58.1%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Tuesday - 11/17/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9.00	*8.00	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
991007 Banana - 1/2 cup (150 ct - 1 Banana)	1/2 cup	100	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			475	2.13	516	*35.43	*8.00	11.64	0.00	10	81.95
% of Calories				4.04%		*29.84 %	*6.74%	22.1%	0.0%		69.0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Wednesday - 11/18/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993201 Pizza Bagel w/Egg, mozarella cheese & tk. sausage	2.83 oz	100	180	3.00	380	6.00	1.00	6.00	0.00	50	23.00
993212 V- Pizza Bagel w/Egg mozarella cheese	2.8 oz	1	180	3.00	380	6.00	1.00	6.00	0.00	55	23.00
991347 VG/DF - WG White Bagel (iW) & Jelly	serving	1	205	0.00	315	11.00	9.00	1.00	0.00	0	44.00
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12.25	*0.00	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			345	3.05	522	*30.42	*1.10	7.48	0.00	61	52.06
% of Calories				7.96%		*35.27 %	*1.28%	19.5%	0.0%		60.4%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Thursday - 11/19/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993124 V- WG Apple Cinnamon Muffin (Muffin Town)	57 gr	99	160	0.50	100	13.00	13.00	4.50	0.00	15	27.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000065 Go Gurts	2 oz	100	51	0.00	30	8.10	*N/A*	0.51	0.00	5	10.12
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			350	0.52	265	*40.89	*13.05	6.41	*0.00	30	60.47
% of Calories				1.34%		*46.73 %	*14.91 %	16.5%	*0.0%		69.1%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Friday - 11/20/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991082 Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	6.82	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			340	0.02	331	*33.82	*12.00	3.85	0.00	15	65.66
% of Calories				0.05%		*39.79 %	*14.12 %	10.2%	0.0%		77.2%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Monday - 11/23/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990645 V-Eggo Bites Waffles Maple	2.64 oz	99	190	1.50	220	11.00	*N/A*	5.00	0.00	36	36.00
993194 VG/DF-Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
992899 TANGERINES,FRESH - (100-120 ct)- 1/2 cup	1 large	100	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			366	1.54	437	*35.80	*0.10	6.71	0.00	46	69.21
% of Calories				3.79%		*39.13 %	*0.11%	16.5%	0.0%		75.6%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Tuesday - 11/24/2026 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991647 Cereal, Corn Flakes	19 gr	100	70	0.00	150	2.00	*N/A*	5.00	0.00	0	16.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	7.74	*0.00	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			309	0.02	341	*35.74	*11.00	6.88	0.00	15	60.29
% of Calories				0.06%		*46.27 %	*14.24 %	20.0%	0.0%		78.0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Wednesday - 11/25/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Thursday - 11/26/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

Friday - 11/27/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0.00	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			350 - 500	<10	<=540		<10				

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		367	1.55	474	*32.87	*7.18	8.08	*0.00	48	61.96
% of Calories			3.80%		*35.83 %	*7.83%	19.8%	*0.0%		67.5%

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient**
***** - denotes combined nutrient totals with either missing or incomplete nutrient data**
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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