

Menu Name:PRE-SCHOOL BREAKFAST

Include Cost:Yes

Site:

Use Alternate Menu Name:No

Thursday - 10/01/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	100	266	1.29	167	15.09	13.98	11.06	0.00	32	38.92	2.74	4.29	*N/A*	113.3	0.00	1.50	\$137.250
003338 MUFFIN, WG LEMON ZEST 2G	#8 SCOOP	100	317	1.50	196	1937.00	15.90	13.00	0.00	38	45.80	2.90	5.00	*N/A*	104.9	0.00	1.66	\$9.723
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	100	368	3.24	199	22.07	16.20	15.59	0.00	44	53.26	3.64	5.67	*N/A*	140.0	0.00	2.22	\$171.563
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	300	80	0.00	65	5.00	*N/A*	0.50	0.00	0	15.00	0.00	4.00	*N/A*	140.0	0.00	0.00	\$66.839
000068 FRUIT, BANANAS FRESH	EACH	300	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			617	3.59	412	690.29	*15.71	16.63	0.00	52	99.99	5.79	20.04	*3	*651.1	*9.95	*2.06	\$179.756
% of Calories				5.24%		447.51 %	*10.18 %	24.3%	0.0%		64.8%		13.0%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Friday - 10/02/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003356 PIZZA PUFF (K-8)	EACH	300	356	*5.30	813	*2.17	*2.15	6.01	*0.00	*32	*49.73	*2.25	14.31	*0	277.2	*0.85	*2.97	\$52.857

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			573	*6.81	973	*27.51	*2.50	8.70	*0.00	*47	*87.62	*5.66	25.20	*1	*692.0	*35.40	*3.23	\$59.596
% of Calories				*10.70 %		*19.20 %	*1.75%	13.7%	*0.0%		*61.2%		17.6%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Monday - 10/05/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003328 CHICKEN SAUSAGE MAPLE WAFFLE SANDWICH	2 MINI SANDWICH	300	250	4.00	660	4.00	*0.00	48.00	0.00	85	15.00	1.00	16.00	*N/A*	45.7	*0.00	1.50	\$13.677
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	300	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			440	5.47	824	31.89	*0.35	50.58	0.00	100	44.93	2.07	25.95	*N/A*	*438.4	*4.96	*1.50	\$33.083
% of Calories				11.19 %		28.99%	*0.32%	103.5%	0.0%		40.8%		23.6%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Tuesday - 10/06/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003479 CROISSANT BACON, EGG, CHEESE SANDWICH	EACH	300	395	11.50	755	3.00	3.00	25.00	*0.00	398	29.00	1.00	15.50	*N/A*	*104.0	*0.00	*2.65	\$182.615
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	300	85	0.75	180	0.00	*N/A*	4.50	0.00	0	9.50	0.50	1.00	*N/A*	0.0	1.80	0.18	\$64.742
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			679	13.72	1095	*17.89	*3.35	32.08	*0.00	412	72.24	4.96	28.15	*0	*550.1	*85.94	*2.98	\$254.096
% of Calories				18.19 %		*10.54 %	*1.97%	42.5%	*0.0%		42.6%		16.6%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Wednesday - 10/07/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	300	200	2.00	330	2.00	*N/A*	7.00	0.00	15	25.00	2.00	9.00	*N/A*	150.0	0.00	1.70	\$163.563
003207 FRUIT, APRICOT CUP FROZEN (USDA 100261)	SERVINGS	100	125	0.00	0	27.00	*N/A*	0.00	0.00	0	32.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$12.540
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	100	90	0.00	0	16.00	*N/A*	0.00	0.00	0	20.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$11.400
003397 FROZEN JUICE CUP STRAWBERRY POMEGRANATE 4.4OZ	EACH	100	68	0.00	0	0.00	0.00	0.00	0.00	0	19.34	2.90	0.00	*N/A*	48.3	0.00	0.68	\$13.824
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			424	3.47	489	31.22	*0.35	9.58	0.00	30	64.70	4.37	18.95	*N/A*	*552.8	*1.16	*1.93	\$182.890
% of Calories				7.37%		29.45%	*0.33%	20.3%	0.0%		61.0%		17.9%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Thursday - 10/08/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	100	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	100	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003121 SCONE, WG LEMON DROP 3OZ	SERVING	100	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003261 YOGURT VANILLA GREEK NON FAT (4OZ)	EACH	300	80	0.00	40	8.00	7.00	0.00	0.00	5	11.00	0.00	9.00	*N/A*	110.0	*N/A*	0.00	\$2.359
000068 FRUIT, BANANAS FRESH	EACH	300	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			592	4.82	397	57.41	*23.28	11.46	0.00	29	97.36	6.17	24.06	*3	*615.5	*9.95	*1.97	\$57.433
% of Calories				7.33%		38.79%	*15.73 %	17.4%	0.0%		65.8%		16.3%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Friday - 10/09/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003319 BUN WHEAT WHOLE BREAKFAST 51% IW	SERVING	300	226	1.97	334	9.83	*N/A*	6.88	0.00	0	38.33	2.95	5.90	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			442	3.47	494	*35.17	*0.35	9.57	0.00	14	76.22	6.36	16.78	*1	*414.8	*34.55	*0.26	\$6.739
% of Calories				7.07%		*31.83 %	*0.32%	19.5%	0.0%		69.0%		15.2%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

Monday - 10/12/2026 Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003142 BREAKFAST PANCAKES WG BUTTERMILK MAPLECINN 2PK	SERVINGS	300	170	0.50	210	12.00	9.00	3.50	0.00	10	32.00	2.00	4.00	*N/A*	50.0	0.00	1.30	\$7.824
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	300	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			360	1.97	374	39.89	*9.35	6.08	0.00	24	61.93	3.07	13.95	*N/A*	*442.7	*4.96	*1.30	\$27.230
% of Calories				4.92%		44.32%	*10.39 %	15.2%	0.0%		68.8%		15.5%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Tuesday - 10/13/2026 Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003390 EGG AND CHEESE ENGLISH MUFFIN	SERVING	300	225	3.50	605	3.00	*0.00	9.00	0.00	112	27.00	3.00	10.50	*N/A*	*149.0	*0.00	*1.05	\$31.606
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	300	85	0.75	180	0.00	*N/A*	4.50	0.00	0	9.50	0.50	1.00	*N/A*	0.0	1.80	0.18	\$64.742
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			509	5.72	945	*17.89	*0.35	16.08	0.00	127	70.24	6.96	23.15	*0	*595.1	*85.94	*1.38	\$103.087
% of Calories				10.11 %		*14.06 %	*0.28%	28.4%	0.0%		55.2%		18.2%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Wednesday - 10/14/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	60	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	60	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	60	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	60	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	60	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
003207 FRUIT, APRICOT CUP FROZEN (USDA 100261)	SERVINGS	100	125	0.00	0	27.00	*N/A*	0.00	0.00	0	32.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$12.540
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	100	90	0.00	0	16.00	*N/A*	0.00	0.00	0	20.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$11.400
003397 FROZEN JUICE CUP STRAWBERRY POMEGRANATE 4.4OZ	EACH	100	68	0.00	0	0.00	0.00	0.00	0.00	0	19.34	2.90	0.00	*N/A*	48.3	0.00	0.68	\$13.824
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			432	1.57	471	41.82	*8.95	5.68	0.00	14	83.90	5.77	13.15	*N/A*	*534.8	*1.16	*7.93	\$64.631
% of Calories				3.27%		38.72%	*8.29%	11.8%	0.0%		77.7%		12.2%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Thursday - 10/15/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002896 MUFFIN BREAD CINNAMON APPLE	EA	100	332	1.61	208	18.86	17.47	13.82	0.00	40	48.65	3.43	5.36	*N/A*	141.7	0.00	1.88	\$171.562
003481 MUFFIN BREAD LEMON ZEST	EA	100	317	1.50	196	1937.00	15.90	13.00	0.00	38	45.80	2.90	5.00	*N/A*	104.9	0.00	1.66	\$9.723
003482 MUFFIN BREAD COWGIRL W/STREUSAL	EA	100	368	3.24	199	22.07	16.20	15.59	0.00	44	53.26	3.64	5.67	*N/A*	140.0	0.00	2.22	\$171.562
000837 YOGURT RASPBERRY PEACH (4 OZ) YOPLAIT	SERVING	300	90	0.00	55	8.00	8.00	0.50	0.00	5	18.00	0.00	3.00	*N/A*	130.0	0.00	0.00	\$95.822
000068 FRUIT, BANANAS FRESH	EACH	300	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			649	3.70	416	694.55	*24.88	17.55	0.00	60	106.23	6.02	19.39	*3	*650.6	*9.95	*2.18	\$220.176
% of Calories				5.13%		428.07 %	*15.33 %	24.3%	0.0%		65.5%		12.0%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

Friday - 10/16/2026 Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003356 PIZZA PUFF (K-8)	EACH	3000	356	*5.30	813	*2.17	*2.15	6.01	*0.00	*32	*49.73	*2.25	14.31	*0	277.2	*0.85	*2.97	\$52.857
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			3780	*54.51	8293	*47.02	*21.84	62.82	*0.00	*336	*535.22	*25.93	154.02	*1	*3186.4	*43.01	*29.97	\$535.312
% of Calories				*12.98 %		*4.98%	*2.31%	15.0%	*0.0%		*56.6%		16.3%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Monday - 10/19/2026 Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003478 FRENCH TOAST TRIX MINI	PACKAGE	300	220	1.00	190	10.00	10.00	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.40	\$8.710
003426 SYRUP PANCAKE & WAFFLE (2 TBSP)	SERVING	300	100	0.00	45	13.00	13.00	0.00	0.00	0	26.00	0.00	0.00	*N/A*	0.0	*N/A*	*N/A*	\$50.887
003209 YOGURT, STRAWBERRY & BANANA TRIX (SYSCO)	SERVING	300	80	0.00	65	5.00	*N/A*	0.50	0.00	0	15.00	0.00	4.00	*N/A*	140.0	0.00	0.00	\$66.839
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	300	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			590	2.47	464	55.89	*23.35	10.08	0.00	14	106.93	3.07	17.95	*N/A*	*602.7	*4.96	*1.40	\$145.842
% of Calories				3.77%		37.89%	*15.83 %	15.4%	0.0%		72.5%		12.2%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Tuesday - 10/20/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003483 SAUSAGE & CHEESE ON BAGEL	EACH	300	280	4.50	770	5.00	*0.00	12.00	0.00	52	32.00	4.00	15.50	*N/A*	119.0	*0.00	1.45	\$31.323
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	300	85	0.75	180	0.00	*N/A*	4.50	0.00	0	9.50	0.50	1.00	*N/A*	0.0	1.80	0.18	\$64.742
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			564	6.72	1110	*19.89	*0.35	19.08	0.00	67	75.24	7.96	28.15	*0	*565.1	*85.94	*1.78	\$102.804
% of Calories				10.72 %		*14.11 %	*0.25%	30.4%	0.0%		53.4%		20.0%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Wednesday - 10/21/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003485 STUFFED BREAKFAST SANDWICH	EACH	300	160	3.50	300	3.00	1.00	7.00	0.00	60	16.00	1.00	9.00	0	120.0	0.00	1.30	\$0.000
003207 FRUIT, APRICOT CUP FROZEN (USDA 100261)	SERVINGS	100	125	0.00	0	27.00	*N/A*	0.00	0.00	0	32.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$12.540
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	100	90	0.00	0	16.00	*N/A*	0.00	0.00	0	20.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$11.400
003397 FROZEN JUICE CUP STRAWBERRY POMEGRANATE 4.4OZ	EACH	100	68	0.00	0	0.00	0.00	0.00	0.00	0	19.34	2.90	0.00	*N/A*	48.3	0.00	0.68	\$13.824
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			384	4.97	459	32.22	*1.35	9.58	0.00	74	55.70	3.37	18.95	*0	*522.8	*1.16	*1.53	\$19.327
% of Calories				11.65 %		33.56%	*1.41%	22.5%	0.0%		58.0%		19.7%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Thursday - 10/22/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002772 STRAWBERRY MINI BAGELS	EACH	300	240	2.00	190	10.00	10.00	6.00	0.00	10	42.00	2.00	6.00	*N/A*	0.0	0.00	1.70	\$106.143
003276 YOGURT VANILLA STRAWBERRY (DANNON)	EACH	300	70	0.00	55	5.00	5.00	0.00	0.00	5	14.00	0.00	4.00	*N/A*	130.0	*N/A*	0.00	\$3.283
000068 FRUIT, BANANAS FRESH	EACH	300	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			530	3.58	405	42.24	*15.35	8.91	0.00	30	94.99	4.70	21.05	*3	*521.7	*9.95	*1.96	\$116.165
% of Calories				6.08%		31.88%	*11.58 %	15.1%	0.0%		71.7%		15.9%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Friday - 10/23/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	60	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	60	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	60	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	60	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	60	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			424	1.61	471	*37.94	*8.95	5.79	0.00	14	82.09	6.81	14.08	*1	*546.8	*34.55	*7.96	\$52.043
% of Calories				3.42%		*35.79 %	*8.44%	12.3%	0.0%		77.4%		13.3%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Monday - 10/26/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	60	220	0.00	300	19.00	19.00	0.00	0.00	0	53.00	2.00	3.00	*N/A*	0.0	*N/A*	11.60	\$7.319
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	60	170	0.00	250	8.00	*N/A*	4.00	0.00	0	33.00	2.00	2.00	*N/A*	130.0	0.00	10.80	\$6.494
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	60	220	0.00	230	12.00	12.00	3.00	0.00	0	47.00	3.00	3.00	*N/A*	200.0	0.00	5.60	\$103.900
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	60	210	0.00	440	12.00	*N/A*	2.50	0.00	0	45.00	5.00	5.00	*N/A*	200.0	0.00	5.60	\$103.158
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	60	220	0.50	340	12.00	12.00	6.00	0.00	0	43.00	5.00	3.00	*N/A*	130.0	0.00	4.90	\$5.651
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	300	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			398	1.57	476	40.49	*8.95	5.68	0.00	14	74.13	4.47	13.15	*N/A*	*524.7	*4.96	*7.70	\$64.710
% of Calories				3.55%		40.69%	*8.99%	12.8%	0.0%		74.5%		13.2%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Tuesday - 10/27/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003479 CROISSANT BACON, EGG, CHEESE SANDWICH	EACH	300	395	11.50	755	3.00	3.00	25.00	*0.00	398	29.00	1.00	15.50	*N/A*	*104.0	*0.00	*2.65	\$182.615
003480 POTATO, TATER BARRELS SYSCO (BREAKFAST)	5 BARRELS	300	85	0.75	180	0.00	*N/A*	4.50	0.00	0	9.50	0.50	1.00	*N/A*	0.0	1.80	0.18	\$64.742
000676 FRUIT, ORANGE WEDGES FRESH	4 WEDGES	300	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			679	13.72	1095	*17.89	*3.35	32.08	*0.00	412	72.24	4.96	28.15	*0	*550.1	*85.94	*2.98	\$254.096
% of Calories				18.19 %		*10.54 %	*1.97%	42.5%	*0.0%		42.6%		16.6%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Wednesday - 10/28/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	300	200	2.00	330	2.00	*N/A*	7.00	0.00	15	25.00	2.00	9.00	*N/A*	150.0	0.00	1.70	\$163.563
003207 FRUIT, APRICOT CUP FROZEN (USDA 100261)	SERVINGS	100	125	0.00	0	27.00	*N/A*	0.00	0.00	0	32.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$12.540
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	100	90	0.00	0	16.00	*N/A*	0.00	0.00	0	20.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$11.400
003397 FROZEN JUICE CUP STRAWBERRY POMEGRANATE 4.4OZ	EACH	100	68	0.00	0	0.00	0.00	0.00	0.00	0	19.34	2.90	0.00	*N/A*	48.3	0.00	0.68	\$13.824
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			424	3.47	489	31.22	*0.35	9.58	0.00	30	64.70	4.37	18.95	*N/A*	*552.8	*1.16	*1.93	\$182.890
% of Calories				7.37%		29.45%	*0.33%	20.3%	0.0%		61.0%		17.9%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Thursday - 10/29/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	100	254	2.81	198	14.77	10.25	8.34	0.00	8	30.24	3.22	3.72	*N/A*	118.2	0.00	1.60	\$127.006
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	100	320	3.60	197	29.02	25.31	8.80	0.00	9	58.33	3.70	4.00	*N/A*	118.7	0.00	1.71	\$9.000
003121 SCONE, WG LEMON DROP 3OZ	SERVING	100	301	3.30	199	22.71	12.21	8.50	0.00	12	53.53	3.50	4.30	*N/A*	104.4	0.00	1.81	\$9.000
003261 YOGURT VANILLA GREEK NON FAT (4OZ)	EACH	300	80	0.00	40	8.00	7.00	0.00	0.00	5	11.00	0.00	9.00	*N/A*	110.0	*N/A*	0.00	\$2.359
000068 FRUIT, BANANAS FRESH	EACH	300	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			592	4.82	397	57.41	*23.28	11.46	0.00	29	97.36	6.17	24.06	*3	*615.5	*9.95	*1.97	\$57.433
% of Calories				7.33%		38.79%	*15.73 %	17.4%	0.0%		65.8%		16.3%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Friday - 10/30/2026

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003356 PIZZA PUFF (K-8)	EACH	300	356	*5.30	813	*2.17	*2.15	6.01	*0.00	*32	*49.73	*2.25	14.31	*0	277.2	*0.85	*2.97	\$52.857
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
Weighted Daily Average			573	*6.81	973	*27.51	*2.50	8.70	*0.00	*47	*87.62	*5.66	25.20	*1	*692.0	*35.40	*3.23	\$59.596
% of Calories				*10.70 %		*19.20 %	*1.75%	13.7%	*0.0%		*61.2%		17.6%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

		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)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		666	*7.21	978	*95.24	*9.05	16.72	*0.00	*90	*100.53	*6.12	26.93	*1	*682.7	*27.31	*4.05	\$126.315
% of Calories			*9.74%		*57.20 %	*5.44%	22.6%	*0.0%		*60.4%		16.2%					

**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.