

Menu Name:

PRE-SCHOOL BREAKFAST

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 11/02/2026

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)	Vit-A (mcg RAE)	Calcmm (mg)	Vit-C (mg)	Iron (mg)	Cost
003142 BREAKFAST PANCAKES WG BUTTERMILK MAPLECIINN 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	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/03/2026

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)	Calcmm (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

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/04/2026

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	44	0.00	60	3.80	3.80	0.00	0.00	0	10.60	0.40	0.60	*N/A*	0.0	*N/A*	2.32	\$1.464
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	60	34	0.00	50	1.60	*N/A*	0.80	0.00	0	6.60	0.40	0.40	*N/A*	26.0	0.00	2.16	\$1.299
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	60	44	0.00	46	2.40	2.40	0.60	0.00	0	9.40	0.60	0.60	*N/A*	40.0	0.00	1.12	\$20.780
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	60	42	0.00	88	2.40	*N/A*	0.50	0.00	0	9.00	1.00	1.00	*N/A*	40.0	0.00	1.12	\$20.632
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	60	44	0.10	68	2.40	2.40	1.20	0.00	0	8.60	1.00	0.60	*N/A*	26.0	0.00	0.98	\$1.130
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	100	30	0.00	0	5.33	*N/A*	0.00	0.00	0	6.67	0.67	0.00	*N/A*	0.0	0.00	0.00	\$3.800
002187 FRUIT, PEACH CUP FROZEN (USDA 100241)	SERVING	100	30	0.00	0	6.33	*N/A*	0.00	0.00	0	7.00	0.67	0.33	*N/A*	*N/A*	*N/A*	*N/A*	\$4.180
003497 FRUIT FROZEN STRAWBERRY FRZ CUP (96/4.5 OZ)	EACH	100	27	0.00	0	5.32	*N/A*	0.00	0.00	0	6.31	0.66	0.33	0	6.6	21.93	0.12	\$4.275

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
Weighted Daily Average			425	1.57	471	44.47	*8.95	5.68	0.00	14	80.10	5.47	13.81	*0	*525.3	*23.09	*7.82	\$64.298
% of Calories				3.32%		41.85%	*8.42%	12.0%	0.0%		75.4%		13.0%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Thursday - 11/05/2026

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
002896 MUFFIN BREAD CINNAMON APPLE	EA	100	111	0.54	69	6.29	5.82	4.61	0.00	13	16.22	1.14	1.79	*N/A*	47.2	0.00	0.62	\$57.187
003481 MUFFIN BREAD LEMON ZEST	EA	100	106	0.50	65	645.67	5.30	4.33	0.00	13	15.27	0.97	1.67	*N/A*	35.0	0.00	0.55	\$3.241
003482 MUFFIN BREAD COWGIRL W/STREUSAL	EA	100	123	1.08	66	7.36	5.40	5.20	0.00	15	17.75	1.22	1.89	*N/A*	46.7	0.00	0.74	\$57.187
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	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000

Weighted Values

Nov 1, 2026 thru Nov 30, 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	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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											

Friday - 11/06/2026

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
003356 PIZZA PUFF (K-8)	EACH	3000	3564	*53.01	8134	*21.68	*21.49	60.14	*0.00	*322	*497.34	*22.52	143.14	*0	2771.6	*8.46	*29.71	\$528.573
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	33	0.00	0	6.33	*N/A*	0.00	0.00	0	8.33	1.33	0.00	*N/A*	6.7	2.80	0.12	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	23	0.00	1	*N/A*	*N/A*	0.00	0.00	0	5.94	1.13	0.57	*N/A*	19.8	27.66	0.05	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	30	0.04	0	4.12	0.00	0.11	0.00	0	7.69	0.88	0.37	1	1.7	2.93	0.09	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
Weighted Daily Average			3780	*54.52	8293	*47.02	*21.84	62.83	*0.00	*336	*535.23	*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 - 11/09/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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
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
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/10/2026

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
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	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000

Weighted Values

Nov 1, 2026 thru Nov 30, 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)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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											

Thursday - 11/12/2026

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)	Calc¹ (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	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/13/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	60	44	0.00	60	3.80	3.80	0.00	0.00	0	10.60	0.40	0.60	*N/A*	0.0	*N/A*	2.32	\$1.464
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	60	34	0.00	50	1.60	*N/A*	0.80	0.00	0	6.60	0.40	0.40	*N/A*	26.0	0.00	2.16	\$1.299
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	60	44	0.00	46	2.40	2.40	0.60	0.00	0	9.40	0.60	0.60	*N/A*	40.0	0.00	1.12	\$20.780
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	60	42	0.00	88	2.40	*N/A*	0.50	0.00	0	9.00	1.00	1.00	*N/A*	40.0	0.00	1.12	\$20.632
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	60	44	0.10	68	2.40	2.40	1.20	0.00	0	8.60	1.00	0.60	*N/A*	26.0	0.00	0.98	\$1.130
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	33	0.00	0	6.33	*N/A*	0.00	0.00	0	8.33	1.33	0.00	*N/A*	6.7	2.80	0.12	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	23	0.00	1	*N/A*	*N/A*	0.00	0.00	0	5.94	1.13	0.57	*N/A*	19.8	27.66	0.05	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	30	0.04	0	4.12	0.00	0.11	0.00	0	7.69	0.88	0.37	1	1.7	2.93	0.09	\$0.000
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/16/2026

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
003422 CEREAL FROSTED FLAKES (2.1 OZ)	SERVING	60	44	0.00	60	3.80	3.80	0.00	0.00	0	10.60	0.40	0.60	*N/A*	0.0	*N/A*	2.32	\$1.464

	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
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	60	34	0.00	50	1.60	*N/A*	0.80	0.00	0	6.60	0.40	0.40	*N/A*	26.0	0.00	2.16	\$1.299
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	60	44	0.00	46	2.40	2.40	0.60	0.00	0	9.40	0.60	0.60	*N/A*	40.0	0.00	1.12	\$20.780
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	60	42	0.00	88	2.40	*N/A*	0.50	0.00	0	9.00	1.00	1.00	*N/A*	40.0	0.00	1.12	\$20.632
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	60	44	0.10	68	2.40	2.40	1.20	0.00	0	8.60	1.00	0.60	*N/A*	26.0	0.00	0.98	\$1.130
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	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/17/2026

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
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	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/18/2026

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
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
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	100	30	0.00	0	5.33	*N/A*	0.00	0.00	0	6.67	0.67	0.00	*N/A*	0.0	0.00	0.00	\$3.800
002187 FRUIT, PEACH CUP FROZEN (USDA 100241)	SERVING	100	30	0.00	0	6.33	*N/A*	0.00	0.00	0	7.00	0.67	0.33	*N/A*	*N/A*	*N/A*	*N/A*	\$4.180
003497 FRUIT FROZEN STRAWBERRY FRZ CUP (96/4.5 OZ)	EACH	100	27	0.00	0	5.32	*N/A*	0.00	0.00	0	6.31	0.66	0.33	0	6.6	21.93	0.12	\$4.275
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
Weighted Daily Average			417	3.47	489	33.87	*0.35	9.58	0.00	30	60.90	4.07	19.61	*0	*543.3	*23.09	*1.82	\$182.557
% of Calories				7.49%		32.49%	*0.34%	20.7%	0.0%		58.4%		18.8%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Thursday - 11/19/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003306 SCONE, WG BANANA CHOCOLATE CHIP 2.8OZ IW	SERVING	100	85	0.94	66	4.92	3.42	2.78	0.00	3	10.08	1.07	1.24	*N/A*	39.4	0.00	0.53	\$42.335
003118 SCONE, WG CHOCOLATE CHIP 3OZ	SERVING	100	107	1.20	66	9.67	8.44	2.94	0.00	3	19.44	1.23	1.33	*N/A*	39.6	0.00	0.57	\$3.000
003121 SCONE, WG LEMON DROP 3OZ	SERVING	100	100	1.10	66	7.57	4.07	2.84	0.00	4	17.84	1.17	1.43	*N/A*	34.8	0.00	0.60	\$3.000
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
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/20/2026

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
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	33	0.00	0	6.33	*N/A*	0.00	0.00	0	8.33	1.33	0.00	*N/A*	6.7	2.80	0.12	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	100	23	0.00	1	*N/A*	*N/A*	0.00	0.00	0	5.94	1.13	0.57	*N/A*	19.8	27.66	0.05	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	30	0.04	0	4.12	0.00	0.11	0.00	0	7.69	0.88	0.37	1	1.7	2.93	0.09	\$0.000

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/23/2026

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
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	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/24/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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
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	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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 - 11/25/2026

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	44	0.00	60	3.80	3.80	0.00	0.00	0	10.60	0.40	0.60	*N/A*	0.0	*N/A*	2.32	\$1.464
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	60	34	0.00	50	1.60	*N/A*	0.80	0.00	0	6.60	0.40	0.40	*N/A*	26.0	0.00	2.16	\$1.299
002839 CEREAL COCOA PUFFS 2OZ 25% LESS SUGAR	EA	60	44	0.00	46	2.40	2.40	0.60	0.00	0	9.40	0.60	0.60	*N/A*	40.0	0.00	1.12	\$20.780
002840 LUCKY CHARMS GLUTEN FREE 2.0 OZ	EA	60	42	0.00	88	2.40	*N/A*	0.50	0.00	0	9.00	1.00	1.00	*N/A*	40.0	0.00	1.12	\$20.632
003389 CINNAMON TOAST CRUNCH REDUCED SUGAR 2OZ	CUP 2OZ.	60	44	0.10	68	2.40	2.40	1.20	0.00	0	8.60	1.00	0.60	*N/A*	26.0	0.00	0.98	\$1.130

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002825 FRUIT, MIXED BERRY FROZEN (USDA 110859)	SERVING	100	30	0.00	0	5.33	*N/A*	0.00	0.00	0	6.67	0.67	0.00	*N/A*	0.0	0.00	0.00	\$3.800
002187 FRUIT, PEACH CUP FROZEN (USDA 100241)	SERVING	100	30	0.00	0	6.33	*N/A*	0.00	0.00	0	7.00	0.67	0.33	*N/A*	*N/A*	*N/A*	*N/A*	\$4.180
003497 FRUIT FROZEN STRAWBERRY FRZ CUP (96/4.5 OZ)	EACH	100	27	0.00	0	5.32	*N/A*	0.00	0.00	0	6.31	0.66	0.33	0	6.6	21.93	0.12	\$4.275
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
Weighted Daily Average			425	1.57	471	44.47	*8.95	5.68	0.00	14	80.10	5.47	13.81	*0	*525.3	*23.09	*7.82	\$64.298
% of Calories				3.32%		41.85%	*8.42%	12.0%	0.0%		75.4%		13.0%					
Weekly Nutrient Guideline			600 - 0	<10	<=1230		<0											

Monday - 11/30/2026

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
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
002441 CC,MILK GALLON 1%	CUP	290	126	1.45	155	14.50	*N/A*	2.42	0.00	14	15.47	0.00	9.67	*N/A*	386.7	1.16	0.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	10	5	0.02	4	0.39	0.35	0.16	0.00	0	0.46	0.07	0.28	*N/A*	*N/A*	*N/A*	*N/A*	\$6.739
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											

		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		687	*6.89	1035	*74.17	*10.77	14.31	*0.00	*78	*106.91	*6.33	26.92	*1	*707.1	*32.26	*4.74	\$129.211
% of Calories			*9.03%		*43.18 %	*6.27%	18.7%	*0.0%		*62.2%		15.7%					

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.