

Menu Name:

PRE-SCHOOL BREAKFAST

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 01/05/2026

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)	Protrn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003140 WAFFLE EMOJI EGGO	SERVINGS	300	170	1.50	210	5.00	0.00	5.00	0.00	0	27.99	4.00	4.00	*N/A*	259.9	0.00	3.60	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	300	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$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
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
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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			436	3.00	392	*36.95	*0.00	7.68	0.00	14	78.98	7.40	14.86	*1	684.7	34.55	3.89	\$0.000
% of Calories				6.19%		*33.90 %	*0.00%	15.9%	0.0%		72.5%		13.6%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Tuesday - 01/06/2026

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)	Protrn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002536 PANCAKE & SAUSAGE ON STICK WG	EACH	280	187	2.70	412	6.90	*N/A*	8.90	0.00	28	19.80	1.40	7.00	5	17.0	0.00	1.00	\$0.000

Base Menu Spreadsheet

Portion Values

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002840 CEREAL LUCKY CHARMS 2OZ	EA	10	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	\$0.000
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	10	220	0.00	390	17.00	*N/A*	2.50	0.00	0	45.00	4.00	5.00	*N/A*	0.0	0.00	0.00	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	300	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			379	3.99	581	*22.41	*N/A*	11.04	0.00	41	54.51	1.67	16.80	*5	419.2	1.96	1.16	\$0.000
% of Calories				9.47%		*23.65 %	*N/A*	26.2%	0.0%		57.5%		17.7%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Wednesday - 01/07/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001869 BRKFST, MINI CINNIS	EACH	300	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$0.000
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	\$0.000
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
000230 MILK,1% WHITE	CARTON	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

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			509	2.97	505	*34.00	*13.00	10.07	0.00	14	89.85	6.46	20.63	*0	626.1	84.14	1.59	\$0.000
% of Calories				5.25%		*26.72 %	*10.22 %	17.8%	0.0%		70.6%		16.2%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Thursday - 01/08/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	100	220	0.00	390	17.00	*N/A*	2.50	0.00	0	45.00	4.00	5.00	*N/A*	0.0	0.00	0.00	\$0.000
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	100	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	100	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	\$0.000
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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			430	1.75	479	39.35	*0.00	6.73	0.00	14	80.44	5.03	14.37	*3	488.4	9.95	9.30	\$0.000
% of Calories				3.66%		36.60%	*N/A*	14.1%	0.0%		74.8%		13.4%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Friday - 01/09/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001605 PIZZA, PUFFS ELEM.	EACH	300	318	*4.20	541	*2.51	*2.11	8.20	*0.00	*22	*43.48	*0.44	13.27	*0	256.8	*2.17	*2.86	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			549	*5.67	699	*36.51	*2.11	10.77	*0.00	*37	*84.52	*4.50	23.20	*0	673.4	*11.73	*3.26	\$0.000
% of Calories				*9.30%		*26.60 %	*1.54%	17.7%	*0.0%		*61.6%		16.9%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Monday - 01/12/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003257 FRENCH TOAST HEAT & SERVE .75" THICK (2 PER SVG)	SERVING 2 EACH	300	360	1.00	840	64.00	9.00	5.00	*N/A*	50	64.00	2.00	11.00	*N/A*	90.0	*N/A*	3.50	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	300	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$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
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
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
000230 MILK,1% WHITE	CARTON	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

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			627	2.50	1022	*95.95	*9.00	7.68	*0.00	64	115.00	5.41	21.87	*1	514.8	*34.55	3.79	\$0.000
% of Calories				3.59%		*61.21 %	*5.74%	11.0%	*0.0%		73.4%		14.0%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Tuesday - 01/13/2026 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003242 BRKFST, PIZZA TURKEY SAUSAGE WG (Tony's)	EACH	290	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	\$183.424
002840 CEREAL LUCKY CHARMS 2OZ	EA	10	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	\$0.000
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	10	220	0.00	390	17.00	*N/A*	2.50	0.00	0	45.00	4.00	5.00	*N/A*	0.0	0.00	0.00	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	300	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			398	3.40	515	*17.90	*N/A*	9.50	0.00	29	60.20	2.30	18.97	*0	548.3	1.96	1.87	\$177.310
% of Calories				7.69%		*17.99 %	*N/A*	21.5%	0.0%		60.5%		19.1%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Wednesday - 01/14/2026 Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002771 BRKFST, APPLE FRUDEL	EACH	300	210	1.00	250	10.00	*N/A*	6.00	0.00	0	36.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000
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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			409	2.47	410	*25.00	*N/A*	8.57	0.00	14	69.85	5.46	15.63	*0	456.1	84.14	1.63	\$0.000
% of Calories				5.44%		*24.45 %	*N/A*	18.9%	0.0%		68.3%		15.3%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Thursday - 01/15/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	100	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	100	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	\$0.000
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	100	220	0.00	390	17.00	*N/A*	2.50	0.00	0	45.00	4.00	5.00	*N/A*	0.0	0.00	0.00	\$0.000
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
000230 MILK,1% WHITE	CARTON	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

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			430	1.75	479	39.35	*0.00	6.73	0.00	14	80.44	5.03	14.37	*3	488.4	9.95	9.30	\$0.000
% of Calories				3.66%		36.60%	*N/A*	14.1%	0.0%		74.8%		13.4%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Friday - 01/16/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002696 BRKFST, CINN ROLL 2.3 OZ	ROLL	300	229	1.05	201	*17.37	*N/A*	3.58	*0.00	5	44.70	1.00	5.08	*N/A*	5.2	0.02	8.01	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			459	2.52	360	*51.37	*N/A*	6.15	*0.00	20	85.73	5.07	15.02	*0	421.9	9.58	8.40	\$0.000
% of Calories				4.94%		*44.77 %	*N/A*	12.1%	*0.0%		74.7%		13.1%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Tuesday - 01/20/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000929 PIZZA NADA (POCKET, TURKEY PIZZA 4 OZ)	EACH	290	240	1.50	340	2.00	*N/A*	7.00	0.00	20	32.00	4.00	12.00	*N/A*	40.0	2.40	2.70	\$0.000
002840 CEREAL LUCKY CHARMS 2OZ	EA	10	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	\$0.000
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	10	220	0.00	390	17.00	*N/A*	2.50	0.00	0	45.00	4.00	5.00	*N/A*	0.0	0.00	0.00	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	300	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			437	2.92	525	*17.90	*N/A*	9.50	0.00	34	66.97	4.23	21.87	*0	442.0	4.28	2.83	\$0.000
% of Calories				6.01%		*16.38 %	*N/A*	19.6%	0.0%		61.3%		20.0%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Wednesday - 01/21/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002646 MUFFIN, WG COWGIRL CINNAMON 2G	#8 SCOOP	60	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	\$0.000
003277 MUFFIN, WG DOUBLE COCOA 2G	#8 SCOOP	60	381	3.10	195	20.60	15.00	19.80	0.00	36	49.10	4.30	5.70	*N/A*	112.4	0.00	2.36	\$0.000
003278 MUFFIN, WG WILD BLUEBERRY 2G	#8 SCOOP	60	328	2.13	200	26.32	19.34	13.77	0.00	39	47.99	3.44	5.06	*N/A*	111.5	0.00	1.86	\$0.000
003282 MUFFIN, WG APPLE CINNAMON 2G	#8 SCOOP	60	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	\$0.000
003283 MUFFIN, WG PUMPKIN SPICE 2G	#8 SCOOP	60	244	1.13	160	21.14	14.18	9.96	0.00	29	36.13	3.00	3.97	*N/A*	75.9	0.00	1.66	\$0.000
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

Portion Values

Jan 1, 2026 thru Jan 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			516	3.64	344	*36.05	*15.74	16.60	0.00	51	78.93	6.89	16.57	*0	566.7	84.14	2.11	\$0.000
% of Calories				6.35%		*27.95 %	*12.56 %	29.0%	0.0%		61.2%		12.8%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Thursday - 01/22/2026

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)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	100	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	100	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	\$0.000
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	100	220	0.00	390	17.00	*N/A*	2.50	0.00	0	45.00	4.00	5.00	*N/A*	0.0	0.00	0.00	\$0.000
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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			430	1.75	479	39.35	*0.00	6.73	0.00	14	80.44	5.03	14.37	*3	488.4	9.95	9.30	\$0.000
% of Calories				3.66%		36.60%	*N/A*	14.1%	0.0%		74.8%		13.4%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Base Menu Spreadsheet

Portion Values

Jan 1, 2026 thru Jan 31, 2026

Friday - 01/23/2026 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001605 PIZZA, PUFFS ELEM.	EACH	300	318	*4.20	541	*2.51	*2.11	8.20	*0.00	*22	*43.48	*0.44	13.27	*0	256.8	*2.17	*2.86	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			549	*5.67	699	*36.51	*2.11	10.77	*0.00	*37	*84.52	*4.50	23.20	*0	673.4	*11.73	*3.26	\$0.000
% of Calories				*9.30%		*26.60 %	*1.54%	17.7%	*0.0%		*61.6%		16.9%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Monday - 01/26/2026 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003140 WAFFLE EMOJI EGGO	SERVINGS	300	170	1.50	210	5.00	0.00	5.00	0.00	0	27.99	4.00	4.00	*N/A*	259.9	0.00	3.60	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	300	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$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
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
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
000230 MILK,1% WHITE	CARTON	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

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			436	3.00	392	*36.95	*0.00	7.68	0.00	14	78.98	7.40	14.86	*1	684.7	34.55	3.89	\$0.000
% of Calories				6.19%		*33.90 %	*0.00%	15.9%	0.0%		72.5%		13.6%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Tuesday - 01/27/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002536 PANCAKE & SAUSAGE ON STICK WG	EACH	280	187	2.70	412	6.90	*N/A*	8.90	0.00	28	19.80	1.40	7.00	5	17.0	0.00	1.00	\$0.000
002840 CEREAL LUCKY CHARMS 2OZ	EA	10	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	\$0.000
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	10	220	0.00	390	17.00	*N/A*	2.50	0.00	0	45.00	4.00	5.00	*N/A*	0.0	0.00	0.00	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	300	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			379	3.99	581	*22.41	*N/A*	11.04	0.00	41	54.51	1.67	16.80	*5	419.2	1.96	1.16	\$0.000
% of Calories				9.47%		*23.65 %	*N/A*	26.2%	0.0%		57.5%		17.7%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Wednesday - 01/28/2026

Reimbursable Meal Total 300

Base Menu Spreadsheet

Portion Values

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001869 BRKFST, MINI CINNIS	EACH	300	230	1.50	280	14.00	13.00	7.00	0.00	0	41.00	3.00	5.00	*N/A*	30.0	0.00	1.40	\$0.000
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	\$0.000
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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			509	2.97	505	*34.00	*13.00	10.07	0.00	14	89.85	6.46	20.63	*0	626.1	84.14	1.59	\$0.000
% of Calories				5.25%		*26.72 %	*10.22 %	17.8%	0.0%		70.6%		16.2%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Thursday - 01/29/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	100	220	0.00	390	17.00	*N/A*	2.50	0.00	0	45.00	4.00	5.00	*N/A*	0.0	0.00	0.00	\$0.000
003255 CEREAL BLUEBERRY CHEX GLUTEN FREE 2OZ	CUP 2OZ.	100	240	0.50	320	11.00	*N/A*	5.00	0.00	0	46.00	1.00	3.00	*N/A*	130.0	0.00	16.20	\$0.000
003256 CEREAL CINNAMON CHEX GLUTEN FREE 2OZ	CUP 2OZ.	100	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	\$0.000
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
000230 MILK,1% WHITE	CARTON	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

Jan 1, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			430	1.75	479	39.35	*0.00	6.73	0.00	14	80.44	5.03	14.37	*3	488.4	9.95	9.30	\$0.000
% of Calories				3.66%		36.60%	*N/A*	14.1%	0.0%		74.8%		13.4%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=0										

Friday - 01/30/2026

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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001605 PIZZA, PUFFS ELEM.	EACH	300	318	*4.20	541	*2.51	*2.11	8.20	*0.00	*22	*43.48	*0.44	13.27	*0	256.8	*2.17	*2.86	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	300	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
000230 MILK,1% WHITE	CARTON	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 KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			549	*5.67	699	*36.51	*2.11	10.77	*0.00	*37	*84.52	*4.50	23.20	*0	673.4	*11.73	*3.26	\$0.000
% of Calories				*9.30%		*26.60 %	*1.54%	17.7%	*0.0%		*61.6%		16.9%					
Weekly Nutrient Guideline			600 - 0	<10	1230		<0	<=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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	466	*3.23	534	*36.73	*3.00	9.20	*0.00	*27	*78.88	*4.95	17.98	*1	547	*28.15	*4.26	\$9.332
% of Calories		*6.24%		*31.53 %	*0.00%	17.8%	*0.0%		*67.7%		15.4%					

**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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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.