

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 2026

Menu Name:	Nutrient Summer Breakfast	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Wednesday - 07/01/2026 Reimbursable Meal Total 35

	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)
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
001036 .																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			96	0.33	117	13.79	0.40	0.61	0.00	6	16.30	0.06	6.74	*0	229.7	2.17	0.25
% of Calories				3.09%		57.46%	1.67%	5.7%	0.0%		67.9%		28.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Thursday - 07/02/2026 Reimbursable Meal Total 35

	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)
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	230	1.00	260	15.00	0.00	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jul 1, 2026 thru Jul 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)
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			95	0.24	116	13.79	0.00	0.54	0.00	5	16.48	0.12	6.63	*0	231.3	2.31	0.37
% of Calories				2.27%		58.06%	0.00%	5.1%	0.0%		69.4%		27.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Monday - 07/06/2026

Reimbursable Meal Total 35

	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)
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18.36	0.00	5.95	0.00	30	39.69	3.08	3.77	*N/A*	3.5	0.20	0.99
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16.37	0.00	5.95	0.00	30	38.20	3.27	3.87	*N/A*	8.4	1.19	1.09
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 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)
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			101	0.27	115	14.35	0.00	0.70	0.00	7	17.47	0.18	6.79	*0	228.9	0.21	0.27
% of Calories				2.41%		56.83%	0.00%	6.2%	0.0%		69.2%		26.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Tuesday - 07/07/2026

Reimbursable Meal Total 35

	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)
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19.00	0.00	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
001036 .																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			98	0.30	115	14.20	0.00	0.59	0.00	5	16.95	0.12	6.75	*0	229.4	2.21	0.26
% of Calories				2.76%		57.96%	0.00%	5.4%	0.0%		69.2%		27.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 2026

Wednesday - 07/08/2026 Reimbursable Meal Total 35

	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)
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
001036 .																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			96	0.33	117	13.79	0.40	0.61	0.00	6	16.30	0.06	6.74	*0	229.7	2.17	0.25
% of Calories				3.09%		57.46%	1.67%	5.7%	0.0%		67.9%		28.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Thursday - 07/09/2026 Reimbursable Meal Total 35

	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)
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	230	1.00	260	15.00	0.00	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			95	0.24	116	13.79	0.00	0.54	0.00	5	16.48	0.12	6.63	*0	231.3	2.31	0.37
% of Calories				2.27%		58.06%	0.00%	5.1%	0.0%		69.4%		27.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Friday - 07/10/2026

Reimbursable Meal Total 35

	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)
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	320	5.00	260	24.00	0.00	12.00	0.00	5	49.00	3.00	4.00	*N/A*	40.0	0.00	1.40
001036 .																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jul 1, 2026 thru Jul 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			100	0.36	116	14.34	0.00	0.70	0.00	5	17.00	0.12	6.72	*0	229.7	2.21	0.25
% of Calories				3.24%		57.36%	0.00%	6.3%	0.0%		68.0%		26.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Monday - 07/13/2026

Reimbursable Meal Total 35

	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)
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18.36	0.00	5.95	0.00	30	39.69	3.08	3.77	*N/A*	3.5	0.20	0.99
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16.37	0.00	5.95	0.00	30	38.20	3.27	3.87	*N/A*	8.4	1.19	1.09
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			101	0.27	115	14.35	0.00	0.70	0.00	7	17.47	0.18	6.79	*0	228.9	0.21	0.27
% of Calories				2.41%		56.83%	0.00%	6.2%	0.0%		69.2%		26.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 31, 2026

Tuesday - 07/14/2026 Reimbursable Meal Total 35

	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)
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19.00	0.00	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
001036 .																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			98	0.30	115	14.20	0.00	0.59	0.00	5	16.95	0.12	6.75	*0	229.4	2.21	0.26
% of Calories				2.76%		57.96%	0.00%	5.4%	0.0%		69.2%		27.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Wednesday - 07/15/2026 Reimbursable Meal Total 35

	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)
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
001036 .																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jul 1, 2026 thru Jul 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			96	0.33	117	13.79	0.40	0.61	0.00	6	16.30	0.06	6.74	*0	229.7	2.17	0.25
% of Calories				3.09%		57.46%	1.67%	5.7%	0.0%		67.9%		28.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Thursday - 07/16/2026

Reimbursable Meal Total 35

	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)
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	230	1.00	260	15.00	0.00	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jul 1, 2026 thru Jul 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)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			95	0.24	116	13.79	0.00	0.54	0.00	5	16.48	0.12	6.63	*0	231.3	2.31	0.37
% of Calories				2.27%		58.06%	0.00%	5.1%	0.0%		69.4%		27.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Friday - 07/17/2026

Reimbursable Meal Total 35

	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)
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	320	5.00	260	24.00	0.00	12.00	0.00	5	49.00	3.00	4.00	*N/A*	40.0	0.00	1.40
001036 .																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			100	0.36	116	14.34	0.00	0.70	0.00	5	17.00	0.12	6.72	*0	229.7	2.21	0.25
% of Calories				3.24%		57.36%	0.00%	6.3%	0.0%		68.0%		26.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Monday - 07/20/2026

Reimbursable Meal Total 35

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18.36	0.00	5.95	0.00	30	39.69	3.08	3.77	*N/A*	3.5	0.20	0.99
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16.37	0.00	5.95	0.00	30	38.20	3.27	3.87	*N/A*	8.4	1.19	1.09
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			101	0.27	115	14.35	0.00	0.70	0.00	7	17.47	0.18	6.79	*0	228.9	0.21	0.27
% of Calories				2.41%		56.83%	0.00%	6.2%	0.0%		69.2%		26.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Tuesday - 07/21/2026

Reimbursable Meal Total 35

	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)
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19.00	0.00	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
001036 .																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jul 1, 2026 thru Jul 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			98	0.30	115	14.20	0.00	0.59	0.00	5	16.95	0.12	6.75	*0	229.4	2.21	0.26
% of Calories				2.76%		57.96%	0.00%	5.4%	0.0%		69.2%		27.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Wednesday - 07/22/2026

Reimbursable Meal Total 35

	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)
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
001036 .																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jul 1, 2026 thru Jul 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			96	0.33	117	13.79	0.40	0.61	0.00	6	16.30	0.06	6.74	*0	229.7	2.17	0.25
% of Calories				3.09%		57.46%	1.67%	5.7%	0.0%		67.9%		28.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Thursday - 07/23/2026

Reimbursable Meal Total 35

	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)
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	230	1.00	260	15.00	0.00	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			95	0.24	116	13.79	0.00	0.54	0.00	5	16.48	0.12	6.63	*0	231.3	2.31	0.37
% of Calories				2.27%		58.06%	0.00%	5.1%	0.0%		69.4%		27.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Friday - 07/24/2026

Reimbursable Meal Total 35

	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)
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	320	5.00	260	24.00	0.00	12.00	0.00	5	49.00	3.00	4.00	*N/A*	40.0	0.00	1.40
001036 .																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			100	0.36	116	14.34	0.00	0.70	0.00	5	17.00	0.12	6.72	*0	229.7	2.21	0.25
% of Calories				3.24%		57.36%	0.00%	6.3%	0.0%		68.0%		26.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Monday - 07/27/2026 Reimbursable Meal Total 35

	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)
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18.36	0.00	5.95	0.00	30	39.69	3.08	3.77	*N/A*	3.5	0.20	0.99
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16.37	0.00	5.95	0.00	30	38.20	3.27	3.87	*N/A*	8.4	1.19	1.09
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jul 1, 2026 thru Jul 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			101	0.27	115	14.35	0.00	0.70	0.00	7	17.47	0.18	6.79	*0	228.9	0.21	0.27
% of Calories				2.41%		56.83%	0.00%	6.2%	0.0%		69.2%		26.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Tuesday - 07/28/2026

Reimbursable Meal Total 35

	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)
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19.00	0.00	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
001036 .																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jul 1, 2026 thru Jul 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)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			98	0.30	115	14.20	0.00	0.59	0.00	5	16.95	0.12	6.75	*0	229.4	2.21	0.26
% of Calories				2.76%		57.96%	0.00%	5.4%	0.0%		69.2%		27.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Wednesday - 07/29/2026

Reimbursable Meal Total 35

	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)
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
001036 .																	
990670 1-Pears, HALVED, canned-USDA	servings	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			96	0.33	117	13.79	0.40	0.61	0.00	6	16.30	0.06	6.74	*0	229.7	2.17	0.25
% of Calories				3.09%		57.46%	1.67%	5.7%	0.0%		67.9%		28.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Thursday - 07/30/2026

Reimbursable Meal Total 35

	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)
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	230	1.00	260	15.00	0.00	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
001036 .																	
990669 1-Pears, Sliced, canned-USDA	1/2 CUP	1	2	0.00	0	0.50	0.00	0.00	0.00	0	0.66	0.08	0.00	*N/A*	0.0	0.04	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			95	0.24	116	13.79	0.00	0.54	0.00	5	16.48	0.12	6.63	*0	231.3	2.31	0.37
% of Calories				2.27%		58.06%	0.00%	5.1%	0.0%		69.4%		27.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

Friday - 07/31/2026

Reimbursable Meal Total 35

	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)
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	320	5.00	260	24.00	0.00	12.00	0.00	5	49.00	3.00	4.00	*N/A*	40.0	0.00	1.40
001036 .																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00

Base Menu Spreadsheet

Portion Values

Jul 1, 2026 thru Jul 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	5	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	20	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			100	0.36	116	14.34	0.00	0.70	0.00	5	17.00	0.12	6.72	*0	229.7	2.21	0.25
% of Calories				3.24%		57.36%	0.00%	6.3%	0.0%		68.0%		26.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10										

		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)
Weighted Averages		98	0.30	116	14.07	0.09	0.62	0.00	6	16.80	0.12	6.72	*0	229.90	1.86	0.28
% of Calories			2.76%		57.43%	0.37%	5.7%	0.0%		68.6%		27.4%				

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.