

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 30, 2026

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

Monday - 01/05/2026 Reimbursable Meal Total 3

	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)
990167 Week 1																	
001712 2-Grilled Cheese - breakfast	ea	1	361	9.03	951	4.00	0.00	22.08	0.00	25	34.00	4.00	13.00	*0	210.0	0.00	1.50
990454 2-French Toast Sticks, WG	Serving	1	240	1.00	260	12.00	0.00	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	0.00	0.00
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
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	225	0.50	213	14.65	0.00	4.92	0.00	0	44.53	3.98	2.98	*N/A*	16.0	0.00	2.00
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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

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Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	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			576	5.68	741	39.22	0.00	16.83	0.00	28	89.55	5.90	18.99	*0	468.2	24.49	2.62
% of Calories				8.88%		27.24%	0.00%	26.3%	0.0%		62.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Tuesday - 01/06/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990620 2-Burrito Ham Egg Potato & Cheese	serving	1	354	8.23	669	1.85	*0.00	18.22	0.00	153	26.62	1.35	18.71	*N/A*	285.2	*0.00	1.89
990617 2-Banana Muffin-Batter WG	Servings	1	316	1.42	201	20.47	15.61	12.26	0.00	37	48.65	3.34	5.17	0	95.5	0.00	1.73
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	281	3.54	542	3.00	0.00	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990633 Vanilla Bean Cereal Bites	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
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
001036 .																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			608	6.26	693	37.79	*5.87	19.28	0.00	82	84.71	6.49	26.15	*0	547.1	*25.29	3.85
% of Calories				9.27%		24.86%	*0.00%	28.5%	0.0%		55.7%		17.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Wednesday - 01/07/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990621 2-Egg, Sausage, & Cheese English Muffin	ea	1	301	5.98	785	0.92	0.92	15.99	0.00	159	24.16	1.84	15.22	*0	156.0	0.06	0.97
000840 2-Pancake on a Stick	Each	1	242	4.54	374	5.05	0.00	15.15	0.00	25	18.18	1.01	7.07	*N/A*	30.3	0.00	0.91
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*N/A*	97.0	0.00	2.46
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
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12

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Portion Values

Jan 2, 2026 thru Jan 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 (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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			654	6.77	857	41.83	0.31	24.17	0.00	73	85.50	6.09	24.88	*0	500.4	27.29	4.14
% of Calories				9.32%		25.58%	0.00%	33.3%	0.0%		52.3%		15.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Thursday - 01/08/2026 Reimbursable Meal Total 3

	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)
990167 Week 1																	
990623 2-Pancake Sausage Cheese Sandwich	Serving	1	369	4.00	780	26.77	0.00	13.00	0.00	38	56.68	2.00	12.50	*0	65.0	0.06	0.05
990615 2-Yogurt Fruit Cup-Peaches	servings	1	354	0.67	251	25.10	0.00	3.95	0.00	7	67.80	3.71	15.21	*N/A*	302.2	1.31	1.40
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36.50	0.00	16.90	0.00	35	73.90	2.00	5.50	*N/A*	160.0	1.80	2.34
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	230	0.50	260	13.00	0.00	6.00	0.00	0	44.00	3.00	2.00	*N/A*	94.0	0.00	9.20
990392 Other																	

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Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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
990206 2-Syrup-only	each	1	109	0.00	20	20.77	0.00	0.00	0.00	0	28.68	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			734	6.36	745	63.38	0.00	16.12	0.00	38	128.75	4.82	22.03	*0	584.9	25.19	5.43
% of Calories				7.80%		34.54%	0.00%	19.8%	0.0%		70.2%		12.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Friday - 01/09/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990588 2-Hot Ham & Cheese Breakfast (Pork Ham)	each	1	248	3.52	686	5.02	0.00	8.53	0.00	31	34.03	3.00	14.59	*0	265.0	0.00	1.85
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

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	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)
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
990634 Cocoa Cereal Bites	each	1	270	2.00	0	7.00	3.00	15.00	0.00	5	28.00	9.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990403 2-Berry Cup Mixed Frozen USDA	1/2 cup equ	1	2551	0.00	0	453.59	0.00	0.00	0.00	0	566.99	56.70	0.00	*N/A*	0.0	0.00	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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			1384	4.65	626	184.35	1.00	15.64	0.00	39	265.86	27.53	25.83	*0	562.8	24.60	3.53
% of Calories				3.02%		53.28%	0.00%	10.2%	0.0%		76.8%		7.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Monday - 01/12/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
003025 2-Pizza, Breakfast, I/W-Piazza	each	1	407	4.53	611	6.79	0.00	13.58	0.00	23	38.47	4.53	20.37	*N/A*	339.4	8.15	2.44
990635 Bussin' Quesadilla	servings	1	360	8.23	749	2.83	*0.00	18.22	0.00	153	22.89	1.17	21.34	*N/A*	297.4	1.60	3.08
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
990585 2-Cereal, Blueberry Chex w/ graham cracker	bowl	1	240	0.50	260	13.00	0.00	6.00	0.00	0	44.00	2.00	2.00	*N/A*	96.0	3.60	10.20
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			653	7.25	838	38.54	*0.00	19.43	0.00	72	87.16	5.13	25.90	*0	633.5	28.94	6.50
% of Calories				9.99%		23.61%	*0.00%	26.8%	0.0%		53.4%		15.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Tuesday - 01/13/2026

Reimbursable Meal Total 3

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
003507 2-Burrito Chorizo Egg & Potato	each	1	407	6.45	613	1.89	*0.00	14.83	0.00	133	42.51	2.36	18.13	*N/A*	145.8	0.19	2.38
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
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	281	3.54	542	3.00	0.00	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990632 Cinna Cereal Bites	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			594	5.49	645	36.44	*0.67	16.05	0.00	73	86.53	6.80	25.52	*0	471.6	25.75	3.79
% of Calories				8.32%		24.54%	*0.00%	24.3%	0.0%		58.3%		17.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 30, 2026

Wednesday - 01/14/2026 Reimbursable Meal Total 3

	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)
990168 Week 2																	
001712 2-Grilled Cheese - breakfast	ea	1	361	9.03	951	4.00	0.00	22.08	0.00	25	34.00	4.00	13.00	*0	210.0	0.00	1.50
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36.50	0.00	16.90	0.00	35	73.90	2.00	5.50	*N/A*	160.0	1.80	2.34
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*N/A*	97.0	0.00	2.46
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	230	0.50	260	13.00	0.00	6.00	0.00	0	44.00	3.00	2.00	*N/A*	94.0	0.00	9.20
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			748	9.57	903	52.68	0.00	26.61	0.00	32	107.69	6.81	23.62	*0	561.0	26.27	5.99
% of Calories				11.51 %		28.17%	0.00%	32.0%	0.0%		57.6%		12.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jan 2, 2026 thru Jan 30, 2026

Thursday - 01/15/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
990537 2-Bagel, Egg & Cheese	each	1	351	4.52	762	3.00	0.00	11.58	0.00	139	49.04	2.00	13.54	*0	65.0	0.00	2.65
001281 2-Cinnamon Roll 2.5oz RICH'S	each	1	275	1.00	210	28.55	0.00	3.50	0.00	0	57.26	1.00	5.00	*N/A*	10.2	0.00	1.80
990183 2-UBR Ultimate Breakfast Round	each	1	250	2.00	200	15.97	0.00	6.99	0.00	5	41.93	5.99	4.99	*N/A*	29.9	0.00	1.60
990586 2-Cereal, Honey Cheerios w/ graham cracker	1 oz	1	239	1.08	321	13.54	0.00	5.81	0.00	0	42.46	3.08	4.08	*N/A*	187.7	3.60	4.55
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	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			596	4.03	690	43.02	0.00	12.12	0.00	60	101.96	5.27	19.50	*0	475.4	25.33	4.64
% of Calories				6.09%		28.87%	0.00%	18.3%	0.0%		68.4%		13.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Friday - 01/16/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
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
990580 2-Muffin, English w/Sausage, Cheese	each	1	240	4.50	720	0.00	0.00	10.00	0.00	33	25.00	3.00	13.50	*0	155.0	0.06	1.65
990544 2-Yogurt w/ Blueberries	serving	1	259	1.00	201	18.32	0.00	4.97	0.00	5	47.76	2.95	7.00	*N/A*	239.0	4.60	2.13
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
990392 Other																	
001039 TOTAL																	
990403 2-Berry Cup Mixed Frozen USDA	1/2 cup equ	1	2551	0.00	0	453.59	0.00	0.00	0.00	0	566.99	56.70	0.00	*N/A*	0.0	0.00	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
001036 .																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			1364	4.67	680	189.97	4.67	12.99	0.00	36	269.25	23.55	19.50	*0	548.7	27.29	4.41
% of Calories				3.08%		55.71%	0.00%	8.6%	0.0%		79.0%		5.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Monday - 01/19/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
001712 2-Grilled Cheese - breakfast	ea	1	361	9.03	951	4.00	0.00	22.08	0.00	25	34.00	4.00	13.00	*0	210.0	0.00	1.50
990454 2-French Toast Sticks, WG	Serving	1	240	1.00	260	12.00	0.00	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	0.00	0.00
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
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	225	0.50	213	14.65	0.00	4.92	0.00	0	44.53	3.98	2.98	*N/A*	16.0	0.00	2.00
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	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

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			576	5.68	741	39.22	0.00	16.83	0.00	28	89.55	5.90	18.99	*0	468.2	24.49	2.62
% of Calories				8.88%		27.24%	0.00%	26.3%	0.0%		62.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Tuesday - 01/20/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990620 2-Burrito Ham Egg Potato & Cheese	serving	1	354	8.23	669	1.85	*0.00	18.22	0.00	153	26.62	1.35	18.71	*N/A*	285.2	*0.00	1.89
990617 2-Banana Muffin-Batter WG	Servings	1	316	1.42	201	20.47	15.61	12.26	0.00	37	48.65	3.34	5.17	0	95.5	0.00	1.73
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	281	3.54	542	3.00	0.00	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990633 Vanilla Bean Cereal Bites	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			608	6.26	693	37.79	*5.87	19.28	0.00	82	84.71	6.49	26.15	*0	547.1	*25.29	3.85
% of Calories				9.27%		24.86%	*0.00%	28.5%	0.0%		55.7%		17.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Wednesday - 01/21/2026 Reimbursable Meal Total 3

	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)
990167 Week 1																	
990621 2-Egg, Sausage, & Cheese English Muffin	ea	1	301	5.98	785	0.92	0.92	15.99	0.00	159	24.16	1.84	15.22	*0	156.0	0.06	0.97
000840 2-Pancake on a Stick	Each	1	242	4.54	374	5.05	0.00	15.15	0.00	25	18.18	1.01	7.07	*N/A*	30.3	0.00	0.91
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*N/A*	97.0	0.00	2.46

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (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
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			654	6.77	857	41.83	0.31	24.17	0.00	73	85.50	6.09	24.88	*0	500.4	27.29	4.14
% of Calories				9.32%		25.58%	0.00%	33.3%	0.0%		52.3%		15.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Thursday - 01/22/2026

Reimbursable Meal Total 3

	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)
990167 Week 1																	
990623 2-Pancake Sausage Cheese Sandwich	Serving	1	369	4.00	780	26.77	0.00	13.00	0.00	38	56.68	2.00	12.50	*0	65.0	0.06	0.05

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990615 2-Yogurt Fruit Cup-Peaches	servings	1	354	0.67	251	25.10	0.00	3.95	0.00	7	67.80	3.71	15.21	*N/A*	302.2	1.31	1.40
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36.50	0.00	16.90	0.00	35	73.90	2.00	5.50	*N/A*	160.0	1.80	2.34
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	230	0.50	260	13.00	0.00	6.00	0.00	0	44.00	3.00	2.00	*N/A*	94.0	0.00	9.20
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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
990206 2-Syrup-only	each	1	109	0.00	20	20.77	0.00	0.00	0.00	0	28.68	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			734	6.36	745	63.38	0.00	16.12	0.00	38	128.75	4.82	22.03	*0	584.9	25.19	5.43
% of Calories				7.80%		34.54%	0.00%	19.8%	0.0%		70.2%		12.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Friday - 01/23/2026 Reimbursable Meal Total 3

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990588 2-Hot Ham & Cheese Breakfast (Pork Ham)	each	1	248	3.52	686	5.02	0.00	8.53	0.00	31	34.03	3.00	14.59	*0	265.0	0.00	1.85
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
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
990634 Cocoa Cereal Bites	each	1	270	2.00	0	7.00	3.00	15.00	0.00	5	28.00	9.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990403 2-Berry Cup Mixed Frozen USDA	1/2 cup equ	1	2551	0.00	0	453.59	0.00	0.00	0.00	0	566.99	56.70	0.00	*N/A*	0.0	0.00	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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			1384	4.65	626	184.35	1.00	15.64	0.00	39	265.86	27.53	25.83	*0	562.8	24.60	3.53
% of Calories				3.02%		53.28%	0.00%	10.2%	0.0%		76.8%		7.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Monday - 01/26/2026

Reimbursable Meal Total 3

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
003025 2-Pizza, Breakfast, I/W-Piazza	each	1	407	4.53	611	6.79	0.00	13.58	0.00	23	38.47	4.53	20.37	*N/A*	339.4	8.15	2.44
990635 Bussin' Quesadilla	servings	1	360	8.23	749	2.83	*0.00	18.22	0.00	153	22.89	1.17	21.34	*N/A*	297.4	1.60	3.08
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
990585 2-Cereal, Blueberry Chex w/ graham cracker	bowl	1	240	0.50	260	13.00	0.00	6.00	0.00	0	44.00	2.00	2.00	*N/A*	96.0	3.60	10.20
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			653	7.25	838	38.54	*0.00	19.43	0.00	72	87.16	5.13	25.90	*0	633.5	28.94	6.50
% of Calories				9.99%		23.61%	*0.00%	26.8%	0.0%		53.4%		15.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Jan 2, 2026 thru Jan 30, 2026

Tuesday - 01/27/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
003507 2-Burrito Chorizo Egg & Potato	each	1	407	6.45	613	1.89	*0.00	14.83	0.00	133	42.51	2.36	18.13	*N/A*	145.8	0.19	2.38
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
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	281	3.54	542	3.00	0.00	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990632 Cinna Cereal Bites	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			594	5.49	645	36.44	*0.67	16.05	0.00	73	86.53	6.80	25.52	*0	471.6	25.75	3.79
% of Calories				8.32%		24.54%	*0.00%	24.3%	0.0%		58.3%		17.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Wednesday - 01/28/2026 Reimbursable Meal Total 3

	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)
990168 Week 2																	
001712 2-Grilled Cheese - breakfast	ea	1	361	9.03	951	4.00	0.00	22.08	0.00	25	34.00	4.00	13.00	*0	210.0	0.00	1.50
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36.50	0.00	16.90	0.00	35	73.90	2.00	5.50	*N/A*	160.0	1.80	2.34
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*N/A*	97.0	0.00	2.46
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	230	0.50	260	13.00	0.00	6.00	0.00	0	44.00	3.00	2.00	*N/A*	94.0	0.00	9.20
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
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
001036 .																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			748	9.57	903	52.68	0.00	26.61	0.00	32	107.69	6.81	23.62	*0	561.0	26.27	5.99
% of Calories				11.51 %		28.17%	0.00%	32.0%	0.0%		57.6%		12.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Thursday - 01/29/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
990537 2-Bagel, Egg & Cheese	each	1	351	4.52	762	3.00	0.00	11.58	0.00	139	49.04	2.00	13.54	*0	65.0	0.00	2.65
001281 2-Cinnamon Roll 2.5oz RICH'S	each	1	275	1.00	210	28.55	0.00	3.50	0.00	0	57.26	1.00	5.00	*N/A*	10.2	0.00	1.80
990183 2-UBR Ultimate Breakfast Round	each	1	250	2.00	200	15.97	0.00	6.99	0.00	5	41.93	5.99	4.99	*N/A*	29.9	0.00	1.60
990586 2-Cereal, Honey Cheerios w/ graham cracker	1 oz	1	239	1.08	321	13.54	0.00	5.81	0.00	0	42.46	3.08	4.08	*N/A*	187.7	3.60	4.55
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
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

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			596	4.03	690	43.02	0.00	12.12	0.00	60	101.96	5.27	19.50	*0	475.4	25.33	4.64
% of Calories				6.09%		28.87%	0.00%	18.3%	0.0%		68.4%		13.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Friday - 01/30/2026

Reimbursable Meal Total 3

	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)
990168 Week 2																	
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
990580 2-Muffin, English w/Sausage, Cheese	each	1	240	4.50	720	0.00	0.00	10.00	0.00	33	25.00	3.00	13.50	*0	155.0	0.06	1.65
990544 2-Yogurt w/ Blueberries	serving	1	259	1.00	201	18.32	0.00	4.97	0.00	5	47.76	2.95	7.00	*N/A*	239.0	4.60	2.13
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
990392 Other																	
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Jan 2, 2026 thru Jan 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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990403 2-Berry Cup Mixed Frozen USDA	1/2 cup equ	1	2551	0.00	0	453.59	0.00	0.00	0.00	0	566.99	56.70	0.00	*N/A*	0.0	0.00	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
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	1	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			1364	4.67	680	189.97	4.67	12.99	0.00	36	269.25	23.55	19.50	*0	548.7	27.29	4.41
% of Calories				3.08%		55.71%	0.00%	8.6%	0.0%		79.0%		5.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

		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)
Weighted Averages		791	6	742	73	*1.25	17.92	0.00	53	130.70	9.84	23.19	*0	535	*26.04	4.49
% of Calories			6.91%		36.77%	*0.00%	20.4%	0.0%		66.1%		11.7%				

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.

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.