

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

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

Wednesday - 08/06/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990294 2-Biscuit, Egg & Cheese	each	1	311	10.02	676	0	0	19.57	0.00	139	25.01	2.00	9.54	*N/A*	235.0	0.00	1.40
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15	14	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26	0	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	0	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
003574 2-Cereal, Cinn Toast Crunch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	*N/A*	80.0	4.80	3.60
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
003190 2-Peach Cup	1/2 cup	1	90	0.00	0	19	0	0.00	0.00	0	20.96	2.00	1.00	*N/A*	4.0	117.55	0.46
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1997	22.81	2378	136	14	70.26	0.00	194	289.15	21.02	59.63	*0	1268.0	198.35	17.38
% of Calories				10.28 %		27.2%	2.8%	31.7%	0.0%		57.9%		11.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Thursday - 08/07/2025Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990455 2-Pancakes & Sausage Pattie	Serving	1	319	1.50	530	27	0	8.50	0.00	26	55.68	2.00	10.00	*N/A*	0.0	0.06	0.00
990538 2-Yogurt w/ Chia Seeds	serving	1	291	1.17	233	18	0	5.54	0.00	7	51.30	2.79	9.32	*N/A*	323.7	0.00	2.19
990593 2-Egg Bites	each	1	204	3.11	227	7	0	9.03	0.00	103	21.58	2.00	7.74	*N/A*	89.1	0.02	2.54
990492 2-Cereal, Trix w/ graham cracker	bowl	1	230	0.50	240	14	0	5.00	0.00	0	45.00	3.00	2.00	*N/A*	16.0	0.00	2.00
990296 2-Cereal, Trix-only	bowl	1	110	0.00	140	7	0	1.50	0.00	0	24.00	1.00	1.00	*N/A*	0.0	0.00	0.00
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990392 Other																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0	0	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	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	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	21	0	0.00	0.00	0	28.68	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1806	8.28	1808	147	0	35.57	0.00	155	325.42	14.54	50.94	*0	1162.3	71.28	10.04
% of Calories				4.13%		32.6%	0%	17.7%	0.0%		72.1%		11.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Friday - 08/08/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990588 2-Hot Ham & Cheese Breakfast (Pork Ham)	each	1	248	3.52	691	5	0	8.53	0.00	31	33.03	3.00	14.59	*N/A*	275.0	0.00	1.80
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18	0	5.95	0.00	30	39.69	3.08	3.77	*N/A*	3.5	0.20	0.99
990095 2-Burrito, Los Cabos-Lunch	each	1	296	4.05	499	1	0	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
990585 2-Cereal, Blueberry Chex w/ graham cracker	bowl	1	240	0.50	260	13	0	6.00	0.00	0	44.00	2.00	2.00	*N/A*	96.0	3.60	10.20
990604 2-Blueberry Chex - only	1 oz	1	121	0.00	162	6	0	2.53	0.00	0	23.29	0.00	1.01	*N/A*	81.0	3.64	8.30
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990392 Other																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	*N/A*	15.4	12.27	0.19
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	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	0	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1659	10.96	2243	109	0	38.21	0.00	98	277.25	22.09	57.08	*0	1386.9	92.12	26.55
% of Calories				5.95%		26.3%	0%	20.7%	0.0%		66.8%		13.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Monday - 08/11/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990587 2-Biscuit, Ham, Cheese & Egg (Pork Ham)	each	1	349	11.04	912	1	0	21.61	0.00	157	27.05	2.00	14.62	*N/A*	235.0	0.00	1.40
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19	0	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	320	5.00	260	24	0	12.00	0.00	5	49.00	3.00	4.00	*N/A*	40.0	0.00	1.40
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	225	0.50	213	15	0	4.92	0.00	0	44.53	3.98	2.98	*N/A*	16.0	0.00	2.00
990297 2-Cereal, Cocoa Puffs-only	bowl	1	105	0.00	113	8	0	1.42	0.00	0	23.53	1.98	1.98	*N/A*	0.0	0.00	0.00
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990392 Other																	
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	5	0	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	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	0	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1788	21.54	2204	125	0	53.94	0.00	197	282.05	16.96	48.59	*0	1042.0	72.40	9.16
% of Calories				10.84 %		28.0%	0%	27.2%	0.0%		63.1%		10.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Tuesday - 08/12/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990517 2-Breakfast Frittata Burrito	serving	1	328	5.96	697	2	*0	13.96	0.00	169	28.79	1.52	17.35	*N/A*	263.1	*0.10	2.64
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16	0	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	0	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990492 2-Cereal, Trix w/ graham cracker	bowl	1	230	0.50	240	14	0	5.00	0.00	0	45.00	3.00	2.00	*N/A*	16.0	0.00	2.00
990296 2-Cereal, Trix-only	bowl	1	110	0.00	140	7	0	1.50	0.00	0	24.00	1.00	1.00	*N/A*	0.0	0.00	0.00
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990392 Other																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	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	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	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	0	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1658	12.89	2239	106	*0	38.14	0.00	234	272.03	15.20	54.51	*0	1037.9	*77.10	10.81
% of Calories				7.00%		25.6%	*0%	20.7%	0.0%		65.6%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Wednesday - 08/13/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15	14	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36	0	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	0	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	0	6.00	0.00	0	44.00	3.00	2.00	*N/A*	94.0	0.00	9.20
990501 2-Cereal, Cinn Chex-only	1 each	1	110	0.00	160	6	0	2.50	0.00	0	23.00	1.00	1.00	*N/A*	78.0	0.00	7.20
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990392 Other																	
003190 2-Peach Cup	1/2 cup	1	90	0.00	0	19	0	0.00	0.00	0	20.96	2.00	1.00	*N/A*	4.0	117.55	0.46
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			2151	22.19	2047	168	14	66.59	0.00	90	340.04	19.02	55.59	0	1189.0	190.55	25.52
% of Calories				9.28%		31.2%	2.6%	27.9%	0.0%		63.2%		10.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Thursday - 08/14/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990537 2-Bagel, Egg & Cheese	each	1	351	4.52	767	3	0	11.58	0.00	139	48.04	2.00	13.54	*N/A*	75.0	0.00	2.60

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001281 2-Cinnamon Roll 2.25oz RICH'S	each	1	275	1.00	210	29	0	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	16	0	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	14	0	5.81	0.00	0	42.46	3.08	4.08	*N/A*	187.7	3.60	4.55
990605 2-Cereal, Honey Cheerios-only	1 oz	1	239	1.08	321	14	0	5.81	0.00	0	42.46	3.08	4.08	*N/A*	187.7	3.60	4.55
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990392 Other																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0	0	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	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1898	11.67	2237	128	0	39.68	0.00	164	331.33	18.90	52.56	*0	1224.0	78.40	18.41
% of Calories				5.53%		27.0%	0%	18.8%	0.0%		69.8%		11.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Friday - 08/15/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001712 2-Grilled Cheese - breakfast	ea	1	361	9.03	961	4	0	22.08	0.00	25	32.00	4.00	13.00	*N/A*	230.0	0.00	1.40
990580 2-Muffin, English w/Sausage, Cheese	each	1	240	4.50	725	0	0	10.00	0.00	33	24.00	3.00	13.50	*N/A*	165.0	0.06	1.60

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990544 2-Yogurt w/ Blueberries	serving	1	259	1.00	201	18	0	4.97	0.00	5	47.76	2.95	7.00	*N/A*	239.0	4.60	2.13
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	230	1.00	260	15	0	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
003574 2-Cereal, Cinn Toast Crunch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	*N/A*	80.0	4.80	3.60
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990392 Other																	
990306 2-Fruit, Variety	1/2 cup	1	91	0.00	2	12	0	0.25	0.00	0	23.38	3.20	0.59	*N/A*	15.4	12.27	0.19
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
Weighted Daily Average			1851	20.03	2829	114	0	58.80	0.00	93	279.13	23.15	59.10	*0	1657.4	98.93	18.53
% of Calories				9.74%		24.6%	0%	28.6%	0.0%		60.3%		12.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Monday - 08/18/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001712 2-Grilled Cheese - breakfast	ea	1	361	9.03	961	4	0	22.08	0.00	25	32.00	4.00	13.00	*N/A*	230.0	0.00	1.40
990454 2-French Toast Sticks, WG	Serving	1	240	1.00	260	12	0	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19	0	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	15	0	4.92	0.00	0	44.53	3.98	2.98	*N/A*	16.0	0.00	2.00
990297 2-Cereal, Cocoa Puffs-only	bowl	1	105	0.00	113	8	0	1.42	0.00	0	23.53	1.98	1.98	*N/A*	0.0	0.00	0.00
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
003187 2-Applesauce, cup	1/2 cup	1	60	0.00	15	18	0	0.00	0.00	0	13.95	1.00	0.00	*N/A*	199.3	0.00	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1700	15.53	2203	128	0	49.41	0.00	70	271.01	17.96	48.97	*0	1212.3	71.20	7.76
% of Calories				8.22%		30.1%	0%	26.2%	0.0%		63.8%		11.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Tuesday - 08/19/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990432 2-Burrito Egg Potato & Cheese	each	1	316	7.21	433	1	*0	16.19	0.00	135	24.59	1.35	13.62	*N/A*	285.2	*0.00	1.89
990183 2-UBR Ultimate Breakfast Round	each	1	250	2.00	200	16	0	6.99	0.00	5	41.93	5.99	4.99	*N/A*	29.9	0.00	1.60
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	281	3.54	542	3	0	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990378 2-Cereal, Cheerios w/ graham cracker	each	1	220	0.50	240	8	0	5.50	0.00	0	42.00	5.00	5.00	*N/A*	96.0	0.00	11.00

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990077 2-Cereal, Cheerios-only	Each	1	100	0.00	140	1	0	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	0.00	9.00
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0	0	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	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	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	0	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1665	15.24	2060	82	*0	42.23	0.00	175	268.69	22.04	57.64	*0	1247.2	*72.28	28.45
% of Calories				8.24%		19.7%	*0%	22.8%	0.0%		64.6%		13.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Wednesday - 08/20/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990294 2-Biscuit, Egg & Cheese	each	1	311	10.02	676	0	0	19.57	0.00	139	25.01	2.00	9.54	*N/A*	235.0	0.00	1.40
000840 2-Pancake on a Stick	Each	1	242	4.54	374	5	0	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	0	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	0	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
003574 2-Cereal, Cinn Toast Crunch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	*N/A*	80.0	4.80	3.60

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	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	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1953	23.35	2463	118	0	76.58	0.00	184	263.35	20.44	59.96	*0	1260.3	85.41	16.45
% of Calories				10.76 %		24.2%	0%	35.3%	0.0%		53.9%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Thursday - 08/21/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990455 2-Pancakes & Sausage Pattie	Serving	1	319	1.50	530	27	0	8.50	0.00	26	55.68	2.00	10.00	*N/A*	0.0	0.06	0.00
990538 2-Yogurt w/ Chia Seeds	serving	1	291	1.17	233	18	0	5.54	0.00	7	51.30	2.79	9.32	*N/A*	323.7	0.00	2.19
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36	0	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	0	6.00	0.00	0	44.00	3.00	2.00	*N/A*	94.0	0.00	9.20
990501 2-Cereal, Cinn Chex-only	1 each	1	110	0.00	160	6	0	2.50	0.00	0	23.00	1.00	1.00	*N/A*	78.0	0.00	7.20
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0	0	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1959	15.57	1947	153	0	45.44	0.00	88	347.06	14.54	48.70	0	1389.2	73.06	24.24
% of Calories				7.15%		31.2%	0%	20.9%	0.0%		70.9%		9.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Friday - 08/22/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001713 2-Hot Ham& Cheese Breakfast	each	1	281	3.51	890	5	0	10.04	0.00	48	32.01	3.00	18.61	*N/A*	275.0	0.00	2.89
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18	0	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	0	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
990492 2-Cereal, Trix w/ graham cracker	bowl	1	230	0.50	240	14	0	5.00	0.00	0	45.00	3.00	2.00	*N/A*	16.0	0.00	2.00
990296 2-Cereal, Trix-only	bowl	1	110	0.00	140	7	0	1.50	0.00	0	24.00	1.00	1.00	*N/A*	0.0	0.00	0.00
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990469 2- Strawberries,frzn,cupped	1/2 cup	1	80	0.00	1	16	0	0.00	0.00	0	20.93	1.99	0.00	*N/A*	0.0	37.38	0.28
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	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	0	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1659	10.96	2399	114	0	37.44	0.00	115	275.49	22.88	60.50	*0	1210.5	109.97	11.22
% of Calories				5.95%		27.5%	0%	20.3%	0.0%		66.4%		14.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Monday - 08/25/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990281 2-Biscuit, Ham, Cheese & Egg	each	1	346	10.52	894	1	0	21.35	0.00	157	25.52	2.00	14.09	*N/A*	235.0	0.00	1.95
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19	0	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	320	5.00	260	24	0	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	0	6.00	0.00	0	44.00	2.00	2.00	*N/A*	96.0	3.60	10.20
990604 2-Blueberry Chex - only	1 oz	1	121	0.00	162	6	0	2.53	0.00	0	23.29	0.00	1.01	*N/A*	81.0	3.64	8.30
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
003187 2-Applesauce, cup	1/2 cup	1	60	0.00	15	18	0	0.00	0.00	0	13.95	1.00	0.00	*N/A*	199.3	0.00	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19	0	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	0	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1808	21.02	2296	135	0	55.88	0.00	197	276.76	13.00	46.11	*0	1397.3	78.44	26.21
% of Calories				10.46 %		29.9%	0%	27.8%	0.0%		61.2%		10.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Tuesday - 08/26/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990517 2-Breakfast Frittata Burrito	serving	1	328	5.96	697	2	*0	13.96	0.00	169	28.79	1.52	17.35	*N/A*	263.1	*0.10	2.64
990541 2-Muffin, Blueberry	each	1	221	0.89	114	16	0	5.95	0.00	30	38.20	3.27	3.87	*N/A*	8.4	1.19	1.09
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19	0	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
990492 2-Cereal, Trix w/ graham cracker	bowl	1	230	0.50	240	14	0	5.00	0.00	0	45.00	3.00	2.00	*N/A*	16.0	0.00	2.00
990296 2-Cereal, Trix-only	bowl	1	110	0.00	140	7	0	1.50	0.00	0	24.00	1.00	1.00	*N/A*	0.0	0.00	0.00
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0	0	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	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0	0	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1668	12.35	1926	111	*0	40.41	0.00	234	273.12	16.50	49.22	*0	1045.2	*73.57	10.09
% of Calories				6.66%		26.6%	*0%	21.8%	0.0%		65.5%		11.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Wednesday - 08/27/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15	14	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
990307 2-Smoothie, Blueberry Banana w/Graham Cracker	12 oz	1	323	2.58	247	28	0	7.13	0.00	11	56.62	3.92	10.00	*N/A*	367.0	9.30	2.20
001711 2-PB&J - Breakfast	1 each	1	576	5.29	582	26	0	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	0	6.00	0.00	0	44.00	3.00	2.00	*N/A*	94.0	0.00	9.20
990501 2-Cereal, Cinn Chex-only	1 each	1	110	0.00	160	6	0	2.50	0.00	0	23.00	1.00	1.00	*N/A*	78.0	0.00	7.20
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	11	0	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	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1973	14.37	1950	152	14	56.99	0.00	66	315.78	21.35	59.36	0	1398.0	85.11	25.04
% of Calories				6.55%		30.8%	2.8%	26.0%	0.0%		64.0%		12.0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Thursday - 08/28/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
990537 2-Bagel, Egg & Cheese	each	1	351	4.52	767	3	0	11.58	0.00	139	48.04	2.00	13.54	*N/A*	75.0	0.00	2.60
001281 2-Cinnamon Roll 2.25oz RICH'S	each	1	275	1.00	210	29	0	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	16	0	6.99	0.00	5	41.93	5.99	4.99	*N/A*	29.9	0.00	1.60
990378 2-Cereal, Cheerios w/ graham cracker	each	1	220	0.50	240	8	0	5.50	0.00	0	42.00	5.00	5.00	*N/A*	96.0	0.00	11.00
990077 2-Cereal, Cheerios-only	Each	1	100	0.00	140	1	0	2.00	0.00	0	21.00	3.00	4.00	*N/A*	80.0	0.00	9.00
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0	0	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	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1740	10.02	1975	110	0	35.56	0.00	164	309.41	20.74	53.41	*0	1024.6	71.20	29.31
% of Calories				5.18%		25.3%	0%	18.4%	0.0%		71.1%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

Friday - 08/29/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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)
001712 2-Grilled Cheese - breakfast	ea	1	361	9.03	961	4	0	22.08	0.00	25	32.00	4.00	13.00	*N/A*	230.0	0.00	1.40
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1	0	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
990544 2-Yogurt w/ Blueberries	serving	1	259	1.00	201	18	0	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	0	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
003574 2-Cereal, Cinn Toast Crunch-only	bowl	1	110	0.50	160	8	0	3.00	0.00	0	22.00	2.00	1.00	*N/A*	80.0	4.80	3.60
990404 j-Cracker Graham	Serving	1	120	0.50	100	7	0	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
990469 2-Strawberries,frzn,cupped	1/2 cup	1	80	0.00	1	16	0	0.00	0.00	0	20.93	1.99	0.00	*N/A*	0.0	37.38	0.28
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12	0	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15	0	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Aug 1, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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	0	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1766	17.58	2491	115	0	51.49	0.00	68	278.55	25.75	58.12	*0	1561.0	123.98	18.07
% of Calories				8.96%		26.0%	0%	26.2%	0.0%		63.1%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=30					16.06		400.00	18.11	4.50

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (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		1817	16	2205	125	2	49.59	0.00	144	293.09	19.23	54.44	*0	1262	*95.74	18.51
% of Calories			7.88%		27.5%	*0.4%	24.6%	0.0%		64.5%		12.0%				

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

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.