

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

Menu Name: K-12 Breakfast Hot

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/02/2023

Reimbursable Meal Total 3300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	3300	120	0.00	140	9	2.00	0.00	0	25.00	2.00	2.00	500	100.0	6.00	4.50
831142 BRD: CRACK SS, Bug Bites CinWG	Package	3300	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	1	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3466	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	71	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			347	2.58	384	29	8.13	0.00	16	57.80	3.00	12.58	*1304	411.1	*6.02	5.31
% of Calories				6.69%		33.4%	21.1%	0.0%		66.6%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 01/03/2023

Reimbursable Meal Total 2900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	1	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00	0	40.0	0.00	1.44

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000116 FRUIT: CUP SS, APPLSC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			125	1.84	150	14	3.07	0.00	19	13.80	0.00	10.02	*940	363.6	*0.00	0.13
% of Calories				13.25%		44.8%	22.1%	0.0%		44.2%		32.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 01/04/2023

Reimbursable Meal Total 3800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	1	220	1.00	200	11	7.00	0.00	0	37.00	2.00	4.00	*N/A*	80.0	*N/A*	1.70
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	1	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	1	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			95	1.41	115	11	2.34	0.00	14	10.54	0.00	7.65	*717	277.5	*0.00	0.10
% of Calories				13.36%		46.3%	22.2%	0.0%		44.4%		32.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 01/05/2023

Reimbursable Meal Total 3600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	1	285	3.62	610	4	10.50	0.00	52	29.50	4.00	19.50	*0	121.0	*0.00	2.80
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	1	60	0.00	5	16	0.00	0.00	0	17.00	2.00	1.00	400	0.0	2.40	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			101	1.48	121	11	2.48	0.00	15	11.12	0.00	8.08	*757	292.9	*0.00	0.10
% of Calories				13.19%		43.6%	22.1%	0.0%		44.0%		32.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 01/06/2023

Reimbursable Meal Total 3700

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	3700	120	0.00	160	6	2.50	0.00	0	22.00	3.00	1.00	300	60.0	3.60	1.80
990372 Danimals, Vanilla Yogurt	ea	3700	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			288	1.44	348	26	4.91	0.00	20	44.81	3.00	12.86	*1036	445.0	*3.62	1.90
% of Calories				4.50%		36.1%	15.3%	0.0%		62.2%		17.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 01/09/2023

Reimbursable Meal Total 3800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	3800	260	1.50	240	24	8.00	0.00	0	44.00	2.00	5.00	*N/A*	114.0	*N/A*	1.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3800	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
826343 JUICE SS, Grape100% 4oz Cart	Each	3800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			497	2.94	371	65	10.55	0.00	14	89.04	4.87	13.96	*782	398.6	*5.50	1.24
% of Calories				5.32%		52.3%	19.1%	0.0%		71.7%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 01/10/2023

Reimbursable Meal Total 3700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831322 BRD: FR TST AP, Berry WG IW	Pouch	1	210	1.00	190	11	7.00	0.00	0	36.00	2.00	4.00	*N/A*	70.0	*N/A*	1.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	1	60	0.00	0	13	0.00	0.00	0	15.00	1.00	0.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			98	1.44	118	11	2.41	0.00	15	10.82	0.00	7.86	*737	285.0	*0.02	0.10
% of Calories				13.22%		44.9%	22.1%	0.0%		44.2%		32.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 01/11/2023

Reimbursable Meal Total 3600

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990749 PACK: SDW MUFF EGGPTY AM, WG1.25(2)	Pack	1	235	3.62	550	2	10.50	0.00	108	24.50	2.00	10.50	*100	241.0	*0.00	0.72
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			101	1.48	121	11	2.48	0.00	15	11.12	0.00	8.08	*757	292.9	*0.00	0.10
% of Calories				13.19%		43.6%	22.1%	0.0%		44.0%		32.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 01/12/2023

Reimbursable Meal Total 3900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990745 POCKET, BREAKFAST TURKEY SAUSAGE 4.5 OZ	Pack	1	280	4.00	450	4	11.00	0.00	110	32.00	3.00	13.00	*N/A*	148.0	*N/A*	2.00
000131 FRUIT: CUP SS, Peaches Dcd1/2c	Each (1/2c)	1	60	0.00	5	16	0.00	0.00	0	17.00	2.00	1.00	400	0.0	2.40	0.36
826337 JUICE SS, Apple 100% 4oz Cart	Each	3113	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			136	1.30	118	20	2.17	0.00	13	20.93	0.00	7.09	*665	257.1	*0.00	0.09
% of Calories				8.60%		58.8%	14.4%	0.0%		61.6%		20.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 01/13/2023

Reimbursable Meal Total 3700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
825681 CEREAL BWL, Frosted Flks RS WG	Bowl	1	100	0.00	170	8	1.00	0.00	0	24.00	1.00	1.00	500	150.0	6.00	6.30
990372 Danimals, Vanilla Yogurt	ea	3700	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			168	1.44	188	20	2.41	0.00	20	22.81	0.00	11.86	*737	385.0	*0.02	0.10
% of Calories				7.71%		47.6%	12.9%	0.0%		54.3%		28.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 01/17/2023

Reimbursable Meal Total 2300

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG)	Pack	1	230	7.50	490	1	16.00	0.00	170	15.00	1.00	9.00	300	140.0	0.00	1.08
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	2300	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826343 JUICE SS, Grape100% 4oz Cart	Each	1	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			204	2.34	190	27	4.00	0.00	23	29.11	2.40	13.58	1409	498.4	*53.09	0.26
% of Calories				10.32%		52.9%	17.6%	0.0%		57.1%		26.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 01/18/2023

Reimbursable Meal Total 3600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	Pack	1	240	7.12	625	2	13.00	0.00	25	20.50	2.50	11.50	*0	151.0	*0.00	1.26
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	1	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000129 FRUIT: CUP SS, Mixed 1/2c	Each (1/2c)	1	60	0.00	0	13	0.00	0.00	0	15.00	1.00	0.00	100	20.0	6.00	0.36
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			101	1.49	121	11	2.48	0.00	15	11.12	0.00	8.08	*757	292.9	*0.00	0.10
% of Calories				13.28%		43.6%	22.1%	0.0%		44.0%		32.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 01/19/2023

Reimbursable Meal Total 3800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	1	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00	0	20.0	0.00	0.72
833274 CHEESE, CH STICK 1EA 1.0	Stick	1	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
826343 JUICE SS, Grape100% 4oz Cart	Each	3800	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			175	1.41	130	29	2.35	0.00	14	28.53	0.00	8.65	717	277.5	*0.00	0.10
% of Calories				7.25%		66.3%	12.1%	0.0%		65.2%		19.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 01/20/2023

Reimbursable Meal Total 3700

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825687 CEREAL BWL, Lucky Charms WG	Bowl	3700	110	0.00	180	9	1.00	0.00	0	23.00	2.00	2.00	300	110.0	3.60	3.60
831285 BRD: CRACK SS, Animal WG	Package	1	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	1	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			208	1.44	298	20	3.41	0.00	15	33.82	2.00	9.86	*1036	394.9	*3.60	3.70
% of Calories				6.23%		38.5%	14.8%	0.0%		65.0%		19.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 01/23/2023

Reimbursable Meal Total 3800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	3800	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	*N/A*	30.0	*N/A*	1.60
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31	65	7.2	5.50	0.14
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			325	3.41	305	24	8.34	0.00	24	52.52	2.00	13.65	*717	307.5	*0.00	1.70
% of Calories				9.44%		29.5%	23.1%	0.0%		64.6%		16.8%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 01/24/2023

Reimbursable Meal Total 3600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	1	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	156.0	0.00	1.90
000130 FRUIT: CUP SS, Pears Dcd 1/2c	Each (1/2c)	1	60	0.00	5	13	0.00	0.00	0	15.00	1.00	0.00	75	6.0	1.20	0.10
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3600	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			147	1.50	121	20	2.59	0.00	15	22.84	2.40	9.01	981	332.8	*53.09	0.20
% of Calories				9.18%		54.4%	15.9%	0.0%		62.1%		24.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Wednesday - 01/25/2023

Reimbursable Meal Total 2300

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831333 BRD: WAFFLE, AP WG Bluebry IW	Pouch	1	200	1.00	170	10	6.00	0.00	0	36.00	3.00	4.00	0	20.0	0.00	0.72
833274 CHEESE, CH STICK 1EA 1.0	Stick	1	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00	500	204.0	*N/A*	0.00
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	1	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
826343 JUICE SS, Grape100% 4oz Cart	Each	1	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			158	2.32	190	17	3.88	0.00	23	17.41	0.00	12.64	1185	458.5	*0.00	0.16
% of Calories				13.22%		43.0%	22.1%	0.0%		44.1%		32.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Thursday - 01/26/2023

Reimbursable Meal Total 3300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	1	220	1.00	200	11	7.00	0.00	0	37.00	2.00	4.00	*N/A*	80.0	*N/A*	1.70
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42	30	10.6	5.07	0.21
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3567	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			110	1.62	132	12	2.70	0.00	16	12.15	0.00	8.83	*827	320.1	*0.00	0.11
% of Calories				13.25%		43.6%	22.1%	0.0%		44.2%		32.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Friday - 01/27/2023

Reimbursable Meal Total 3600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	3600	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00	*N/A*	161.0	*N/A*	1.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			361	2.98	361	35	10.47	0.00	15	56.11	2.00	13.07	*757	453.9	*0.02	1.10
% of Calories				7.43%		38.8%	26.1%	0.0%		62.2%		14.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Monday - 01/30/2023

Reimbursable Meal Total 1925

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	1925	120	0.00	170	6	2.50	0.00	0	23.00	1.00	1.00	300	80.0	3.60	7.20
831285 BRD: CRACK SS, Animal WG	Package	1925	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94	225	39.9	53.09	0.10
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00	*N/A*	5.0	*N/A*	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			428	3.77	511	35	10.62	0.00	28	65.77	3.00	18.10	*1716	627.7	*3.63	8.19
% of Calories				7.93%		32.7%	22.3%	0.0%		61.5%		16.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

Tuesday - 01/31/2023

Reimbursable Meal Total 3300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	1	285	3.62	610	4	10.50	0.00	52	29.50	4.00	19.50	*0	121.0	*0.00	2.80
825007 FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	1	69	0.04	1	14	0.22	0.00	0	18.24	3.17	0.34	71	7.9	6.08	0.16
826343 JUICE SS, Grape100% 4oz Cart	Each	1	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00	0	0.0	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3560	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	73	80	0.00	120	11	0.00	0.00	5	11.00	0.00	8.00	750	300.0	*N/A*	0.10
Weighted Daily Average			110	1.62	132	12	2.70	0.00	16	12.13	0.00	8.81	*826	319.5	*0.00	0.11
% of Calories				13.25%		43.6%	22.1%	0.0%		44.1%		32.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=30									

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			204	2	215	22	4.50	0.00	17	30.20	1.17	10.68	*922	366	*6.12	1.19
% of Calories				8.65%		43.1%	19.9%	0.0%		59.2%		20.9%				

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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.