

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

**Menu Name:** After School Snacks w/Milk

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 01/02/2023

**Reimbursable Meal Total 1800**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990382 BRD: CRACK SS, CHURRO CRUNCHER 1OZ WG (1BG)	Package	1800	110	0.00	75	8	2.50	0.00	0	21.00	2.00	2.00	0	40.0	0.00	0.72
826339 JUICE SS, Apple 100% 6oz Cart	Each	1800	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00
Weighted Daily Average			190	0.00	95	27	2.50	0.00	0	41.00	2.00	2.00	95	40.0	0.00	0.72
% of Calories				0.00%		56.8%	11.8%	0.0%		86.3%		4.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Tuesday - 01/03/2023

**Reimbursable Meal Total 1750**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
831141 BRD: CRACK SS, ScoobyDoo CinWG	Package	1750	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			123	1.04	118	8	3.57	0.00	0	21.31	1.00	2.23	*21	8.3	*N/A*	0.70
% of Calories				7.61%		26.0%	26.1%	0.0%		69.3%		7.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 01/04/2023

**Reimbursable Meal Total 950**

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	950	120	1.00	200	1	4.50	0.00	0	16.00	1.00	2.00	*N/A*	20.0	*N/A*	0.40
826348 JUICE SS, Orange 100% 6oz Cart	Each	950	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00	85	0.0	60.00	0.00
Weighted Daily Average			200	1.00	220	18	4.50	0.00	0	36.00	1.00	3.00	*85	20.0	*60.00	0.40
% of Calories				4.50%		36.0%	20.2%	0.0%		72.0%		6.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Thursday - 01/05/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	1800	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
829216 CHEESE, MZ String LF 1ea 1.0	Stick	950	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	400	198.0	*N/A*	0.00
Weighted Daily Average			122	1.06	306	1	3.08	0.00	5	16.53	1.00	5.69	211	104.5	*0.00	0.72
% of Calories				7.82%		3.3%	22.7%	0.0%		54.2%		18.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Friday - 01/06/2023

Reimbursable Meal Total 1775

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	1775	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00	*N/A*	140.0	*N/A*	1.00

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			123	0.04	118	7	4.07	0.00	0	20.31	1.00	2.23	*21	148.2	*N/A*	1.00
% of Calories				0.29%		22.8%	29.8%	0.0%		66.0%		7.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 01/09/2023

Reimbursable Meal Total 900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831289 BRD: CRACK SS, Chz-It WG	Package	900	100	1.00	150	0	3.50	0.00	5	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.90
826341 JUICE SS, Frit Bld 100% 6oz Crt	Each	900	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
Weighted Daily Average			190	1.00	170	19	3.50	0.00	5	35.00	1.00	2.00	*95	20.0	*4.80	0.90
% of Calories				4.74%		40.0%	16.6%	0.0%		73.7%		4.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Tuesday - 01/10/2023

Reimbursable Meal Total 1900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831306 BRD: MUF AP, Choc 2oz WG (1BG)	Muffin	1900	190	2.00	130	17	6.00	0.00	35	33.00	2.00	3.00	*N/A*	40.0	*N/A*	1.50

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			193	2.04	133	17	6.07	0.00	35	33.29	2.00	3.21	*20	47.6	*N/A*	1.50
% of Calories				9.51%		35.2%	28.3%	0.0%		69.0%		6.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 01/11/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831267 SNACK: CHIP SS, Dorito NC RFWG	Package	600	130	0.50	200	0	5.00	0.00	0	20.00	2.00	2.00	100	0.0	0.00	0.36
826339 JUICE SS, Apple 100% 6oz Cart	Each	600	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00
Weighted Daily Average			70	0.17	73	6	1.67	0.00	0	13.33	0.67	0.67	65	0.0	0.00	0.12
% of Calories				2.19%		34.3%	21.5%	0.0%		76.2%		3.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Thursday - 01/12/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831285 BRD: CRACK SS, Animal WG	Package	50	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00	*N/A*	0.0	*N/A*	0.80

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			11000	125.00	11750	950	300.00	0.00	750	1650.00	100.00	500.00	*37500	14500.0	*N/A*	45.00
% of Calories				10.23%		34.5%	24.5%	0.0%		60.0%		18.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Friday - 01/13/2023

Reimbursable Meal Total 900

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
832162 SNACK: CHIP SS, SNACK MIX WG	Package	900	110	0.00	180	2	3.50	0.00	0	17.00	2.00	2.00	100	20.0	0.00	2.70
826348 JUICE SS, Orange 100% 6oz Cart	Each	900	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00	85	0.0	60.00	0.00
Weighted Daily Average			190	0.00	200	19	3.50	0.00	0	37.00	2.00	3.00	185	20.0	60.00	2.70
% of Calories				0.00%		40.0%	16.6%	0.0%		77.9%		6.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Tuesday - 01/17/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990555 BRD: BAR, BENEFIT MINI MAPLE BROWN SUGAR WG IW	Each	1800	130	1.00	110	9	4.00	0.00	0	23.00	3.00	2.00	*N/A*	120.0	*N/A*	0.90

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			133	1.04	113	9	4.07	0.00	0	23.31	3.00	2.22	*21	128.1	*N/A*	0.90
% of Calories				7.04%		27.1%	27.5%	0.0%		70.1%		6.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 01/18/2023

Reimbursable Meal Total 1775

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1776	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
826339 JUICE SS, Apple 100% 6oz Cart	Each	1775	80	0.00	20	19	0.00	0.00	0	20.00	0.00	0.00	95	0.0	0.00	0.00
Weighted Daily Average			200	1.00	135	27	3.50	0.00	0	41.01	1.00	2.00	*95	0.0	*0.00	0.70
% of Calories				4.50%		54.0%	15.8%	0.0%		82.0%		4.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Thursday - 01/19/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	600	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00	*N/A*	140.0	*N/A*	1.90

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			53	0.21	48	5	1.24	0.00	0	10.31	1.00	0.89	*21	54.7	*N/A*	0.64
% of Calories				3.57%		37.7%	21.1%	0.0%		77.8%		6.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Friday - 01/20/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825962 BRD: CRACK SS, GFishPrtz .75oz	Package	1800	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	1800	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00	*N/A*	204.0	*N/A*	0.00
Weighted Daily Average			180	4.50	390	0	8.50	0.00	20	16.00	1.00	9.00	*0	204.0	*0.00	0.72
% of Calories				22.50%		0%	42.5%	0.0%		35.6%		20.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 01/23/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831267 SNACK: CHIP SS, Dorito NC RFWG	Package	1	130	0.50	200	0	5.00	0.00	0	20.00	2.00	2.00	100	0.0	0.00	0.36

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
826348 JUICE SS, Orange 100% 6oz Cart	Each	1	80	0.00	20	17	0.00	0.00	0	20.00	0.00	1.00	85	0.0	60.00	0.00
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.02	0.00	0.00	0	0.0	0.03	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Tuesday - 01/24/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990598 BRD: CRACK SS, GOLDFISH GRAHAM GIANT VANILLA WG	Package	600	120	1.00	105	7	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			43	0.38	38	3	1.40	0.00	0	6.64	0.33	0.56	21	34.7	*0.00	0.60
% of Calories				7.95%		27.9%	29.3%	0.0%		61.8%		5.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Wednesday - 01/25/2023

Reimbursable Meal Total 950

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
831264 SNACK: CHIP SS, Cheeto Bkd Cru	Package	950	120	1.00	200	1	4.50	0.00	0	16.00	1.00	2.00	*N/A*	20.0	*N/A*	0.40

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
Weighted Daily Average			120	1.00	200	1	4.50	0.00	0	16.02	1.00	2.00	*0	20.0	*0.01	0.40
% of Calories				7.50%		3.3%	33.8%	0.0%		53.4%		6.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Thursday - 01/26/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	1800	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00	*N/A*	30.0	*N/A*	0.90
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			193	2.04	133	17	6.07	0.00	40	30.31	2.00	3.22	*21	38.1	*N/A*	0.90
% of Calories				9.51%		35.2%	28.3%	0.0%		62.8%		6.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Friday - 01/27/2023

Reimbursable Meal Total 850

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990369 Danimals, Strawberry Banana Yogurt	ea	850	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00	*N/A*	100.0	*N/A*	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
831142 BRD: CRACK SS, Bug Bites CinWG	Package	850	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00	*N/A*	0.0	*N/A*	0.70
Weighted Daily Average			190	1.00	185	17	3.50	0.00	5	33.00	1.00	6.00	*N/A*	100.0	*N/A*	0.70
% of Calories				4.74%		35.8%	16.6%	0.0%		69.5%		12.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 01/30/2023

Reimbursable Meal Total 1800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	1800	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
826341 JUICE SS, Frt Bld 100% 6oz Crt	Each	1800	90	0.00	20	19	0.00	0.00	0	21.00	0.00	0.00	95	0.0	4.80	0.00
Weighted Daily Average			190	0.50	190	19	4.00	0.00	0	35.00	1.00	2.00	95	20.0	4.80	0.72
% of Calories				2.37%		40.0%	18.9%	0.0%		73.7%		4.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Tuesday - 01/31/2023

Reimbursable Meal Total 1775

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990750 BRD: CRACKER, SS CINN TIGER BITES WG 150/1OZ	Each	1775	120	1.00	105	8	4.00	0.00	0	21.00	1.00	2.00	*N/A*	*N/A*	*N/A*	0.70

# Base Menu Spreadsheet

## Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	*N/A*	0.10
Weighted Daily Average			123	1.04	108	8	4.07	0.00	0	21.31	1.00	2.23	*21	*8.2	*N/A*	0.70
% of Calories				7.61%		26.0%	29.8%	0.0%		69.3%		7.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			658	7	701	56	17.78	0.00	41	101.75	5.90	26.39	*1838	*738.9	*6.17	2.89
% of Calories				9.38%		34.0%	24.3%	0.0%		61.9%		16.0%				

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.