

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Menu Name: K-12 Breakfast Cold

Include Cost: No

Site:

Report Style: Detailed

Thursday - 09/01/2022

Reimbursable Meal Total 2067

	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)
825687 CEREAL BWL, Lucky Charms WG	Bowl	2067	110	0.00	180	9	1.00	0.00	0	23.00	2.00	2.00
990372 Danimals, Vanilla Yogurt	ea	2067	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	2067	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826343 JUICE SS, Grape100% 4oz Cart	Each	2067	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1794	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.94
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	37	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			395	1.32	371	55	3.29	0.00	18	74.47	4.40	15.02
% of Calories				3.01%		55.7%	7.5%	0.0%		75.4%		15.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/02/2022

Reimbursable Meal Total 2067

	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)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	2067	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
000124 FRUIT: PEARS 150 ct.	Each (150ct)	2067	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	2067	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1794	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.94
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	37	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			475	2.83	362	58	10.34	0.00	13	86.72	5.66	12.51
% of Calories				5.36%		48.8%	19.6%	0.0%		73.0%		10.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Tuesday - 09/06/2022

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)
831315 BRD: BAGEL. White WG IW	Each	3900	140	0.00	160	5	1.00	0.00	0	28.00	4.00	6.00
825853 COND PC Jelly, Grape Smucker	Each	3900	35	0.00	5	8	0.00	0.00	0	9.00	0.00	0.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3900	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
826343 JUICE SS, Grape 100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			393	1.30	286	53	3.17	0.00	13	78.74	5.00	14.09
% of Calories				2.98%		53.9%	7.3%	0.0%		80.1%		14.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 09/07/2022

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)
831304 BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	3900	190	2.00	130	17	6.00	0.00	40	30.00	2.00	3.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	3900	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3900	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3900	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			490	7.84	448	52	15.37	0.00	73	70.27	4.87	17.40
% of Calories				14.40%		42.4%	28.2%	0.0%		57.4%		14.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 09/08/2022

Reimbursable Meal Total 3900

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
825665 CEREAL BWL, CinnTstCrnch RS WG	Bowl	3900	120	0.00	160	6	2.50	0.00	0	22.00	3.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	3900	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3900	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	3900	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			435	2.32	396	46	8.29	0.00	13	79.47	7.40	11.03
% of Calories				4.80%		42.3%	17.2%	0.0%		73.1%		10.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/09/2022

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)
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	3900	260	1.50	240	24	8.00	0.00	0	44.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3900	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			495	2.83	362	63	10.34	0.00	13	89.72	5.66	13.51
% of Calories				5.15%		50.9%	18.8%	0.0%		72.5%		10.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Monday - 09/12/2022

Reimbursable Meal Total 1100

	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)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	1100	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1100	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	1100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	956	87	1.30	104	10	2.17	0.00	13	9.56	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			441	3.34	308	48	8.38	0.00	23	82.27	4.87	13.40
% of Calories				6.82%		43.5%	17.1%	0.0%		74.6%		12.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Tuesday - 09/13/2022

Reimbursable Meal Total 3900

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	3900	270	2.50	180	19	8.00	0.00	5	44.00	6.25	5.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3900	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			488	3.80	301	59	10.17	0.00	18	85.74	7.25	13.09
% of Calories				7.01%		48.4%	18.8%	0.0%		70.3%		10.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 09/14/2022

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)
825636 CEREAL BWL, GOLDEN GRAHAMS WG (1BG)	Bowl	3900	110	0.00	210	8	0.50	0.00	0	24.00	1.00	1.00
990369 Danimals, Strawberry Banana Yogurt	ea	3900	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3900	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	3900	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			375	1.32	401	49	2.79	0.00	18	71.47	3.40	13.03
% of Calories				3.17%		52.3%	6.7%	0.0%		76.2%		13.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 09/15/2022

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)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	3900	150	0.50	150	14	3.50	0.00	0	30.00	3.00	2.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	3900	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	3900	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84
826346 JUICE SS, Orange 100% 4oz Cart	Each	3900	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			417	3.89	472	44	8.93	0.00	23	70.42	5.01	17.93
% of Calories				8.40%		42.2%	19.3%	0.0%		67.5%		17.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/16/2022

Reimbursable Meal Total 3900

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
990734 BRD: BRKFST BANANA SUPER WG, 1SL (2BG)	Each	3900	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3900	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			495	2.83	362	63	10.34	0.00	13	90.72	5.66	13.51
% of Calories				5.15%		50.9%	18.8%	0.0%		73.3%		10.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Monday - 09/19/2022

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)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	3900	120	0.00	140	9	2.00	0.00	0	25.00	2.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	3900	120	1.00	115	8	3.50	0.00	0	21.00	1.00	2.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3900	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	3900	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			435	2.32	371	49	7.79	0.00	13	81.47	5.40	12.03
% of Calories				4.80%		45.1%	16.1%	0.0%		74.9%		11.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Tuesday - 09/20/2022

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)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	3900	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	3900	90	4.50	200	0	7.00	0.00	20	0.00	0.00	7.00
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	3900	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3900	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			518	7.80	461	58	15.17	0.00	63	75.74	4.00	17.09
% of Calories				13.55%		44.8%	26.4%	0.0%		58.5%		13.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 09/21/2022

Reimbursable Meal Total 3900

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	3900	240	1.50	270	14	8.00	0.00	0	40.00	3.00	4.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3900	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			475	2.83	392	53	10.34	0.00	13	85.72	6.66	12.51
% of Calories				5.36%		44.6%	19.6%	0.0%		72.2%		10.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 09/22/2022

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)
831315 BRD: BAGEL. White WG IW	Each	3900	140	0.00	160	5	1.00	0.00	0	28.00	4.00	6.00
833269 COND PC CREAM CHEESE LIGHT .75OZ	Each	3900	44	2.40	82	1	3.76	0.13	15	1.32	0.06	1.90
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	3900	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84
826337 JUICE SS, Apple 100% 4oz Cart	Each	3900	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			401	3.78	365	38	7.19	0.13	28	70.74	6.07	15.83
% of Calories				8.48%		37.9%	16.1%	0.3%		70.6%		15.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/23/2022

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)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	3900	120	0.00	170	6	2.50	0.00	0	23.00	1.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	3900	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3900	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
826346 JUICE SS, Orange 100% 4oz Cart	Each	3900	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			440	2.34	408	46	8.37	0.00	13	83.27	5.87	11.40
% of Calories				4.79%		41.8%	17.1%	0.0%		75.7%		10.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Monday - 09/26/2022

Reimbursable Meal Total 3900

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	3900	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3900	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			460	3.34	313	53	8.37	0.00	23	86.27	4.87	14.40
% of Calories				6.53%		46.1%	16.4%	0.0%		75.0%		12.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Tuesday - 09/27/2022

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)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	3900	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	3900	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3900	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826346 JUICE SS, Orange 100% 4oz Cart	Each	3900	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			445	6.33	447	45	12.84	0.00	33	69.72	6.66	17.51
% of Calories				12.80%		40.4%	26.0%	0.0%		62.7%		15.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 09/28/2022

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)
825687 CEREAL BWL, Lucky Charms WG	Bowl	3900	110	0.00	180	9	1.00	0.00	0	23.00	2.00	2.00
990372 Danimals, Vanilla Yogurt	ea	3900	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3900	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	3900	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			375	1.32	371	50	3.29	0.00	18	70.47	4.40	14.03
% of Calories				3.17%		53.3%	7.9%	0.0%		75.2%		15.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 09/29/2022

Reimbursable Meal Total 3900

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	3900	270	2.50	180	19	8.00	0.00	5	44.00	6.25	5.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3900	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	3900	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			468	3.80	296	54	10.17	0.00	18	81.74	7.25	12.09
% of Calories				7.31%		46.2%	19.6%	0.0%		69.9%		10.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/30/2022

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)
831951 BRD: BAR, Benefit FrTst WGIW	Each	3900	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	3900	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

	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)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			527	3.89	322	58	11.43	0.00	38	92.42	5.01	13.93
% of Calories				6.64%		44.0%	19.5%	0.0%		70.1%		10.6%
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)
Weighted Averages			450	3	372	52	8.87	0.01	24	79.88	5.49	14.06
% of Calories				6.80%		46.2%	17.7%	0.0%		71.0%		12.5%

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.