

Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Menu Name: K-12 Breakfast Hot

Include Cost: No

Site:

Report Style: Detailed

Thursday - 09/01/2022

Reimbursable Meal Total 583

	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)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	583	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	583	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826343 JUICE SS, Grape100% 4oz Cart	Each	583	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	507	87	1.30	104	10	2.17	0.00	13	9.57	0.00	6.96
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			435	2.32	421	48	9.29	0.00	23	75.48	6.40	13.03
% of Calories				4.80%		44.1%	19.2%	0.0%		69.4%		12.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/02/2022

Reimbursable Meal Total 583

	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	583	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	583	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42

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)
826337 JUICE SS, Apple 100% 4oz Cart	Each	583	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	507	87	1.30	104	10	2.17	0.00	13	9.57	0.00	6.96
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			476	2.83	363	58	10.34	0.00	13	86.73	5.66	12.52
% of Calories				5.35%		48.7%	19.6%	0.0%		72.9%		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 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)
831333 BRD: WAFFLE, AP WG Bluebry IW	Pouch	1100	200	1.00	170	10	6.00	0.00	0	36.00	3.00	4.00
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			411	2.34	288	45	8.38	0.00	13	76.27	5.87	11.40
% of Calories				5.12%		43.8%	18.4%	0.0%		74.2%		11.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 09/08/2022

Reimbursable Meal Total 1100

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)
830954 PIZZA AP TONY BKFST T.SSG WG 1.0 (1.5BG)	Pizza	1100	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	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	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			405	3.32	471	37	9.29	0.00	28	62.48	5.40	17.03
% of Calories				7.38%		36.5%	20.6%	0.0%		61.7%		16.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/09/2022

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)
990706 BRD: BRKFST PUMPKIN SUPER WG, 1SL (2BG)	Each	1100	260	1.50	240	24	8.00	0.00	0	44.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826343 JUICE SS, Grape 100% 4oz Cart	Each	1100	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	956	87	1.30	104	10	2.17	0.00	13	9.56	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	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			496	2.83	363	63	10.34	0.00	13	89.72	5.66	13.52
% of Calories				5.14%		50.8%	18.8%	0.0%		72.4%		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 1100

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)
830791 MELT BGL, EggPty AM 1.25 WG	Sandwich	1100	255	3.62	470	4	10.50	0.00	108	29.50	4.00	11.50
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	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			473	4.93	591	44	12.67	0.00	121	71.25	5.00	19.59
% of Calories				9.38%		37.2%	24.1%	0.0%		60.3%		16.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 09/14/2022

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)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	Pack	1100	240	7.12	625	2	13.00	0.00	25	20.50	2.50	11.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	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	956	87	1.30	104	10	2.17	0.00	13	9.56	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	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			435	8.44	746	34	15.29	0.00	38	55.98	4.90	19.53
% of Calories				17.46%		31.3%	31.6%	0.0%		51.5%		18.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 09/15/2022

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)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	1100	220	1.00	200	11	7.00	0.00	0	37.00	2.00	4.00
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	1100	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84
826346 JUICE SS, Orange 100% 4oz Cart	Each	1100	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	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			427	2.39	322	40	9.43	0.00	13	76.43	4.01	12.93
% of Calories				5.04%		37.5%	19.9%	0.0%		71.6%		12.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/16/2022

Reimbursable Meal Total 1100

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	1100	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	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			496	2.83	363	63	10.34	0.00	13	90.72	5.66	13.52
% of Calories				5.14%		50.8%	18.8%	0.0%		73.2%		10.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Monday - 09/19/2022

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)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	1100	120	0.00	140	9	2.00	0.00	0	25.00	2.00	2.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	1100	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)	1100	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	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

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	19	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	81.48	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 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)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	1100	200	1.00	170	13	5.00	0.00	0	37.00	3.00	4.00
833274 CHEESE, CH STICK 1EA 1.0	Stick	1100	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)	1100	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	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			528	6.80	501	55	14.17	0.00	33	82.75	5.00	18.09
% of Calories				11.59%		41.7%	24.2%	0.0%		62.7%		13.7%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 09/21/2022

Reimbursable Meal Total 1100

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)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	1100	140	1.50	360	6	5.00	0.00	10	16.00	2.00	8.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	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			376	2.83	483	45	7.34	0.00	23	61.72	5.66	16.52
% of Calories				6.77%		47.9%	17.6%	0.0%		65.7%		17.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 09/22/2022

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)
990578 PACK: EGG OMELET CH AP, BISC MINI AP WG 2.0 (1BG)	Pack	1100	230	7.50	490	1	16.00	0.00	170	15.00	1.00	9.00
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	1100	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	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	956	87	1.30	104	10	2.17	0.00	13	9.56	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	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			447	8.89	612	33	18.43	0.00	183	56.43	3.01	16.93
% of Calories				17.90%		29.5%	37.1%	0.0%		50.5%		15.1%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/23/2022

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)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	1100	120	0.00	170	6	2.50	0.00	0	23.00	1.00	1.00
831285 BRD: CRACK SS, Animal WG	Package	1100	120	1.00	115	8	3.50	0.00	0	22.00	2.00	2.00
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
826346 JUICE SS, Orange 100% 4oz Cart	Each	1100	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	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	2.34	408	46	8.38	0.00	13	83.27	5.87	11.40
% of Calories				4.78%		41.7%	17.1%	0.0%		75.5%		10.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Monday - 09/26/2022

Reimbursable Meal Total 1100

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	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
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	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			461	3.34	313	53	8.38	0.00	23	86.27	4.87	14.40
% of Calories				6.52%		46.0%	16.4%	0.0%		74.9%		12.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Tuesday - 09/27/2022

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)
831322 BRD: FR TST AP, Berry WG IW	Pouch	1100	210	1.00	190	11	7.00	0.00	0	36.00	2.00	4.00
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826346 JUICE SS, Orange 100% 4oz Cart	Each	1100	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	956	87	1.30	104	10	2.17	0.00	13	9.56	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	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			416	2.33	313	42	9.34	0.00	13	75.72	5.66	12.52
% of Calories				5.04%		40.4%	20.2%	0.0%		72.8%		12.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 09/28/2022

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)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	1100	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
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			418	2.30	416	46	9.17	0.00	23	73.75	5.00	11.09
% of Calories				4.95%		44.0%	19.7%	0.0%		70.6%		10.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 09/29/2022

Reimbursable Meal Total 1100

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)
830789 MELT BGL, CSaus AM 1.25 WG	Sandwich	1100	285	3.62	610	4	10.50	0.00	52	29.50	4.00	19.50
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	1100	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	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	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			480	4.94	731	37	12.79	0.00	66	64.98	6.40	27.53
% of Calories				9.26%		30.8%	24.0%	0.0%		54.2%		22.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 09/30/2022

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)
831951 BRD: BAR, Benefit FrTst WGIW	Each	1100	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	1100	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	956	87	1.30	104	10	2.17	0.00	13	9.56	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	19	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	92.43	5.01	13.93
% of Calories				6.64%		44.0%	19.5%	0.0%		70.2%		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			448	4	428	47	10.20	0.00	35	76.42	5.25	15.00
% of Calories				7.35%		42.0%	20.5%	0.0%		68.2%		13.4%

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.