

# Base Menu Spreadsheet

## Portion Values

Aug 23, 2017 thru Sep 1, 2017

**Menu Name:** MCHS Breakfast Menu  
**Site:**

**Include Cost:** No  
**Report Style:** Detailed

**Wednesday - 08/23/2017**

**Reimbursable Meal Total 200**

	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)
000929 .MINI-CINNIS, PILLSBURY, 33686	1 PACKAGE	25	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000108 .SANDWICH, UNCRUST, PB & GRAPE	1 EACH	25	320	3.50	320	13	17.00	0.00	0	32.00	3.00	10.00	65	20.0	0.00	1.08
990045 .CRUMBLE, CINN, BV	1 EACH	25	340	1.50	350	25	13.00	0.00	50	53.00	3.00	6.00	2	8.0	0.00	10.00
000927 .MUFFIN, GC, CHOC CHIP, 4oz	1 EACH	40	380	1.00	288	*N/A*	10.00	0.00	33	57.00	3.00	6.67	40	100.0	0.20	104.00
000926 .MUFFIN, GC, BLUEBERRY 4oz	1 EACH	25	372	1.00	288	*N/A*	10.00	0.00	32	57.00	3.00	6.40	19	96.0	11.00	104.00
000115 .PIZZA, BREAKFAST BAGEL	1 EACH	25	192	3.01	363	4	5.71	0.00	15	23.16	1.80	11.65	73	217.0	3.80	1.59
000917 .BAGEL, TONY ROBERTS, WHITE WG	1 BAGEL	20	217	0.09	230	4	0.82	0.00	0	44.60	4.36	7.80	20	18.0	0.00	2.70
001141 .CHEESE, CREAM CHEESE, SINGLE CUPS	1 EACH	20	99	6.00	84	*N/A*	10.00	0.00	31	1.00	0.00	2.00	8	2.0	0.00	2.00
000823 .STICK, BOSCO, PRETZEL W/CHDR	1 STICK	20	190	2.00	230	3	6.00	0.00	10	26.02	2.00	7.00	200	100.1	0.00	1.44
001187 .CEREAL, MARSHMALLOW MATEYS, 2OZ, (S)	BOWL	1	220	0.00	380	24	2.00	0.00	0	46.00	2.00	4.00	20	20.0	20.00	100.00
001149 .FRUIT BASKET, SEASONAL (BKFST)	1/2 cup	150	50	0.02	1	*7	0.14	0.00	0	13.10	1.64	0.47	*60	*12.9	*15.71	*0.20
001139 .JUICE, ORANGE, CRTN SML, 4 FL OZ	1 CRTN	100	55	0.00	14	14	0.00	0.00	0	14.00	0.00	1.00	2	1.0	50.00	0.00
001137 .JUICE, APPLE, CRTN SML, 4 FL OZ	1 CRTN	50	55	0.00	15	15	0.00	0.00	0	15.00	0.00	0.00	0	0.0	50.00	0.00
000725 .MILK, CARTON, CHOC NONFAT	1 CRTN	150	120	0.00	150	*N/A*	0.00	0.00	0	22.00	0.00	8.00	500	300.0	1.80	0.00

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## Portion Values

Aug 23, 2017 thru Sep 1, 2017

	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)
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	35	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
Weighted Daily Average			500	2.67	467	*24	10.95	0.00	25	83.96	4.07	16.52	*569	*376.2	*53.05	*36.82
% of Calories				4.81%		*19.2%	19.7%	0.0%		67.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Thursday - 08/24/2017

### Reimbursable Meal Total 200

	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)
000929 .MINI-CINNIS, PILLSBURY, 33686	1 PACKAGE	25	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000108 .SANDWICH, UNCRUST, PB & GRAPE	1 EACH	25	320	3.50	320	13	17.00	0.00	0	32.00	3.00	10.00	65	20.0	0.00	1.08
990045 .CRUMBLE, CINN, BV	1 EACH	25	340	1.50	350	25	13.00	0.00	50	53.00	3.00	6.00	2	8.0	0.00	10.00
000927 .MUFFIN, GC, CHOC CHIP, 4oz	1 EACH	40	380	1.00	288	*N/A*	10.00	0.00	33	57.00	3.00	6.67	40	100.0	0.20	104.00
000926 .MUFFIN, GC, BLUEBERRY 4oz	1 EACH	25	372	1.00	288	*N/A*	10.00	0.00	32	57.00	3.00	6.40	19	96.0	11.00	104.00
000115 .PIZZA, BREAKFAST BAGEL	1 EACH	25	192	3.01	363	4	5.71	0.00	15	23.16	1.80	11.65	73	217.0	3.80	1.59
000917 .BAGEL, TONY ROBERTS, WHITE WG	1 BAGEL	20	217	0.09	230	4	0.82	0.00	0	44.60	4.36	7.80	20	18.0	0.00	2.70
001141 .CHEESE, CREAM CHEESE, SINGLE CUPS	1 EACH	20	99	6.00	84	*N/A*	10.00	0.00	31	1.00	0.00	2.00	8	2.0	0.00	2.00
000823 .STICK, BOSCO, PRETZEL W/CHDR	1 STICK	20	190	2.00	230	3	6.00	0.00	10	26.02	2.00	7.00	200	100.1	0.00	1.44
001187 .CEREAL, MARSHMALLOW MATEYS, 2OZ, (S)	BOWL	1	220	0.00	380	24	2.00	0.00	0	46.00	2.00	4.00	20	20.0	20.00	100.00
001149 .FRUIT BASKET, SEASONAL (BKFST)	1/2 cup	150	50	0.02	1	*7	0.14	0.00	0	13.10	1.64	0.47	*60	*12.9	*15.71	*0.20

# Base Menu Spreadsheet

## Portion Values

Aug 23, 2017 thru Sep 1, 2017

	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)
001139 .JUICE, ORANGE, CRTN SML, 4 FL OZ	1 CRTN	100	55	0.00	14	14	0.00	0.00	0	14.00	0.00	1.00	2	1.0	50.00	0.00
001137 .JUICE, APPLE, CRTN SML, 4 FL OZ	1 CRTN	50	55	0.00	15	15	0.00	0.00	0	15.00	0.00	0.00	0	0.0	50.00	0.00
000725 .MILK, CARTON, CHOC NONFAT	1 CRTN	150	120	0.00	150	*N/A*	0.00	0.00	0	22.00	0.00	8.00	500	300.0	1.80	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	35	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
Weighted Daily Average			500	2.67	467	*24	10.95	0.00	25	83.96	4.07	16.52	*569	*376.2	*53.05	*36.82
% of Calories				4.81%		*19.2%	19.7%	0.0%		67.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Friday - 08/25/2017

Reimbursable Meal Total 200

	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)
000929 .MINI-CINNIS, PILLSBURY, 33686	1 PACKAGE	25	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000108 .SANDWICH, UNCRUST, PB & GRAPE	1 EACH	25	320	3.50	320	13	17.00	0.00	0	32.00	3.00	10.00	65	20.0	0.00	1.08
990045 .CRUMBLE, CINN, BV	1 EACH	25	340	1.50	350	25	13.00	0.00	50	53.00	3.00	6.00	2	8.0	0.00	10.00
000927 .MUFFIN, GC, CHOC CHIP, 4oz	1 EACH	40	380	1.00	288	*N/A*	10.00	0.00	33	57.00	3.00	6.67	40	100.0	0.20	104.00
000926 .MUFFIN, GC, BLUEBERRY 4oz	1 EACH	25	372	1.00	288	*N/A*	10.00	0.00	32	57.00	3.00	6.40	19	96.0	11.00	104.00
000115 .PIZZA, BREAKFAST BAGEL	1 EACH	25	192	3.01	363	4	5.71	0.00	15	23.16	1.80	11.65	73	217.0	3.80	1.59
000917 .BAGEL, TONY ROBERTS, WHITE WG	1 BAGEL	20	217	0.09	230	4	0.82	0.00	0	44.60	4.36	7.80	20	18.0	0.00	2.70
001141 .CHEESE, CREAM CHEESE, SINGLE CUPS	1 EACH	20	99	6.00	84	*N/A*	10.00	0.00	31	1.00	0.00	2.00	8	2.0	0.00	2.00

# Base Menu Spreadsheet

## Portion Values

Aug 23, 2017 thru Sep 1, 2017

	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)
000823 .STICK, BOSCO, PRETZEL W/CHDR	1 STICK	20	190	2.00	230	3	6.00	0.00	10	26.02	2.00	7.00	200	100.1	0.00	1.44
001187 .CEREAL, MARSHMALLOW MATEYS, 2OZ, (S)	BOWL	1	220	0.00	380	24	2.00	0.00	0	46.00	2.00	4.00	20	20.0	20.00	100.00
001149 .FRUIT BASKET, SEASONAL (BKFST)	1/2 cup	150	50	0.02	1	*7	0.14	0.00	0	13.10	1.64	0.47	*60	*12.9	*15.71	*0.20
001139 .JUICE, ORANGE, CRTN SML, 4 FL OZ	1 CRTN	100	55	0.00	14	14	0.00	0.00	0	14.00	0.00	1.00	2	1.0	50.00	0.00
001137 .JUICE, APPLE, CRTN SML, 4 FL OZ	1 CRTN	50	55	0.00	15	15	0.00	0.00	0	15.00	0.00	0.00	0	0.0	50.00	0.00
000725 .MILK, CARTON, CHOC NONFAT	1 CRTN	150	120	0.00	150	*N/A*	0.00	0.00	0	22.00	0.00	8.00	500	300.0	1.80	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	35	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
Weighted Daily Average			500	2.67	467	*24	10.95	0.00	25	83.96	4.07	16.52	*569	*376.2	*53.05	*36.82
% of Calories				4.81%		*19.2%	19.7%	0.0%		67.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 08/28/2017

Reimbursable Meal Total 200

	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)
000929 .MINI-CINNIS, PILLSBURY, 33686	1 PACKAGE	25	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000108 .SANDWICH, UNCRUST, PB & GRAPE	1 EACH	25	320	3.50	320	13	17.00	0.00	0	32.00	3.00	10.00	65	20.0	0.00	1.08
990045 .CRUMBLE, CINN, BV	1 EACH	25	340	1.50	350	25	13.00	0.00	50	53.00	3.00	6.00	2	8.0	0.00	10.00
000927 .MUFFIN, GC, CHOC CHIP, 4oz	1 EACH	40	380	1.00	288	*N/A*	10.00	0.00	33	57.00	3.00	6.67	40	100.0	0.20	104.00
000926 .MUFFIN, GC, BLUEBERRY 4oz	1 EACH	25	372	1.00	288	*N/A*	10.00	0.00	32	57.00	3.00	6.40	19	96.0	11.00	104.00

# Base Menu Spreadsheet

## Portion Values

Aug 23, 2017 thru Sep 1, 2017

	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)
000115 .PIZZA, BREAKFAST BAGEL	1 EACH	25	192	3.01	363	4	5.71	0.00	15	23.16	1.80	11.65	73	217.0	3.80	1.59
000917 .BAGEL, TONY ROBERTS, WHITE WG	1 BAGEL	20	217	0.09	230	4	0.82	0.00	0	44.60	4.36	7.80	20	18.0	0.00	2.70
001141 .CHEESE, CREAM CHEESE, SINGLE CUPS	1 EACH	20	99	6.00	84	*N/A*	10.00	0.00	31	1.00	0.00	2.00	8	2.0	0.00	2.00
000823 .STICK, BOSCO, PRETZEL W/CHDR	1 STICK	20	190	2.00	230	3	6.00	0.00	10	26.02	2.00	7.00	200	100.1	0.00	1.44
001187 .CEREAL, MARSHMALLOW MATEYS, 2OZ, (S)	BOWL	1	220	0.00	380	24	2.00	0.00	0	46.00	2.00	4.00	20	20.0	20.00	100.00
001149 .FRUIT BASKET, SEASONAL (BKFST)	1/2 cup	150	50	0.02	1	*7	0.14	0.00	0	13.10	1.64	0.47	*60	*12.9	*15.71	*0.20
001139 .JUICE, ORANGE, CRTN SML, 4 FL OZ	1 CRTN	100	55	0.00	14	14	0.00	0.00	0	14.00	0.00	1.00	2	1.0	50.00	0.00
001137 .JUICE, APPLE, CRTN SML, 4 FL OZ	1 CRTN	50	55	0.00	15	15	0.00	0.00	0	15.00	0.00	0.00	0	0.0	50.00	0.00
000725 .MILK, CARTON, CHOC NONFAT	1 CRTN	150	120	0.00	150	*N/A*	0.00	0.00	0	22.00	0.00	8.00	500	300.0	1.80	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	35	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
Weighted Daily Average			500	2.67	467	*24	10.95	0.00	25	83.96	4.07	16.52	*569	*376.2	*53.05	*36.82
% of Calories				4.81%		*19.2%	19.7%	0.0%		67.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 08/30/2017

Reimbursable Meal Total 200

	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)
000929 .MINI-CINNIS, PILLSBURY, 33686	1 PACKAGE	25	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000108 .SANDWICH, UNCRUST, PB & GRAPE	1 EACH	25	320	3.50	320	13	17.00	0.00	0	32.00	3.00	10.00	65	20.0	0.00	1.08

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990045 .CRUMBLE, CINN, BV	1 EACH	25	340	1.50	350	25	13.00	0.00	50	53.00	3.00	6.00	2	8.0	0.00	10.00
000927 .MUFFIN, GC, CHOC CHIP, 4oz	1 EACH	40	380	1.00	288	*N/A*	10.00	0.00	33	57.00	3.00	6.67	40	100.0	0.20	104.00
000926 .MUFFIN, GC, BLUEBERRY 4oz	1 EACH	25	372	1.00	288	*N/A*	10.00	0.00	32	57.00	3.00	6.40	19	96.0	11.00	104.00
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000917 .BAGEL, TONY ROBERTS, WHITE WG	1 BAGEL	20	217	0.09	230	4	0.82	0.00	0	44.60	4.36	7.80	20	18.0	0.00	2.70
001141 .CHEESE, CREAM CHEESE, SINGLE CUPS	1 EACH	20	99	6.00	84	*N/A*	10.00	0.00	31	1.00	0.00	2.00	8	2.0	0.00	2.00
000823 .STICK, BOSCO, PRETZEL W/CHDR	1 STICK	20	190	2.00	230	3	6.00	0.00	10	26.02	2.00	7.00	200	100.1	0.00	1.44
001187 .CEREAL, MARSHMALLOW MATEYS, 2OZ, (S)	BOWL	1	220	0.00	380	24	2.00	0.00	0	46.00	2.00	4.00	20	20.0	20.00	100.00
001149 .FRUIT BASKET, SEASONAL (BKFST)	1/2 cup	150	50	0.02	1	*7	0.14	0.00	0	13.10	1.64	0.47	*60	*12.9	*15.71	*0.20
001139 .JUICE, ORANGE, CRTN SML, 4 FL OZ	1 CRTN	100	55	0.00	14	14	0.00	0.00	0	14.00	0.00	1.00	2	1.0	50.00	0.00
001137 .JUICE, APPLE, CRTN SML, 4 FL OZ	1 CRTN	50	55	0.00	15	15	0.00	0.00	0	15.00	0.00	0.00	0	0.0	50.00	0.00
000725 .MILK, CARTON, CHOC NONFAT	1 CRTN	150	120	0.00	150	*N/A*	0.00	0.00	0	22.00	0.00	8.00	500	300.0	1.80	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	35	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
Weighted Daily Average			500	2.67	467	*24	10.95	0.00	25	83.96	4.07	16.52	*569	*376.2	*53.05	*36.82
% of Calories				4.81%		*19.2%	19.7%	0.0%		67.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 08/31/2017

Reimbursable Meal Total 200

# Base Menu Spreadsheet

## Portion Values

Aug 23, 2017 thru Sep 1, 2017

	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)
000929 .MINI-CINNIS, PILLSBURY, 33686	1 PACKAGE	25	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000108 .SANDWICH, UNCRUST, PB & GRAPE	1 EACH	25	320	3.50	320	13	17.00	0.00	0	32.00	3.00	10.00	65	20.0	0.00	1.08
990045 .CRUMBLE, CINN, BV	1 EACH	25	340	1.50	350	25	13.00	0.00	50	53.00	3.00	6.00	2	8.0	0.00	10.00
000927 .MUFFIN, GC, CHOC CHIP, 4oz	1 EACH	40	380	1.00	288	*N/A*	10.00	0.00	33	57.00	3.00	6.67	40	100.0	0.20	104.00
000926 .MUFFIN, GC, BLUEBERRY 4oz	1 EACH	25	372	1.00	288	*N/A*	10.00	0.00	32	57.00	3.00	6.40	19	96.0	11.00	104.00
000115 .PIZZA, BREAKFAST BAGEL	1 EACH	25	192	3.01	363	4	5.71	0.00	15	23.16	1.80	11.65	73	217.0	3.80	1.59
000917 .BAGEL, TONY ROBERTS, WHITE WG	1 BAGEL	20	217	0.09	230	4	0.82	0.00	0	44.60	4.36	7.80	20	18.0	0.00	2.70
001141 .CHEESE, CREAM CHEESE, SINGLE CUPS	1 EACH	20	99	6.00	84	*N/A*	10.00	0.00	31	1.00	0.00	2.00	8	2.0	0.00	2.00
000823 .STICK, BOSCO, PRETZEL W/CHDR	1 STICK	20	190	2.00	230	3	6.00	0.00	10	26.02	2.00	7.00	200	100.1	0.00	1.44
001187 .CEREAL, MARSHMALLOW MATEYS, 2OZ, (S)	BOWL	1	220	0.00	380	24	2.00	0.00	0	46.00	2.00	4.00	20	20.0	20.00	100.00
001149 .FRUIT BASKET, SEASONAL (BKFST)	1/2 cup	150	50	0.02	1	*7	0.14	0.00	0	13.10	1.64	0.47	*60	*12.9	*15.71	*0.20
001139 .JUICE, ORANGE, CRTN SML, 4 FL OZ	1 CRTN	100	55	0.00	14	14	0.00	0.00	0	14.00	0.00	1.00	2	1.0	50.00	0.00
001137 .JUICE, APPLE, CRTN SML, 4 FL OZ	1 CRTN	50	55	0.00	15	15	0.00	0.00	0	15.00	0.00	0.00	0	0.0	50.00	0.00
000725 .MILK, CARTON, CHOC NONFAT	1 CRTN	150	120	0.00	150	*N/A*	0.00	0.00	0	22.00	0.00	8.00	500	300.0	1.80	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	35	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
Weighted Daily Average			500	2.67	467	*24	10.95	0.00	25	83.96	4.07	16.52	*569	*376.2	*53.05	*36.82
% of Calories				4.81%		*19.2%	19.7%	0.0%		67.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

# Base Menu Spreadsheet

Portion Values

Aug 23, 2017 thru Sep 1, 2017

Friday - 09/01/2017

Reimbursable Meal Total 200

	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 (mg)	Vit-C (mg)	Iron (mg)
000929 .MINI-CINNIS, PILLSBURY, 33686	1 PACKAGE	25	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	75	40.0	0.00	1.44
000108 .SANDWICH, UNCRUST, PB & GRAPE	1 EACH	25	320	3.50	320	13	17.00	0.00	0	32.00	3.00	10.00	65	20.0	0.00	1.08
990045 .CRUMBLE, CINN, BV	1 EACH	25	340	1.50	350	25	13.00	0.00	50	53.00	3.00	6.00	2	8.0	0.00	10.00
000927 .MUFFIN, GC, CHOC CHIP, 4oz	1 EACH	40	380	1.00	288	*N/A*	10.00	0.00	33	57.00	3.00	6.67	40	100.0	0.20	104.00
000926 .MUFFIN, GC, BLUEBERRY 4oz	1 EACH	25	372	1.00	288	*N/A*	10.00	0.00	32	57.00	3.00	6.40	19	96.0	11.00	104.00
000115 .PIZZA, BREAKFAST BAGEL	1 EACH	25	192	3.01	363	4	5.71	0.00	15	23.16	1.80	11.65	73	217.0	3.80	1.59
000917 .BAGEL, TONY ROBERTS, WHITE WG	1 BAGEL	20	217	0.09	230	4	0.82	0.00	0	44.60	4.36	7.80	20	18.0	0.00	2.70
001141 .CHEESE, CREAM CHEESE, SINGLE CUPS	1 EACH	20	99	6.00	84	*N/A*	10.00	0.00	31	1.00	0.00	2.00	8	2.0	0.00	2.00
000823 .STICK, BOSCO, PRETZEL W/CHDR	1 STICK	20	190	2.00	230	3	6.00	0.00	10	26.02	2.00	7.00	200	100.1	0.00	1.44
001187 .CEREAL, MARSHMALLOW MATEYS, 2OZ, (S)	BOWL	1	220	0.00	380	24	2.00	0.00	0	46.00	2.00	4.00	20	20.0	20.00	100.00
001149 .FRUIT BASKET, SEASONAL (BKFST)	1/2 cup	150	50	0.02	1	*7	0.14	0.00	0	13.10	1.64	0.47	*60	*12.9	*15.71	*0.20
001139 .JUICE, ORANGE, CRTN SML, 4 FL OZ	1 CRTN	100	55	0.00	14	14	0.00	0.00	0	14.00	0.00	1.00	2	1.0	50.00	0.00
001137 .JUICE, APPLE, CRTN SML, 4 FL OZ	1 CRTN	50	55	0.00	15	15	0.00	0.00	0	15.00	0.00	0.00	0	0.0	50.00	0.00
000725 .MILK, CARTON, CHOC NONFAT	1 CRTN	150	120	0.00	150	*N/A*	0.00	0.00	0	22.00	0.00	8.00	500	300.0	1.80	0.00



# Base Menu Spreadsheet

## Portion Values

Aug 23, 2017 thru Sep 1, 2017

	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)
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	35	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
Weighted Daily Average			500	2.67	467	*24	10.95	0.00	25	83.96	4.07	16.52	*569	*376.2	*53.05	*36.82
% of Calories				4.81%		*19.2%	19.7%	0.0%		67.2%		13.2%				
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	500	3	467	*24	10.95	0.00	25	83.96	4.07	16.52	*569	*376.2	*53.05	*36.82
% of Calories		4.81%		*19.2%	19.7%	0.0%		67.2%		13.2%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	500		450-600	100%				
Saturated Fat	2.67 g	4.81%	<10.000%					
Sodium	467 mg		640.000	73%				
Sugars	*24 g	*19.2%					Missing Data	
Total Fat	10.95 g	19.7%						
Trans Fat	0.00 g	0.0%						
Cholesterol	25 mg							
Carbohydrate	83.96 g	67.2%						
Fiber	4.07 g							
Protein	16.52 g	13.2%						
Vitamin A	*569 IU						Missing Data	
Calcium	*376.2 mg						Missing Data	
Vitamin C	*53.05 mg						Missing Data	
Iron	*36.82 mg						Missing Data	

*\*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.*