

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

**Menu Name:** BREAKFAST K8 & MIDDLE

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Monday - 12/03/2018**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY	EACH	10	108	108	8	1.51	22.26	2.10	2.55

# Base Menu Spreadsheet

## Portion Values

NUT CHEERIOS									
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00

# Base Menu Spreadsheet

## Portion Values

001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990096 BISCUIT, STEAK	1 BISCUIT	1	379	1008	2	22.93	30.96	1.00	9.96
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
Weighted Daily Average			49650	67860	*5304	698.03	*8868.57	*349.38	*1998.69
% of Calories					*42.7%	12.7%	*71.4%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 12/04/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990143 FRENCH TOAST, CINNAMON	1 TOAST	1	160	240	5	3.00	25.01	3.00	8.00
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51888	67436	*5559	672.51	9536.57	*476.31	2012.84
% of Calories					*42.9%	11.7%	73.5%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Wednesday - 12/05/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990384 BROWN SUGAR & CINNAMON OATMEAL	1 CUP	1	337	*36	*8	*8.42	*54.89	*6.75	*11.31
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
Weighted Daily Average			49480	*66840	*5305	*668.00	*8903.38	*357.92	*1993.77
% of Calories					*42.9%	*12.2%	*72.0%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 12/06/2018

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01



# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990164 PIZZA, BREAKFAST SAUSAGE	1 SLICE	1	220	459	8	7.99	26.95	2.99	9.98
990385 BANANA SPLIT PARFAIT BOAT	1 boat	1	392	214	51	5.33	82.48	5.62	6.91
Weighted Daily Average			51639	67264	*5551	674.83	9476.99	*472.92	2014.74
% of Calories					*43.0%	11.8%	73.4%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Friday - 12/07/2018

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS,	PACKS	25	110	100	7	3.00	20.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

CHOCOLATE BEAR GRAHAMS									
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990127 CINNI MINI	1 PACK	1	240	300	15	8.00	40.00	2.00	5.00
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990220 SMOOTHIE, CINNAMON APPLE	8 OZ	1	216	82	29	3.42	41.74	0.75	5.61

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

Weighted Daily Average		49456	67175	*5328	677.96	8874.85	*348.88	1995.04
% of Calories				*43.1%	12.3%	71.8%		16.1%
Weekly Nutrient Guideline		400 - 500	540		<=0			

Monday - 12/10/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY	EACH	10	120	150	10	1.50	26.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

CHEERIOS									
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	245	885	2	13.00	23.50	1.00	9.00
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	6.00	36.00	2.00	5.00
990163 FRUDEL, CHERRY	1 FRUDEL	1	210	260	11	6.00	37.00	2.00	5.00
Weighted Daily Average			49622	68044	*5314	681.88	*8902.72	*348.31	*1997.60
% of Calories					*42.8%	12.4%	*71.8%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 12/11/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990402 OVERNIGHT OATS, APPLE PIE	10 OZ	1	299	86	27	2.91	58.34	4.62	10.84
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51867	67237	*5565	672.42	9538.90	*477.92	2015.68
% of Calories					*42.9%	11.7%	73.6%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Wednesday - 12/12/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00



# Base Menu Spreadsheet

## Portion Values

990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990125 EGGS, SCRAMBLED WITH CHEESE	1/4 CUP	1	126	231	*1	8.20	1.58	0.00	10.41
990130 TOAST WITH MARGARINE	1 SLICE	1	92	180	*N/A*	2.32	*14.03	*2.16	*2.16
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	2.50	0.00	0.00	0.00
Weighted Daily Average			49652	67412	*5316	678.94	*8912.22	*354.51	*1999.21
% of Calories					*42.8%	12.3%	*71.8%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 12/13/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL,	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

FROSTED FLAKES									
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

990126 PANCAKE WRAP, BLUEBERRY	1 EACH	1	160	380	7	5.00	18.00	1.00	8.00
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12
Weighted Daily Average			51662	67229	*5528	684.74	9447.94	*470.37	2015.96
% of Calories					*42.8%	11.9%	73.2%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

## Friday - 12/14/2018

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL,	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

FROSTED FLAKES									
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990149 WAFFLES, BLUEBERRY, MINI	1 POUCH	1	210	180	12	6.00	37.01	3.00	4.00
990150 WAFFLES, CINNAMON, MINI	1 POUCH	1	200	270	10	5.00	35.00	4.00	5.00
990148 WAFFLES, MAPLE, MINI	1 POUCH	1	168	133	11	4.20	30.11	2.10	2.80
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990222 SMOOTHIE, STRAWBERRY ORANGE	8 OZ	1	188	76	*21	3.45	34.13	1.64	5.93
990214 YOGURT PARFAIT WITH STRAWBERRIES	1 PARFAIT	1	309	139	48	1.75	67.67	4.85	7.69
Weighted Daily Average			50237	67636	*5401	686.95	9028.03	*361.72	2009.85
% of Calories					*43.0%	12.3%	71.9%		16.0%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Monday - 12/17/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK,	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00

# Base Menu Spreadsheet

## Portion Values

CHOCOLATE, 1%									
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00



# Base Menu Spreadsheet

## Portion Values

990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990093 BISCUIT, CHICKEN	1 BISCUIT	1	301	933	3	13.05	31.10	2.01	13.12
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990347 BREAKFAST BAR, APPLE CINNAMON	BAR	1	290	240	22	9.00	48.00	3.00	5.00

# Base Menu Spreadsheet

## Portion Values

990348 BREAKFAST BAR, FRENCH TOAST	BAR	1	290	200	21	9.00	47.00	3.00	5.00
Weighted Daily Average			49839	68013	*5335	687.93	*8932.32	*351.32	*2001.73
% of Calories					*42.8%	12.4%	*71.7%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 12/18/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT	EACH	10	110	1740	8	1.00	24.00	3.00	2.00

# Base Menu Spreadsheet

## Portion Values

LOOPS									
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990405 OVERNIGHT OATS, PEACH PIE	10 OZ	1	290	88	18	2.90	57.38	4.42	10.83
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51858	67239	*5557	672.41	9537.94	*477.72	2015.67
% of Calories					*42.9%	11.7%	73.6%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

## Wednesday - 12/19/2018

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL,	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

FROSTED FLAKES									
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52

# Base Menu Spreadsheet

## Portion Values

990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990334 MUFFIN, CHERRY	1 MUFFIN	1	230	240	16	7.00	39.00	0.00	4.00
990212 SAUSAGE BREAKFAST BITE	3 PIECES	1	210	430	*N/A*	13.00	17.00	*N/A*	6.00
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
Weighted Daily Average			49743	67519	*5329	679.58	8935.49	*351.16	1992.46
% of Calories					*42.9%	12.3%	71.9%		16.0%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 12/20/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00

# Base Menu Spreadsheet

## Portion Values

000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990411 OATMEAL, SPICED APPLE	1/2	1	343	4	*10	5.24	63.53	8.25	12.18
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990416 PANCAKES & SAUSAGE	SERVING	1	245	485	8	16.00	19.50	1.00	8.00
Weighted Daily Average			52090	67338	*5539	700.97	9512.97	*478.62	2028.14
% of Calories					*42.5%	12.1%	73.1%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Monday - 01/07/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00



# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS,	PACKS	25	110	95	7	3.00	21.00	1.00	2.00

# Base Menu Spreadsheet

## Portion Values

STRAWBERRY DINOSAUR GRAHAMS									
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990096 BISCUIT, STEAK	1 BISCUIT	1	379	1008	2	22.93	30.96	1.00	9.96
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
Weighted Daily Average			49650	67860	*5304	698.03	*8868.57	*349.38	*1998.69
% of Calories					*42.7%	12.7%	*71.4%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 01/08/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990143 FRENCH TOAST,	1 TOAST	1	160	240	5	3.00	25.01	3.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

CINNAMON									
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51888	67436	*5559	672.51	9536.57	*476.31	2012.84
% of Calories					*42.9%	11.7%	73.5%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Wednesday - 01/09/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE,	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

PINEAPPLE: 1/2 CUP									
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990384 BROWN SUGAR & CINNAMON OATMEAL	1 CUP	1	337	*36	*8	*8.42	*54.89	*6.75	*11.31
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
Weighted Daily Average			49480	*66840	*5305	*668.00	*8903.38	*357.92	*1993.77
% of Calories					*42.9%	*12.2%	*72.0%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 01/10/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS,	PACKS	25	110	95	7	3.00	21.00	1.00	2.00



# Base Menu Spreadsheet

## Portion Values

STRAWBERRY DINOSAUR GRAHAMS									
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990164 PIZZA, BREAKFAST SAUSAGE	1 SLICE	1	220	459	8	7.99	26.95	2.99	9.98
990385 BANANA SPLIT PARFAIT BOAT	1 boat	1	392	214	51	5.33	82.48	5.62	6.91
Weighted Daily Average			51639	67264	*5551	674.83	9476.99	*472.92	2014.74
% of Calories					*43.0%	11.8%	73.4%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Friday - 01/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE:	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

1/2 CUP									
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990127 CINNI MINI	1 PACK	1	240	300	15	8.00	40.00	2.00	5.00
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990220 SMOOTHIE, CINNAMON APPLE	8 OZ	1	216	82	29	3.42	41.74	0.75	5.61
Weighted Daily Average			49456	67175	*5328	677.96	8874.85	*348.88	1995.04
% of Calories					*43.1%	12.3%	71.8%		16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Monday - 01/14/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01

# Base Menu Spreadsheet

## Portion Values

990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	245	885	2	13.00	23.50	1.00	9.00
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE,	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

IND									
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	6.00	36.00	2.00	5.00
990163 FRUDEL, CHERRY	1 FRUDEL	1	210	260	11	6.00	37.00	2.00	5.00
Weighted Daily Average			49622	68044	*5314	681.88	*8902.72	*348.31	*1997.60
% of Calories					*42.8%	12.4%	*71.8%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 01/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE,	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

PINEAPPLE: 1/2 CUP									
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990402 OVERNIGHT OATS, APPLE PIE	10 OZ	1	299	86	27	2.91	58.34	4.62	10.84
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51867	67237	*5565	672.42	9538.90	*477.92	2015.68
% of Calories					*42.9%	11.7%	73.6%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

### Wednesday - 01/16/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00



# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00

# Base Menu Spreadsheet

## Portion Values

PINEAPPLE: 1/2 CUP									
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990125 EGGS, SCRAMBLED WITH CHEESE	1/4 CUP	1	126	231	*1	8.20	1.58	0.00	10.41
990130 TOAST WITH MARGARINE	1 SLICE	1	92	180	*N/A*	2.32	*14.03	*2.16	*2.16
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	2.50	0.00	0.00	0.00
Weighted Daily Average			49652	67412	*5316	678.94	*8912.22	*354.51	*1999.21
% of Calories					*42.8%	12.3%	*71.8%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 01/17/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990126 PANCAKE WRAP,	1 EACH	1	160	380	7	5.00	18.00	1.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

BLUEBERRY									
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12
Weighted Daily Average			51662	67229	*5528	684.74	9447.94	*470.37	2015.96
% of Calories					*42.8%	11.9%	73.2%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

## Friday - 01/18/2019

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00

# Base Menu Spreadsheet

## Portion Values

CANNED									
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990149 WAFFLES, BLUEBERRY, MINI	1 POUCH	1	210	180	12	6.00	37.01	3.00	4.00
990150 WAFFLES, CINNAMON, MINI	1 POUCH	1	200	270	10	5.00	35.00	4.00	5.00
990148 WAFFLES, MAPLE, MINI	1 POUCH	1	168	133	11	4.20	30.11	2.10	2.80
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990222 SMOOTHIE, STRAWBERRY ORANGE	8 OZ	1	188	76	*21	3.45	34.13	1.64	5.93
990214 YOGURT PARFAIT WITH STRAWBERRIES	1 PARFAIT	1	309	139	48	1.75	67.67	4.85	7.69
Weighted Daily Average			50237	67636	*5401	686.95	9028.03	*361.72	2009.85
% of Calories					*43.0%	12.3%	71.9%		16.0%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 01/22/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00

# Base Menu Spreadsheet

## Portion Values

990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS,	PACKS	25	110	95	7	3.00	21.00	1.00	2.00



# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

STRAWBERRY DINOSAUR GRAHAMS									
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990405 OVERNIGHT OATS, PEACH PIE	10 OZ	1	290	88	18	2.90	57.38	4.42	10.83
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51858	67239	*5557	672.41	9537.94	*477.72	2015.67
% of Calories					*42.9%	11.7%	73.6%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Wednesday - 01/23/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS,	PACKS	25	110	100	7	3.00	20.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

CHOCOLATE BEAR GRAHAMS									
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990334 MUFFIN, CHERRY	1 MUFFIN	1	230	240	16	7.00	39.00	0.00	4.00
990212 SAUSAGE BREAKFAST BITE	3 PIECES	1	210	430	*N/A*	13.00	17.00	*N/A*	6.00
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
Weighted Daily Average			49743	67519	*5329	679.58	8935.49	*351.16	1992.46
% of Calories					*42.9%	12.3%	71.9%		16.0%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 01/24/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL,	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

FROSTED FLAKES									
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

990411 OATMEAL, SPICED APPLE	1/2	1	343	4	*10	5.24	63.53	8.25	12.18
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990416 PANCAKES & SAUSAGE	SERVING	1	245	485	8	16.00	19.50	1.00	8.00
Weighted Daily Average			52090	67338	*5539	700.97	9512.97	*478.62	2028.14
% of Calories					*42.5%	12.1%	73.1%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

## Friday - 01/25/2019

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO	EACH	5	104	151	8	1.42	23.62	1.89	1.89

# Base Menu Spreadsheet

## Portion Values

PUFFS									
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990414 BISCUIT, PEACH COBBLER	BISCUIT	1	231	231	9	11.05	31.15	3.01	4.02
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990217 SMOOTHIE, PINEAPPLE	8 OZ	1	178	76	20	3.42	31.65	0.49	6.09
990214 YOGURT PARFAIT WITH STRAWBERRIES	1 PARFAIT	1	309	139	48	1.75	67.67	4.85	7.69
Weighted Daily Average			49719	67239	*5361	682.76	8923.57	*354.48	2002.23
% of Calories					*43.1%	12.4%	71.8%		16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Monday - 01/28/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00



# Base Menu Spreadsheet

## Portion Values

990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990096 BISCUIT, STEAK	1 BISCUIT	1	379	1008	2	22.93	30.96	1.00	9.96
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
Weighted Daily Average			49650	67860	*5304	698.03	*8868.57	*349.38	*1998.69
% of Calories					*42.7%	12.7%	*71.4%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 01/29/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990143 FRENCH TOAST,	1 TOAST	1	160	240	5	3.00	25.01	3.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

CINNAMON									
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51888	67436	*5559	672.51	9536.57	*476.31	2012.84
% of Calories					*42.9%	11.7%	73.5%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Wednesday - 01/30/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE,	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

PINEAPPLE: 1/2 CUP									
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990384 BROWN SUGAR & CINNAMON OATMEAL	1 CUP	1	337	*36	*8	*8.42	*54.89	*6.75	*11.31
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
Weighted Daily Average			49480	*66840	*5305	*668.00	*8903.38	*357.92	*1993.77
% of Calories					*42.9%	*12.2%	*72.0%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 01/31/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS,	PACKS	25	110	95	7	3.00	21.00	1.00	2.00



# Base Menu Spreadsheet

## Portion Values

STRAWBERRY DINOSAUR GRAHAMS									
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990164 PIZZA, BREAKFAST SAUSAGE	1 SLICE	1	220	459	8	7.99	26.95	2.99	9.98
990385 BANANA SPLIT PARFAIT BOAT	1 boat	1	392	214	51	5.33	82.48	5.62	6.91
Weighted Daily Average			51639	67264	*5551	674.83	9476.99	*472.92	2014.74
% of Calories					*43.0%	11.8%	73.4%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Friday - 02/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE:	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

1/2 CUP									
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990127 CINNI MINI	1 PACK	1	240	300	15	8.00	40.00	2.00	5.00
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990220 SMOOTHIE, CINNAMON APPLE	8 OZ	1	216	82	29	3.42	41.74	0.75	5.61
Weighted Daily Average			49456	67175	*5328	677.96	8874.85	*348.88	1995.04
% of Calories					*43.1%	12.3%	71.8%		16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Monday - 02/04/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01

# Base Menu Spreadsheet

## Portion Values

990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	245	885	2	13.00	23.50	1.00	9.00
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE,	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

IND									
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	6.00	36.00	2.00	5.00
990163 FRUDEL, CHERRY	1 FRUDEL	1	210	260	11	6.00	37.00	2.00	5.00
Weighted Daily Average			49622	68044	*5314	681.88	*8902.72	*348.31	*1997.60
% of Calories					*42.8%	12.4%	*71.8%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 02/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE,	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

PINEAPPLE: 1/2 CUP									
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990402 OVERNIGHT OATS, APPLE PIE	10 OZ	1	299	86	27	2.91	58.34	4.62	10.84
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51867	67237	*5565	672.42	9538.90	*477.92	2015.68
% of Calories					*42.9%	11.7%	73.6%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

### Wednesday - 02/06/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00



# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00

# Base Menu Spreadsheet

## Portion Values

PINEAPPLE: 1/2 CUP									
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990125 EGGS, SCRAMBLED WITH CHEESE	1/4 CUP	1	126	231	*1	8.20	1.58	0.00	10.41
990130 TOAST WITH MARGARINE	1 SLICE	1	92	180	*N/A*	2.32	*14.03	*2.16	*2.16
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	2.50	0.00	0.00	0.00
Weighted Daily Average			49652	67412	*5316	678.94	*8912.22	*354.51	*1999.21
% of Calories					*42.8%	12.3%	*71.8%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 02/07/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990126 PANCAKE WRAP,	1 EACH	1	160	380	7	5.00	18.00	1.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

BLUEBERRY									
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12
Weighted Daily Average			51662	67229	*5528	684.74	9447.94	*470.37	2015.96
% of Calories					*42.8%	11.9%	73.2%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Friday - 02/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00

# Base Menu Spreadsheet

## Portion Values

CANNED									
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990149 WAFFLES, BLUEBERRY, MINI	1 POUCH	1	210	180	12	6.00	37.01	3.00	4.00
990150 WAFFLES, CINNAMON, MINI	1 POUCH	1	200	270	10	5.00	35.00	4.00	5.00
990148 WAFFLES, MAPLE, MINI	1 POUCH	1	168	133	11	4.20	30.11	2.10	2.80
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990222 SMOOTHIE, STRAWBERRY ORANGE	8 OZ	1	188	76	*21	3.45	34.13	1.64	5.93
990214 YOGURT PARFAIT WITH STRAWBERRIES	1 PARFAIT	1	309	139	48	1.75	67.67	4.85	7.69
Weighted Daily Average			50237	67636	*5401	686.95	9028.03	*361.72	2009.85
% of Calories					*43.0%	12.3%	71.9%		16.0%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Monday - 02/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS,	PACKS	25	110	95	7	3.00	21.00	1.00	2.00



# Base Menu Spreadsheet

## Portion Values

STRAWBERRY DINOSAUR GRAHAMS									
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990093 BISCUIT, CHICKEN	1 BISCUIT	1	301	933	3	13.05	31.10	2.01	13.12
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990347 BREAKFAST BAR, APPLE CINNAMON	BAR	1	290	240	22	9.00	48.00	3.00	5.00

# Base Menu Spreadsheet

## Portion Values

990348 BREAKFAST BAR, FRENCH TOAST	BAR	1	290	200	21	9.00	47.00	3.00	5.00
Weighted Daily Average			49839	68013	*5335	687.93	*8932.32	*351.32	*2001.73
% of Calories					*42.8%	12.4%	*71.7%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 02/12/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT	EACH	10	110	1740	8	1.00	24.00	3.00	2.00

# Base Menu Spreadsheet

## Portion Values

LOOPS									
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990405 OVERNIGHT OATS, PEACH PIE	10 OZ	1	290	88	18	2.90	57.38	4.42	10.83
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51858	67239	*5557	672.41	9537.94	*477.72	2015.67
% of Calories					*42.9%	11.7%	73.6%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Wednesday - 02/13/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL,	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

FROSTED FLAKES									
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990334 MUFFIN, CHERRY	1 MUFFIN	1	230	240	16	7.00	39.00	0.00	4.00
990212 SAUSAGE BREAKFAST BITE	3 PIECES	1	210	430	*N/A*	13.00	17.00	*N/A*	6.00
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
Weighted Daily Average			49743	67519	*5329	679.58	8935.49	*351.16	1992.46
% of Calories					*42.9%	12.3%	71.9%		16.0%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 02/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990411 OATMEAL, SPICED APPLE	1/2	1	343	4	*10	5.24	63.53	8.25	12.18
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990416 PANCAKES & SAUSAGE	SERVING	1	245	485	8	16.00	19.50	1.00	8.00
Weighted Daily Average			52090	67338	*5539	700.97	9512.97	*478.62	2028.14
% of Calories					*42.5%	12.1%	73.1%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 02/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00



# Base Menu Spreadsheet

## Portion Values

990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS,	PACKS	25	110	95	7	3.00	21.00	1.00	2.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

STRAWBERRY DINOSAUR GRAHAMS									
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990143 FRENCH TOAST, CINNAMON	1 TOAST	1	160	240	5	3.00	25.01	3.00	8.00
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51888	67436	*5559	672.51	9536.57	*476.31	2012.84
% of Calories					*42.9%	11.7%	73.5%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Wednesday - 02/20/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS,	PACKS	25	110	100	7	3.00	20.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

CHOCOLATE BEAR GRAHAMS									
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990384 BROWN SUGAR & CINNAMON OATMEAL	1 CUP	1	337	*36	*8	*8.42	*54.89	*6.75	*11.31
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02

# Base Menu Spreadsheet

## Portion Values

990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
Weighted Daily Average			49480	*66840	*5305	*668.00	*8903.38	*357.92	*1993.77
% of Calories					*42.9%	*12.2%	*72.0%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

## Thursday - 02/21/2019

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL,	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58

# Base Menu Spreadsheet

## Portion Values

FROSTED MINI WHEATS									
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990164 PIZZA, BREAKFAST SAUSAGE	1 SLICE	1	220	459	8	7.99	26.95	2.99	9.98

# Base Menu Spreadsheet

## Portion Values

990385 BANANA SPLIT PARFAIT BOAT	1 boat	1	392	214	51	5.33	82.48	5.62	6.91
Weighted Daily Average			51639	67264	*5551	674.83	9476.99	*472.92	2014.74
% of Calories					*43.0%	11.8%	73.4%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

## Friday - 02/22/2019

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT	EACH	10	110	1740	8	1.00	24.00	3.00	2.00

# Base Menu Spreadsheet

## Portion Values

LOOPS									
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00



# Base Menu Spreadsheet

## Portion Values

990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990127 CINNI MINI	1 PACK	1	240	300	15	8.00	40.00	2.00	5.00
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990220 SMOOTHIE, CINNAMON APPLE	8 OZ	1	216	82	29	3.42	41.74	0.75	5.61
Weighted Daily Average			49456	67175	*5328	677.96	8874.85	*348.88	1995.04
% of Calories					*43.1%	12.3%	71.8%		16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Monday - 02/25/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00

# Base Menu Spreadsheet

## Portion Values

990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	245	885	2	13.00	23.50	1.00	9.00
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990162 FRUDEL, APPLE	1 FRUDEL	1	210	260	11	6.00	36.00	2.00	5.00
990163 FRUDEL, CHERRY	1 FRUDEL	1	210	260	11	6.00	37.00	2.00	5.00
Weighted Daily Average			49622	68044	*5314	681.88	*8902.72	*348.31	*1997.60
% of Calories					*42.8%	12.4%	*71.8%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Tuesday - 02/26/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS,	PACKS	25	110	100	7	3.00	20.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

CHOCOLATE BEAR GRAHAMS									
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990402 OVERNIGHT OATS, APPLE PIE	10 OZ	1	299	86	27	2.91	58.34	4.62	10.84
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990129 POPTART, CINNAMON	1 PACKAGE	1	180	190	15	2.50	37.00	3.00	2.00
990128 POPTART, CHOCOLATE	1 PACKAGE	1	180	190	16	3.00	38.00	3.00	3.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Mar 1, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990115 POPTART, STRAWBERRY	1 PACKAGE	1	180	180	15	2.50	38.00	3.00	2.00
Weighted Daily Average			51867	67237	*5565	672.42	9538.90	*477.92	2015.68
% of Calories					*42.9%	11.7%	73.6%		15.5%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Wednesday - 02/27/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	25	110	100	7	3.00	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00

# Base Menu Spreadsheet

## Portion Values

CANNED									
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990125 EGGS, SCRAMBLED WITH CHEESE	1/4 CUP	1	126	231	*1	8.20	1.58	0.00	10.41
990130 TOAST WITH MARGARINE	1 SLICE	1	92	180	*N/A*	2.32	*14.03	*2.16	*2.16
990099 GRITS, CHEESE	1/2 CUP	1	162	151	*1	6.34	*21.12	*1.19	*4.18
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	3.02	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	3.02	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	3.00	30.00	3.00	2.00
990042 JELLY, APPLE IND.	PKG	1	35	0	6	0.00	9.00	0.00	0.00
990172 JELLY, GRAPE, IND	1 PACK	1	35	0	5	0.00	9.00	0.00	0.00
990043 JELLY, STRAWBERRY IND.	PKG	1	35	5	6	0.00	9.00	0.00	0.00
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	2.50	0.00	0.00	0.00
Weighted Daily Average			49652	67412	*5316	678.94	*8912.22	*354.51	*1999.21
% of Calories					*42.8%	12.3%	*71.8%		*16.1%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Thursday - 02/28/2019

Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS,	PACKS	25	110	100	7	3.00	20.00	2.00	2.00

# Base Menu Spreadsheet

Dec 3, 2018 thru Mar 1, 2019

## Portion Values

CHOCOLATE BEAR GRAHAMS									
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
000229 FRUIT, FRESH ASST	1/2 cup	50	55	2	*5	0.22	14.46	2.67	0.49
990126 PANCAKE WRAP, BLUEBERRY	1 EACH	1	160	380	7	5.00	18.00	1.00	8.00
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990116 PBJ WAFER	EACH	1	314	213	13	18.22	31.39	5.06	10.12
Weighted Daily Average			51662	67229	*5528	684.74	9447.94	*470.37	2015.96
% of Calories					*42.8%	11.9%	73.2%		15.6%
Weekly Nutrient Guideline			400 - 500	540		<=0			

Friday - 03/01/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	50	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	50	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	10	90	130	12	0.00	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	50	90	130	12	0.00	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	20	110	125	18	0.00	19.00	0.00	8.00
990032 CEREAL, APPLE CINNAMON CHEERIOS	EACH	5	110	110	10	1.50	23.00	2.00	2.00
990037 CEREAL, APPLE JACKS	EACH	5	110	160	8	1.00	24.00	3.00	2.00
990033 CEREAL, CINNAMON TOAST CRUNCH	EACH	5	110	160	6	3.00	22.00	3.00	1.00
990039 CEREAL, COCO PUFFS	EACH	5	104	151	8	1.42	23.62	1.89	1.89
990034 CEREAL, FROSTED FLAKES	EACH	5	100	160	7	0.00	24.00	2.00	2.00
990041 CEREAL, FROSTED MINI WHEATS	EACH	5	98	1	6	0.11	23.63	*N/A*	2.58
990035 CEREAL, FRUIT LOOPS	EACH	10	110	1740	8	1.00	24.00	3.00	2.00
990038 CEREAL, FRUITY CHEERIOS	EACH	10	120	150	10	1.50	26.00	2.00	2.00
990040 CEREAL, HONEY NUT CHEERIOS	EACH	10	108	108	8	1.51	22.26	2.10	2.55
990252 CEREAL, HONEY NUT CHEX	EACH	5	123	195	9	0.51	27.78	1.03	2.06
990036 CEREAL, RAISIN BRAN	EACH	10	110	125	10	0.50	27.00	4.00	3.00
990253 CEREAL, TRIX	EACH	5	111	142	7	1.01	24.30	1.01	1.01
990046 CRACKERS,	PACKS	25	110	100	7	3.00	20.00	2.00	2.00

# Base Menu Spreadsheet

## Portion Values

CHOCOLATE BEAR GRAHAMS									
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	25	110	140	7	3.00	20.00	1.00	2.00
990048 CRACKERS, LEMON DINOSAUR GRAHAMS	PACKS	25	110	100	7	3.50	21.00	2.00	1.00
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	25	110	95	7	3.00	21.00	1.00	2.00
000237 JUICE, APPLE: 1/2 CUP	4 OZ CUP	10	50	10	12	0.00	13.00	0.00	0.00
990175 JUICE, BLUEBERRY 4OZ USDA	4 OZ JUICE	10	64	22	*N/A*	0.00	16.00	0.00	1.00
990100 JUICE, FRUIT PUNCH: 1/2 CUP	4 OZ CUP	10	60	15	14	0.00	15.00	0.00	0.00
000236 JUICE, GRAPE: 1/2 CUP	4 OZ CUP	10	80	20	18	0.00	19.00	0.00	0.00
990101 JUICE, ORANGE PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	14.00	0.00	1.00
000235 JUICE, ORANGE: 1/2 CUP	4 OZ CUP	20	60	0	12	0.00	13.00	0.00	0.00
990102 JUICE, PINEAPPLE: 1/2 CUP	4 OZ CUP	20	60	0	*N/A*	0.00	14.00	0.00	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	75	1	18	0.10	19.62	1.00	0.52
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	18.49	1.32	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
990196 ORANGES, MANDARIN CN	1/2 CUP	1	36	5	8	0.04	8.89	1.13	0.71
990199 STRAWBERRIES, FROZEN, 1/2 CUP	1/2 CUP	1	90	0	17	0.00	22.99	3.00	0.00
001644 APPLESAUCE, 1/2 cup, USDA	1/2 cup	1	53	2	*N/A*	0.00	14.64	1.05	0.00
990149 WAFFLES, BLUEBERRY, MINI	1 POUCH	1	210	180	12	6.00	37.01	3.00	4.00
990150 WAFFLES, CINNAMON, MINI	1 POUCH	1	200	270	10	5.00	35.00	4.00	5.00
990148 WAFFLES, MAPLE, MINI	1 POUCH	1	168	133	11	4.20	30.11	2.10	2.80

# Base Menu Spreadsheet

## Portion Values

000509 SYRUP, IND PK	1.5 oz	1	160	45	16	0.00	31.00	0.00	0.00
990098 UNCRUSTABLE PBJ	1 EACH	1	310	310	13	16.00	35.00	4.00	10.00
990222 SMOOTHIE, STRAWBERRY ORANGE	8 OZ	1	188	76	*21	3.45	34.13	1.64	5.93
990214 YOGURT PARFAIT WITH STRAWBERRIES	1 PARFAIT	1	309	139	48	1.75	67.67	4.85	7.69
Weighted Daily Average			50237	67636	*5401	686.95	9028.03	*361.72	2009.85
% of Calories					*43.0%	12.3%	71.9%		16.0%
Weekly Nutrient Guideline			400 - 500	540		<=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.**