



November Breakfast Menu

CEDAR TREE ACADEMY | ECE

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!
= vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk
provided at every meal.

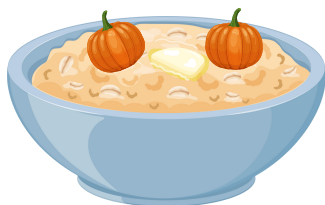
Menu subject to change based on availability



This institution is an equal opportunity provider



FRESH FEATURE

We're celebrating the cooler weather with our new menu item- pumpkin spice oatmeal!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <ul style="list-style-type: none"> nonfat yogurt cinnamon applesauce 	7 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty chilled pears 	8 <ul style="list-style-type: none"> pineapple carrot bread orange wedges 	9 <ul style="list-style-type: none"> cinnamon rice chex cereal fresh banana 	10 <p>no school</p>
13 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly cinnamon applesauce 	14 <ul style="list-style-type: none"> brown sugar oatmeal chilled pears 	15 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly orange wedges 	16 <ul style="list-style-type: none"> apple pie parfait whole grain granola fresh banana 	17 <ul style="list-style-type: none"> emoji waffles all-natural syrup fresh cantaloupe
20 <p>no school</p>	21 <p>no school</p>	HAPPY <p>no school</p> THANKSGIVING		24 <p>no school</p> 
27 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly cinnamon applesauce 	28 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly chilled pears 	29 <ul style="list-style-type: none"> frosted flakes cereal orange wedges 	30 <ul style="list-style-type: none"> bacon, egg & cheese breakfast burrito egg & cheese breakfast burrito fresh banana 	12/1 <ul style="list-style-type: none"> pumpkin spice oatmeal fresh cantaloupe 
12/4 <ul style="list-style-type: none"> nonfat yogurt cinnamon applesauce 	12/5 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty chilled pears 	12/6 <ul style="list-style-type: none"> pineapple carrot bread orange wedges 	12/7 <ul style="list-style-type: none"> cinnamon rice chex cereal fresh banana 	12/8 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh cantaloupe

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Menu Name: Private/Charter Breakfast ECE

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 11/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	95	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			243	1.15	176	38	0	1.77	*0.00	10	46.13	2.00	11.12	424	640.1	60.74	0.08
% of Calories				4.26%		62.6%	0%	6.6%	*0.0%		75.9%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000455 Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
001128 Turkey Sausage Patty	1 each	98	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			429	7.13	545	*14	*0	13.94	*0.00	39	60.10	7.47	19.16	442	544.4	3.97	2.61
% of Calories				14.96 %		*13.1%	*0%	29.2%	*0.0%		56.0%		17.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/08/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990036 Pineapple Carrot Bread	2 oz	100	164	0.68	111	17	*N/A*	4.26	*0.00	14	29.59	1.69	2.60	*499	*33.2	*2.00	*0.95
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			30412	184.66	22522	3787	0	613.18	*0.14	2373	5241.93	387.29	1173.26	*11275 ₉	*43428 ₁	*5119.16	*112.22
% of Calories				5.46%		49.8%	0%	18.1%	*0.0%		68.9%		15.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/09/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000920 Cinnamon Rice Chex Cereal	1 each	100	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			323	1.28	285	33	0	4.66	*0.00	10	61.08	4.07	10.56	899	450.5	15.81	7.59
% of Calories				3.57%		40.9%	0%	13.0%	*0.0%		75.6%		13.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/10/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990801	Bakecrafters Buttermilk Pancakes	1 package	100	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30
000625	All Natural Syrup	1 each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990424	Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				329	1.69	341	39	0	5.41	*0.00	20	58.49	2.70	12.93	3061	421.6	29.37	1.54
% of Calories					4.62%		47.4%	0%	14.8%	*0.0%		71.1%		15.7%				
Weekly Nutrient Guideline				0 - 0	<0				<=0									

Monday - 11/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990194	Whole Wheat Bagel	1 half bagel	95	85	0.00	95	2	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427	Light Cream Cheese	1 each	95	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886	Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
001084	Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			328	3.85	300	35	0	6.49	*0.00	24	55.06	3.42	13.71	572	404.5	60.74	0.13
% of Calories				10.56 %		42.7%	0%	17.8%	*0.0%		67.1%		16.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000464 Brown Sugar Oatmeal	.5 C	1	164	0.74	86	18	*N/A*	2.05	*0.00	4	29.54	1.98	5.97	38	123.5	0.00	0.96
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			200	1.16	123	*13	*0	1.99	*0.00	10	38.31	5.47	9.16	442	386.0	3.97	0.67
% of Calories				5.22%		*26.0%	*0%	9.0%	*0.0%		76.6%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Wednesday - 11/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000733 Scrambled Eggs	3 oz scoop	100	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000076 Whole Wheat Toast	1 each	100	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			353	3.30	393	*29	*0	9.28	*0.00	252	47.40	4.20	20.67	*629	498.2	*49.20	2.32
% of Calories				8.41%		*32.9%	*0%	23.7%	*0.0%		53.7%		23.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990759 Apple Pie Parfait	1 each	100	188	0.67	82	34	*N/A*	1.45	*0.00	5	42.41	1.47	3.64	162	134.9	0.11	0.27
990426 Whole Grain Granola	3oz scoop	100	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000175	Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				541	1.96	261	71	0	5.48	*0.00	15	113.73	7.53	16.20	661	512.9	11.12	1.78
% of Calories					3.26%		52.5%	0%	9.1%	*0.0%		84.1%		12.0%				
Weekly Nutrient Guideline				0 - 0	<0				<=0									

Friday - 11/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990813	Emoji Waffles	2 each	100	180	1.50	300	5	*N/A*	6.00	0.00	5	29.00	2.00	4.00	1000	260.0	0.00	3.60
000625	All Natural Syrup	1 each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990424	Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			339	2.69	431	32	0	7.91	*0.00	15	55.49	2.70	12.93	4061	631.6	29.37	3.84
% of Calories				7.14%		37.8%	0%	21.0%	*0.0%		65.5%		15.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	100	101	0.00	0	6	*N/A*	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			259	1.15	124	31	0	1.77	*0.00	10	51.42	5.04	11.31	424	364.6	60.74	8.28
% of Calories				4.00%		47.9%	0%	6.2%	*0.0%		79.4%		17.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/21/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000076 Whole Wheat Toast	1 each	100	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000894 Turkey Bacon & Egg Bake	1 square	98	101	1.78	209	0	*N/A*	6.67	*0.00	206	0.02	0.01	8.89	*0	30.9	*0.00	1.19
000733 Scrambled Eggs	3 oz scoop	2	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000603 Grape Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			414	2.93	469	*20	*0	9.63	*0.00	216	63.04	7.46	20.98	*442	475.8	*3.97	2.58
% of Calories				6.37%		*19.3%	*0%	20.9%	*0.0%		60.9%		20.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990861 DRAFT IN TESTING Apple Cinnamon Bread	2 oz	100	154	0.69	99	14	*N/A*	4.29	*0.00	14	26.82	1.62	2.55	*8	*29.3	*0.19	*0.94
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			294	1.86	213	35	0	6.16	*0.00	24	49.64	3.81	11.68	*636	*430.3	*49.38	*1.11
% of Calories				5.69%		47.6%	0%	18.9%	*0.0%		67.5%		15.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel	1 half bagel	100	85	0.00	95	2	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	100	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000603 Grape Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			382	4.12	300	38	0	7.13	*0.00	25	68.48	4.57	15.28	656	412.5	11.01	0.44
% of Calories				9.71%		39.8%	0%	16.8%	*0.0%		71.7%		16.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990801 Bakecrafters Buttermilk Pancakes	1 package	100	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30
000625 All Natural Syrup	1 each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			329	1.69	341	39	0	5.41	*0.00	20	58.49	2.70	12.93	3061	421.6	29.37	1.54
% of Calories				4.62%		47.4%	0%	14.8%	*0.0%		71.1%		15.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/27/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990194 Whole Wheat Bagel	1 half bagel	100	85	0.00	95	2	*N/A*	0.25	0.00	0	18.50	1.50	3.50	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	100	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			337	3.99	309	35	0	6.74	*0.00	25	56.53	3.50	14.00	580	406.6	60.74	0.13
% of Calories				10.66 %		41.5%	0%	18.0%	*0.0%		67.1%		16.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000733 Scrambled Eggs	3 oz scoop	100	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000076 Whole Wheat Toast	1 each	100	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000603 Grape Jelly	1 each	100	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			413	3.29	401	*20	*0	9.37	*0.00	252	63.05	7.46	20.64	*442	482.0	*3.97	2.81
% of Calories				7.17%		*19.4%	*0%	20.4%	*0.0%		61.1%		20.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990412 Multi-Grain Frosted Flakes Cereal	1 each	95	100	0.00	170	7	*N/A*	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			235	1.17	275	28	0	1.88	*0.00	10	45.63	4.09	11.03	*628	401.0	*49.20	1.88
% of Calories				4.48%		47.7%	0%	7.2%	*0.0%		77.7%		18.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990791 Bacon, Egg & Cheese Breakfast Burrito	1 burrito	95	317	7.51	540	2	*N/A*	16.72	*0.00	261	22.51	2.01	16.90	*144	188.2	*0.00	2.43
990668 Egg & Cheese Breakfast Burrito	1 burrito	5	292	7.01	430	2	*N/A*	14.72	*0.00	256	22.51	2.01	14.90	*144	188.2	*0.00	2.43
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			519	8.77	650	29	0	18.78	*0.00	271	61.58	5.08	26.36	*643	558.7	*11.01	2.81
% of Calories				15.21 %		22.4%	0%	32.6%	*0.0%		47.5%		20.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/01/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990859 Pumpkin Spice Oatmeal	4oz scoop	100	134	0.34	179	*12	*N/A*	1.67	*0.00	0	28.47	3.49	3.06	7795	27.3	2.18	1.73
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			258	1.54	305	*31	*0	3.59	*0.00	10	46.96	4.19	11.99	10857	398.9	31.55	1.98
% of Calories				5.37%		*48.1%	*0%	12.5%	*0.0%		72.8%		18.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	95	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			243	1.15	176	38	0	1.77	*0.00	10	46.13	2.00	11.12	424	640.1	60.74	0.08
% of Calories				4.26%		62.6%	0%	6.6%	*0.0%		75.9%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000455 Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
001128 Turkey Sausage Patty	1 each	98	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			429	7.13	545	*14	*0	13.94	*0.00	39	60.10	7.47	19.16	442	544.4	3.97	2.61
% of Calories				14.96 %		*13.1%	*0%	29.2%	*0.0%		56.0%		17.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Wednesday - 12/06/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990036 Pineapple Carrot Bread	2 oz	100	164	0.68	111	17	*N/A*	4.26	*0.00	14	29.59	1.69	2.60	*499	*33.2	*2.00	*0.95
000135 Orange Wedges	.5 C / 3 wedges	99	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			30412	184.66	22522	3787	0	613.18	*0.14	2373	5241.93	387.29	1173.26	*11275.9	*43428.1	*5119.16	*112.22
% of Calories				5.46%		49.8%	0%	18.1%	*0.0%		68.9%		15.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000920 Cinnamon Rice Chex Cereal	1 each	100	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			323	1.28	285	33	0	4.66	*0.00	10	61.08	4.07	10.56	899	450.5	15.81	7.59
% of Calories				3.57%		40.9%	0%	13.0%	*0.0%		75.6%		13.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990801 Bakecrafters Buttermilk Pancakes	1 package	100	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30
000625 All Natural Syrup	1 each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			329	1.69	341	39	0	5.41	*0.00	20	58.49	2.70	12.93	3061	421.6	29.37	1.54
% of Calories				4.62%		47.4%	0%	14.8%	*0.0%		71.1%		15.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	2747	17	2105	*332	*0	55.18	*0.01	243	472.41	35.13	107.32	*10396	*3910.2	*436.94	*11.22
% of Calories		5.70%		*48.3%	*0%	18.1%	*0.0%		68.8%		15.6%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



November Breakfast Menu

CEDAR TREE ACADEMY | K-2

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

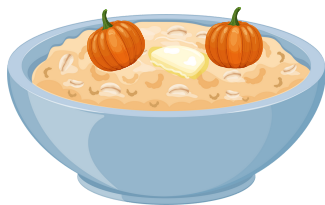
Menu subject to change based on availability

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FRESH FEATURE

We're celebrating the cooler weather with our new menu item- pumpkin spice oatmeal!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh apple 	7 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh pear 	8 <ul style="list-style-type: none"> pineapple carrot bread orange wedges 	9 <ul style="list-style-type: none"> cinnamon rice chex cereal graham crackers fresh banana 100% orange juice 	10 no school
13 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple 	14 <ul style="list-style-type: none"> brown sugar oatmeal cheese stick honey fresh pear 	15 <ul style="list-style-type: none"> scrambled eggs turkey bacon veggie breakfast sausage patty whole grain toast jelly & buter orange wedges 	16 <ul style="list-style-type: none"> apple pie parfait whole grain granola fresh banana 	17 <ul style="list-style-type: none"> emoji waffles turkey sausage patty veggie breakfast sausage patty butter all-natural syrup cantaloupe
20 no school	21 no school	HAPPY no school THANKSGIVING		24 no school
27 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple 	28 <ul style="list-style-type: none"> scrambled eggs turkey sausage link veggie breakfast sausage patty whole grain toast jelly & butter fresh pear 	29 <ul style="list-style-type: none"> frosted flakes graham crackers orange wedges 	30 <ul style="list-style-type: none"> bacon, egg & cheese breakfast burrito egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	12/1 <ul style="list-style-type: none"> pumpkin spice oatmeal graham crackers honey cantaloupe
12/4 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh apple 	12/5 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh pear 	12/6 <ul style="list-style-type: none"> pineapple carrot bread orange wedges 	12/7 <ul style="list-style-type: none"> cinnamon rice chex cereal graham crackers fresh banana 100% orange juice 	12/8 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs butter all-natural syrup fresh cantaloupe

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Menu Name: Private/Charter Breakfast K-12

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 11/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990426 Whole Grain Granola	3oz scoop	95	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12
990703 Nonfat Yogurt	4 oz/1 each	95	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			442	1.21	229	59	0	3.93	*0.00	10	92.56	8.20	14.55	544	660.6	11.00	1.42
% of Calories				2.46%		53.4%	0%	8.0%	*0.0%		83.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 11/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000455 Whole Grain Biscuit	1 each	95	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001128 Turkey Sausage Patty	1 each	93	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000927 Honey PC	1 each	95	43	0.00	1	11	*N/A*	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			488	6.88	519	48	0	13.46	*0.00	38	79.09	9.08	18.70	481	537.7	10.70	2.40
% of Calories				12.69 %		39.3%	0%	24.8%	*0.0%		64.8%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 11/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000671 Pineapple Carrot Bread	4 oz	95	328	1.37	222	34	*N/A*	8.53	*0.00	27	59.13	3.38	5.24	*958	*66.5	*3.99	*1.93
990470 Fresh Orange	1 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			496	2.48	325	62	0	10.09	*0.00	36	89.92	7.62	14.98	*1748	*501.4	*102.42	*2.10
% of Calories				4.50%		50.0%	0%	18.3%	*0.0%		72.5%		12.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 11/09/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000920 Cinnamon Rice Chex Cereal	1 each	95	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
000233 Graham Crackers	1 each	95	90	0.00	95	5	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			462	1.28	367	*37	*0	6.91	*0.00	10	90.13	4.97	13.41	1354	551.5	57.57	7.91
% of Calories				2.49%		*32.0%	*0%	13.5%	*0.0%		78.0%		11.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 11/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990801 Bakecrafters Buttermilk Pancakes	1 package	95	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000625 All Natural Syrup	1 each	95	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
000488 Butter PC	1 each	95	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			474	6.17	506	44	0	15.32	*0.16	259	62.88	3.31	21.53	*5818	462.6	*57.99	3.00
% of Calories				11.72 %		37.1%	0%	29.1%	*0.3%		53.1%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 11/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			464	3.91	382	48	0	7.11	*0.00	24	88.43	8.20	17.62	693	417.9	11.00	0.39
% of Calories				7.58%		41.4%	0%	13.8%	*0.0%		76.2%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Tuesday - 11/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000464 Brown Sugar Oatmeal	.5 C	95	164	0.74	86	18	*N/A*	2.05	*0.00	4	29.54	1.98	5.97	38	123.5	0.00	0.96
000415 Mozzarella Cheese Stick	1 each	95	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
000927 Honey PC	1 each	95	43	0.00	1	11	*N/A*	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			472	4.78	381	*58	*0	8.78	*0.00	28	78.25	7.43	21.36	697	691.1	8.46	1.37
% of Calories				9.11%		*49.2%	*0%	16.7%	*0.0%		66.3%		18.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 11/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000076 Whole Wheat Toast	1 each	95	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
990394 Turkey Bacon	2 each	93	40	0.00	190	0	*N/A*	3.00	0.00	10	0.00	0.00	4.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000603 Grape Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000488 Butter PC	1 each	95	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
990470 Fresh Orange	1 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			461	5.65	591	*37	*0	15.71	*0.16	259	57.60	6.35	24.90	*956	531.7	*98.63	2.34
% of Calories				11.03 %		*32.1%	*0%	30.7%	*0.3%		50.0%		21.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990759 Apple Pie Parfait	1 each	95	188	0.67	82	34	*N/A*	1.45	*0.00	5	42.41	1.47	3.64	162	134.9	0.11	0.27
990426 Whole Grain Granola	3oz scoop	95	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			524	1.92	254	69	0	5.31	*0.00	14	110.00	7.31	15.87	653	505.8	11.11	1.71
% of Calories				3.30%		52.7%	0%	9.1%	*0.0%		84.0%		12.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 11/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990813 Emoji Waffles	2 each	95	180	1.50	300	5	*N/A*	6.00	0.00	5	29.00	2.00	4.00	1000	260.0	0.00	3.60
001128 Turkey Sausage Patty	1 each	95	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72
000801 Veggie Breakfast Sausage Patty	1 each	95	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000625 All Natural Syrup	1 each	95	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
000488 Butter PC	1 each	95	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			512	6.05	782	38	0	17.79	*0.16	53	63.81	4.25	27.67	6768	645.8	57.99	6.22
% of Calories				10.63 %		29.7%	0%	31.3%	*0.3%		49.9%		21.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 11/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	95	101	0.00	0	6	*N/A*	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
000415 Mozzarella Cheese Stick	1 each	95	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			387	4.10	299	*41	*0	6.95	*0.00	24	66.01	8.24	18.47	736	570.4	11.00	8.14
% of Calories				9.53%		*42.4%	*0%	16.2%	*0.0%		68.2%		19.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Tuesday - 11/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000894 Turkey Bacon & Egg Bake	1 square	93	101	1.78	209	0	*N/A*	6.67	*0.00	206	0.02	0.01	8.89	*0	30.9	*0.00	1.19
000733 Scrambled Eggs	3 oz scoop	2	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000448 Whole Wheat English Muffin	1 whole	95	120	0.00	220	*N/A*	*N/A*	1.00	0.00	0	23.00	3.00	5.00	0	80.0	0.00	1.80
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000488 Butter PC	1 each	95	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			506	5.34	553	*42	*0	13.22	*0.16	216	77.57	9.99	22.33	*600	491.9	*10.63	3.34
% of Calories				9.50%		*33.2%	*0%	23.5%	*0.3%		61.3%		17.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 11/22/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990855 Apple Cinnamon Bread	4 oz	95	307	1.38	197	28	*N/A*	8.58	*0.00	27	53.64	3.24	5.10	*15	*58.6	*0.37	*1.88
990470 Fresh Orange	1 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			476	2.49	301	56	0	10.14	*0.00	36	84.70	7.50	14.85	*852	*493.9	*98.98	*2.05
% of Calories				4.71%		47.1%	0%	19.2%	*0.0%		71.2%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 11/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			513	3.98	381	*39	*0	7.12	*0.00	24	98.59	5.92	19.32	648	420.4	53.01	0.43
% of Calories				6.98%		*30.4%	*0%	12.5%	*0.0%		76.9%		15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 11/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990801 Bakecrafters Buttermilk Pancakes	1 package	95	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000625 All Natural Syrup	1 each	95	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
000488 Butter PC	1 each	95	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			474	6.17	506	44	0	15.32	*0.16	259	62.88	3.31	21.53	*5818	462.6	*57.99	3.00
% of Calories				11.72 %		37.1%	0%	29.1%	*0.3%		53.1%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 11/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel	1 Whole	95	170	0.00	190	4	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	0.00
000603 Grape Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990427 Light Cream Cheese	1 each	95	59	2.84	90	1	*N/A*	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			464	3.91	382	48	0	7.11	*0.00	24	88.43	8.20	17.62	693	417.9	11.00	0.39
% of Calories				7.58%		41.4%	0%	13.8%	*0.0%		76.2%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Tuesday - 11/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000076 Whole Wheat Toast	1 each	95	80	0.00	140	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	0.72
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
001138 Turkey Sausage Link	2 each	93	130	3.00	450	0	*N/A*	10.00	0.00	45	1.00	*N/A*	10.00	*N/A*	*N/A*	*N/A*	*N/A*
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000886 Strawberry Jelly	1 each	95	35	0.00	0	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
000488 Butter PC	1 each	95	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			589	8.46	836	*43	*0	22.32	*0.16	292	71.94	*9.06	29.58	*600	*478.8	*10.63	*2.57
% of Calories				12.93 %		*29.2%	*0%	34.1%	*0.2%		48.9%		20.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 11/29/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990412 Multi-Grain Frosted Flakes Cereal	1 each	95	100	0.00	170	7	*N/A*	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
000233 Graham Crackers	1 each	95	90	0.00	95	5	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
990470 Fresh Orange	1 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			365	1.18	366	41	0	4.36	*0.00	10	72.70	7.27	13.80	*1313	533.2	*98.63	2.66
% of Calories				2.91%		44.9%	0%	10.8%	*0.0%		79.7%		15.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 11/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990791 Bacon, Egg & Cheese Breakfast Burrito	1 burrito	93	317	7.51	540	2	*N/A*	16.72	*0.00	261	22.51	2.01	16.90	*144	188.2	*0.00	2.43
990668 Egg & Cheese Breakfast Burrito	1 burrito	2	292	7.01	430	2	*N/A*	14.72	*0.00	256	22.51	2.01	14.90	*144	188.2	*0.00	2.43
000604 Hot Sauce	1 each	95	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			564	8.41	656	*29	*0	18.01	*0.00	258	74.48	4.98	26.58	*638	559.4	*53.86	2.70
% of Calories				13.42 %		*20.6%	*0%	28.7%	*0.0%		52.8%		18.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 12/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990859 Pumpkin Spice Oatmeal	4oz scoop	95	134	0.34	179	*12	*N/A*	1.67	*0.00	0	28.47	3.49	3.06	7795	27.3	2.18	1.73
000927 Honey PC	1 each	95	43	0.00	1	11	*N/A*	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06
000233 Graham Crackers	1 each	95	90	0.00	95	5	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			404	1.56	400	*52	*0	6.03	*0.00	10	79.01	5.69	14.43	13580	500.4	60.13	2.80
% of Calories				3.48%		*51.5%	*0%	13.4%	*0.0%		78.2%		14.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 12/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990426 Whole Grain Granola	3oz scoop	95	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12
990703 Nonfat Yogurt	4 oz/1 each	95	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			442	1.21	229	59	0	3.93	*0.00	10	92.56	8.20	14.55	544	660.6	11.00	1.42
% of Calories				2.46%		53.4%	0%	8.0%	*0.0%		83.8%		13.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000455 Whole Grain Biscuit	1 each	95	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
001128 Turkey Sausage Patty	1 each	93	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000927 Honey PC	1 each	95	43	0.00	1	11	*N/A*	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06
000884 Fresh Pear	1 each	100	131	0.05	2	22	*N/A*	0.32	0.00	0	35.03	7.13	0.83	58	20.7	9.89	0.41
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			488	6.88	519	48	0	13.46	*0.00	38	79.09	9.08	18.70	481	537.7	10.70	2.40
% of Calories				12.69 %		39.3%	0%	24.8%	*0.0%		64.8%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 12/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000671 Pineapple Carrot Bread	4 oz	95	328	1.37	222	34	*N/A*	8.53	*0.00	27	59.13	3.38	5.24	*958	*66.5	*3.99	*1.93
990470 Fresh Orange	1 each	100	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			496	2.48	325	62	0	10.09	*0.00	36	89.92	7.62	14.98	*1748	*501.4	*102.42	*2.10
% of Calories				4.50%		50.0%	0%	18.3%	*0.0%		72.5%		12.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 12/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000920 Cinnamon Rice Chex Cereal	1 each	95	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
000233 Graham Crackers	1 each	95	90	0.00	95	5	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000171 100% Orange Juice	4 oz	100	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	10.0	42.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			462	1.28	367	*37	*0	6.91	*0.00	10	90.13	4.97	13.41	1354	551.5	57.57	7.91
% of Calories				2.49%		*32.0%	*0%	13.5%	*0.0%		78.0%		11.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 12/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990801 Bakecrafters Buttermilk Pancakes	1 package	95	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30
000733 Scrambled Eggs	3 oz scoop	95	100	2.13	139	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000625 All Natural Syrup	1 each	95	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
000488 Butter PC	1 each	95	36	2.57	32	0	*N/A*	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
990421 Cantaloupe	1 C	100	53	0.08	25	12	*N/A*	0.30	0.00	0	12.73	1.40	1.31	5276	14.0	57.25	0.33
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			474	6.17	506	44	0	15.32	*0.16	259	62.88	3.31	21.53	*5818	462.6	*57.99	3.00
% of Calories				11.72 %		37.1%	0%	29.1%	*0.3%		53.1%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	476	4	438	*47	*0	10.59	*0.04	89	80.14	*6.80	18.89	*2205	*526.0	*45.30	*2.95
% of Calories		7.87%		*39.5%	*0%	20.0%	*0.1%		67.3%		15.9%				

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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This institution is an equal opportunity provider.



November Lunch Menu

CEDAR TREE ACADEMY | ECE

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

INTERNATIONAL FOOD DAY

Celebrate the culture and cuisine of the Philippines and Haiti on Tuesday the 14th and Wednesday the 15th!

Chicken Adobo

A traditional Filipino dish seasoned with garlic, soy sauce, and vinegar

Haitian Style Chicken

A traditional Haitian dish made with chicken, bell peppers, and cloves



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <ul style="list-style-type: none"> baked fish sticks whole grain roll sunbutter & jelly sandwich sauteed green beans chilled pear 	7 <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti cucumber coins ranch dressing orange wedges 	8 <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla tomato salsa sour cream fresh banana 	9 <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes cantaloupe 	10 no school
13 <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn chilled pears 	14 <ul style="list-style-type: none"> diced chicken adobo tender veggie chik'n nuggets whole grain roll steamed green beans fresh orange wedges 	15 <ul style="list-style-type: none"> diced haitian chicken jamaican jerk tofu yellow rice red beans fresh banana 	16 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun baked sweet potato fries ketchup & mustard cantaloupe 	17 <ul style="list-style-type: none"> cheese pizza steamed carrots fresh apple slices
20 no school	21 no school	HAPPY THANKSGIVING no school		24 no school
27 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese glazed carrots chilled pears 	28 <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans orange wedges 	29 <ul style="list-style-type: none"> diced herb roasted chicken drum veggie chik'n nuggets mac & cheese braised collard greens fresh banana 	30 <ul style="list-style-type: none"> cheese pizza roasted cauliflower cantaloupe 	12/1 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice asian broccoli cinnamon applesauce cup
12/4 <ul style="list-style-type: none"> baked fish sticks whole grain roll sunbutter & jelly sandwich sauteed green beans chilled pear 	12/5 <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti whole grain roll cucumber coins ranch dressing orange wedges 	12/6 <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla tomato salsa sour cream fresh banana 	12/7 <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes cantaloupe 	12/8 <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes cinnamon applesauce cup

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Menu Name: Private/Charter Lunch ECE

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 11/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990631 Baked Fish Sticks	2 each	95	150	0.47	511	1	*N/A*	2.93	*0.00	61	11.21	0.82	18.84	137	69.4	0.07	0.77
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000004 Whole Wheat Roll	1 each	91	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			468	1.91	834	*16	*0	8.64	*0.00	68	69.09	9.45	31.29	627	530.3	9.10	2.93
% of Calories				3.67%		*13.7%	*0%	16.6%	*0.0%		59.1%		26.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/07/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	95	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.15	0.94	14.46	*88	*39.2	*3.99	*1.42
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	100	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			448	3.68	804	*27	*0	12.89	*0.00	57	58.63	6.08	28.58	*840	*503.3	*55.67	*2.79
% of Calories				7.39%		*24.1%	*0%	25.9%	*0.0%		52.3%		25.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000479 Chicken & Cheese Quesadilla on 8" Tortilla	1 each	95	303	8.17	452	2	*N/A*	14.22	*0.00	54	23.84	2.23	19.54	*440	*259.9	*1.34	*1.52
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	*N/A*	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
001099	Tomato Salsa	2oz scoop	96	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990351	Low Fat Sour Cream	1 oz	96	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000175	Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				562	11.60	644	*31	*0	19.87	*0.00	74	68.33	6.30	30.67	*1595	*688.1	*24.91	*2.15
% of Calories					18.58 %		*22.1%	*0%	31.8%	*0.0%		48.6%		21.8%				
Weekly Nutrient Guideline				0 - 0	<0				<=0									

Thursday - 11/09/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000793	Beef Shepherd's Pie	3 oz	95	184	3.37	478	*1	*N/A*	10.45	*0.48	49	5.56	0.71	15.75	*1160	*24.2	*3.32	*2.16
000797	Lentil Shepherd's Pie	.625 C	5	161	0.47	510	2	*N/A*	3.24	*0.00	0	25.43	3.85	8.13	*1372	*23.4	*4.11	*2.48
000455	Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
001089	Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
990424	Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			528	10.08	1037	*22	*0	22.15	*0.45	58	53.92	4.91	29.84	*4256	*558.3	*38.78	*5.35
% of Calories				17.18 %		*16.7%	*0%	37.8%	*0.8%		40.8%		22.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000519 Chicken Yassa	2 oz	95	130	0.35	35	6	*N/A*	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000605 Jollof Rice	.5 C	96	159	0.35	111	*2	*N/A*	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13
001152 Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	*N/A*	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			502	2.06	360	*35	*0	9.06	*0.00	55	74.39	6.99	31.76	*9769	*413.4	*85.35	*2.54
% of Calories				3.69%		*27.9%	*0%	16.2%	*0.0%		59.3%		25.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990402 Turkey & Bean Chili	6 oz	95	164	1.51	177	*2	*N/A*	5.56	*0.00	54	16.44	4.38	13.16	*536	*70.2	*8.20	*2.81
000725 Veg Out Chili	6 oz	5	165	0.32	373	*3	*N/A*	1.88	*0.00	0	29.29	8.84	8.84	*474	*63.2	*12.95	*2.50
001087 WG Corn Tortilla Chips	10 each	100	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			563	3.79	493	*16	*0	14.83	*0.00	61	87.54	13.32	26.07	*1135	*473.3	*17.69	*3.80
% of Calories				6.06%		*11.4%	*0%	23.7%	*0.0%		62.2%		18.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990867 Filipino Chicken Adobo Tender, diced	3 oz scoop	95	93	0.02	729	*0	*N/A*	0.05	*0.00	48	2.76	0.32	19.55	7	7.9	2.53	0.93
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000004 Whole Wheat Roll	1 each	100	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			346	1.41	1046	*23	*0	4.59	*0.00	56	45.78	5.80	32.18	691	488.4	57.14	2.60
% of Calories				3.67%		*26.6%	*0%	11.9%	*0.0%		52.9%		37.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990865 Haitian Style Chicken Tender, Diced	3 oz scoop	95	109	0.20	102	1	*N/A*	2.55	*0.01	48	2.30	0.34	19.08	*26	*3.9	*8.82	*0.58
990642 Jamaican Jerk Tofu	.5 C	5	158	1.69	187	*3	*N/A*	9.82	*0.00	0	8.08	1.75	11.83	*16	*268.8	*1.08	*2.65
000630 Yellow Rice	.5 C	100	123	0.17	97	*0	*N/A*	2.16	*0.00	0	22.94	1.43	3.21	*4	*5.9	*0.08	*0.78
990206 Red Beans	.25 C	100	78	0.20	27	0	*N/A*	1.35	*0.00	0	12.53	3.00	4.38	*52	*17.9	*1.18	*1.36
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			514	1.93	345	*28	*0	8.59	*0.01	56	77.13	7.91	35.87	*580	*411.4	*20.70	*3.22
% of Calories				3.38%		*21.8%	*0%	15.0%	*0.0%		60.0%		27.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	95	265	2.63	279	3	*N/A*	8.70	0.21	50	29.53	4.15	20.91	107	29.2	0.06	3.05
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
001103 Sweet Potato Fries	2oz scoop	100	54	0.17	74	2	*N/A*	1.16	*0.00	0	10.19	1.54	0.82	*7113	*15.4	*1.21	*0.33
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			462	3.90	657	*24	*0	11.60	*0.20	57	60.99	6.69	30.42	*10276	*418.5	*30.63	*3.64
% of Calories				7.60%		*20.8%	*0%	22.6%	*0.4%		52.8%		26.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990852 Cheese Pizza- MP Shell	1 each	100	380	7.19	668	5	1	16.34	*0.00	30	42.18	*3.94	22.66	*88	*29.2	*3.99	*2.40
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			574	8.53	881	32	1	19.49	*0.00	40	75.11	*7.73	31.52	*10287	*419.3	*68.18	*2.66
% of Calories				13.37%		22.3%	0.7%	30.6%	*0.0%		52.3%		22.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001097 Steamed Corn	.25 C	100	46	0.21	48	1	*N/A*	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			568	7.77	1008	*17	*0	19.60	*0.00	42	78.05	10.46	21.16	*521	*426.6	*7.68	*2.97
% of Calories				12.31 %		*12.0%	*0%	31.1%	*0.0%		55.0%		14.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000061 Roasted Turkey	2 slices	91	88	0.10	562	0	*N/A*	1.60	*0.00	35	1.67	0.26	18.18	23	10.0	0.23	0.86

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000705	Brown Gravy	1 oz	91	30	1.42	183	*0	*N/A*	2.34	*0.00	6	1.88	0.08	0.39	69	3.2	0.29	0.11
990376	Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000679	Vegetarian Brown Gravy	1 oz	5	35	1.16	145	*1	*N/A*	1.90	*0.00	5	4.11	0.41	0.48	*1053	*7.0	*0.94	*0.24
000850	WG Cornbread Muffin - Small	1 each	100	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
001089	Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
000135	Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				462	3.83	1013	*31	*0	13.19	*0.00	65	57.38	5.13	31.36	*791	*458.8	*56.25	*3.63
% of Calories					7.46%		*26.8%	*0%	25.7%	*0.0%		49.7%		27.2%				
Weekly Nutrient Guideline				0 - 0	<0				<=0									

Wednesday - 11/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000609	Pulled BBQ Chicken on WW Bun	1 each	95	281	0.17	525	13	*N/A*	4.24	*0.01	48	39.54	4.02	24.70	*0	21.8	*2.49	2.06
000728	BBQ Tofu on a Whole Wheat Bun	1 each	5	345	1.02	783	25	*N/A*	7.53	*0.00	0	56.98	5.72	17.81	*342	283.9	*0.46	4.03

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001090 Coleslaw	.25 C	100	45	0.48	93	3	*N/A*	2.42	*0.00	1	5.41	1.38	0.76	1526	25.6	17.05	0.27
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			531	1.98	746	43	0	8.98	*0.01	57	84.90	8.55	34.67	*2043	431.1	*30.45	2.82
% of Calories				3.36%		32.4%	0%	15.2%	*0.0%		64.0%		26.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001044 Beef Bolognese	.5 C	95	203	3.16	391	*7	*N/A*	8.92	*0.48	49	12.03	0.67	17.07	*108	*25.2	*2.61	*2.05
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990353 Whole Wheat Rotini Pasta	.5 C	100	111	0.32	101	0	*N/A*	2.99	*0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
990225 Parmesan Butternut Squash - .25 C	.25 C	100	62	0.79	66	*0	*N/A*	3.32	*0.00	2	7.82	1.22	1.84	*1034	*24.6	*9.31	*0.54
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			499	5.37	674	*26	*0	17.07	*0.45	58	58.15	6.17	31.74	*4205	*450.4	*41.31	*3.87
% of Calories				9.69%		*20.8%	*0%	30.8%	*0.8%		46.6%		25.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000406 Chicken Stir Fry	1 tender	95	108	0.33	311	0	*N/A*	2.40	*0.00	48	1.36	0.38	19.44	6	14.0	4.45	0.60
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	*N/A*	7.57	*0.00	0	4.84	1.40	12.43	*79	*259.1	*1.41	*2.27
990606 Whole Grain Fried Rice	5 oz scoop	100	158	0.51	304	*1	*N/A*	4.17	*0.00	24	25.65	2.12	4.84	*1868	13.3	*3.02	0.95
990856 Sweet Chili Cauliflower	2oz scoop	100	49	0.39	45	3	*N/A*	2.01	0.00	0	7.07	2.34	2.27	*0	*25.7	*55.75	*0.50
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			473	2.43	790	*29	*0	10.60	*0.00	80	61.38	6.89	34.47	*2300	*429.9	*123.82	*2.22
% of Calories				4.62%		*24.5%	*0%	20.2%	*0.0%		51.9%		29.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000390 Turkey Ham & Cheddar Melt	1 each	95	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			536	6.70	943	*16	*0	14.25	*0.00	59	77.50	11.25	30.17	*10536	*750.7	*7.99	*2.31
% of Calories				11.25 %		*11.9%	*0%	23.9%	*0.0%		57.8%		22.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Tuesday - 11/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990362 Crispy Fish Sandwich on WW Bun	1 each	95	313	0.81	797	4	*N/A*	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			493	2.25	944	*25	*0	11.75	*0.00	68	67.04	8.21	34.31	*816	*511.6	*54.81	*2.82
% of Calories				4.11%		*20.3%	*0%	21.5%	*0.0%		54.4%		27.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990218 Herb Roasted Chicken Tender, Chopped - 2 oz	3 oz	95	99	0.34	123	0	*N/A*	2.28	*0.00	48	0.36	0.19	18.80	*17	*7.9	*2.90	*0.80
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990845 Whole Wheat Mac & Cheese	4 oz scoop	100	208	5.57	293	3	*N/A*	9.93	*0.00	28	20.77	*2.16	11.41	*134	*182.7	*0.01	*0.06
001178 Braised Collard Greens	.25 C	100	35	0.15	62	*1	*N/A*	1.06	*0.00	0	5.58	2.77	1.94	*4879	*108.5	*26.17	*0.19
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			551	7.38	609	*31	*0	15.82	*0.00	84	66.89	*8.44	41.52	*5528	*671.6	*39.95	*1.50
% of Calories				12.05 %		*22.5%	*0%	25.8%	*0.0%		48.6%		30.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000853 WG Flatbread Cheese Pizza	1 flatbread	100	380	8.19	778	6	*N/A*	17.84	*0.00	30	38.18	*3.94	23.66	*88	*39.2	*3.99	*1.42
001145 Roasted Cauliflower	2oz scoop	100	48	0.46	125	2	*N/A*	2.53	*0.00	0	5.37	2.10	2.03	*0	*23.2	*49.68	*0.46
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			552	9.84	1029	27	0	22.29	*0.00	40	62.03	*6.74	34.62	*3150	*434.0	*83.03	*2.12
% of Calories				16.04 %		19.6%	0%	36.3%	*0.0%		44.9%		25.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	91	188	0.64	697	16	*N/A*	4.49	*0.00	48	18.63	0.22	18.88	*0	*2.4	*2.70	*0.63
990760 Sweet Chili Tofu	.5 C	5	99	0.42	592	16	*N/A*	2.78	*0.00	0	18.37	0.23	1.26	*45	*27.1	*0.21	*0.32
990356 Brown Rice	.5 C	100	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
001170 Asian Broccoli	.25 C	100	38	0.34	139	1	*N/A*	2.14	*0.00	0	3.96	1.34	1.75	*301	*24.4	*43.06	*0.46
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			496	2.27	1027	*41	*0	10.31	*0.00	54	72.17	5.05	30.48	*869	*397.3	*106.34	*1.73
% of Calories				4.12%		*33.1%	*0%	18.7%	*0.0%		58.2%		24.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990631 Baked Fish Sticks	2 each	95	150	0.47	511	1	*N/A*	2.93	*0.00	61	11.21	0.82	18.84	137	69.4	0.07	0.77
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000004 Whole Wheat Roll	1 each	91	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
990261 Chilled Pears	.5 C	100	101	0.00	8	*N/A*	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			468	1.91	834	*16	*0	8.64	*0.00	68	69.09	9.45	31.29	627	530.3	9.10	2.93
% of Calories				3.67%		*13.7%	*0%	16.6%	*0.0%		59.1%		26.7%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	95	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.15	0.94	14.46	*88	*39.2	*3.99	*1.42
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	100	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			448	3.68	804	*27	*0	12.89	*0.00	57	58.63	6.08	28.58	*840	*503.3	*55.67	*2.79
% of Calories				7.39%		*24.1%	*0%	25.9%	*0.0%		52.3%		25.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000479 Chicken & Cheese Quesadilla on 8" Tortilla	1 each	95	303	8.17	452	2	*N/A*	14.22	*0.00	54	23.84	2.23	19.54	*440	*259.9	*1.34	*1.52
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	*N/A*	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00
001099 Tomato Salsa	2oz scoop	96	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990351 Low Fat Sour Cream	1 oz	96	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			562	11.60	644	*31	*0	19.87	*0.00	74	68.33	6.30	30.67	*1595	*688.1	*24.91	*2.15
% of Calories				18.58 %		*22.1%	*0%	31.8%	*0.0%		48.6%		21.8%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000793 Beef Shepherd's Pie	3 oz	95	184	3.37	478	*1	*N/A*	10.45	*0.48	49	5.56	0.71	15.75	*1160	*24.2	*3.32	*2.16
000797 Lentil Shepherd's Pie	.625 C	5	161	0.47	510	2	*N/A*	3.24	*0.00	0	25.43	3.85	8.13	*1372	*23.4	*4.11	*2.48
000455 Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			528	10.08	1037	*22	*0	22.15	*0.45	58	53.92	4.91	29.84	*4256	*558.3	*38.78	*5.35
% of Calories				17.18 %		*16.7%	*0%	37.8%	*0.8%		40.8%		22.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000519 Chicken Yassa	2 oz	95	130	0.35	35	6	*N/A*	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000605 Jollof Rice	.5 C	96	159	0.35	111	*2	*N/A*	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13
001152 Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	*N/A*	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	*N/A*	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			502	2.06	360	*35	*0	9.06	*0.00	55	74.39	6.99	31.76	*9769	*413.4	*85.35	*2.54
% of Calories				3.69%		*27.9%	*0%	16.2%	*0.0%		59.3%		25.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	505	5	783	*27	*0	13.93	*0.06	60	67.23	*7.43	31.39	*3516	*502.4	*46.94	*2.94
% of Calories		9.12%		*21.4%	*0%	24.8%	*0.1%		53.3%		24.9%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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This institution is an equal opportunity provider.



November Lunch Menu

CEDAR TREE ACADEMY | K-2

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

INTERNATIONAL FOOD DAY

Celebrate the culture and cuisine of the Philippines and Haiti on Tuesday the 14th and Wednesday the 15th!

Chicken Adobo

A traditional Filipino dish seasoned with garlic, soy sauce, and vinegar

Haitian Style Chicken

A traditional Haitian dish made with chicken, bell peppers, and cloves



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <ul style="list-style-type: none"> baked fish sticks hot sauce whole grain roll sunbutter & jelly sandwich sauteed green beans steamed corn fresh pear 	<p>7</p> <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti mixed greens salad cucumber coins ranch dressing orange wedges 	<p>8</p> <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans tomato salsa sour cream fresh banana 	<p>9</p> <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	<p>10</p> <p>no school</p>
<p>13</p> <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn red pepper strips ranch dressing fresh pear 	<p>14</p> <ul style="list-style-type: none"> adobo chicken tender veggie chik'n nuggets whole grain roll cucumber salad steamed green beans fresh orange wedges 	<p>15</p> <ul style="list-style-type: none"> haitian chicken drum jamaican jerk tofu yellow rice red beans sauteed cabbage fresh banana 	<p>16</p> <ul style="list-style-type: none"> beef burger veggie burger whole grain bun braised collard greens baked sweet potato fries ketchup & mustard cantaloupe 	<p>17</p> <ul style="list-style-type: none"> cheese pizza baby spinach salad baby carrots honey mustard dressing fresh apple slices
<p>20</p> <p>no school</p>	<p>21</p> <p>no school</p>	<p>22</p> <p>HAPPY</p> <p>no school</p> <p>THANKSGIVING</p>		<p>23</p> <p>no school</p>
<p>27</p> <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese glazed carrots black eyed peas fresh pear 	<p>28</p> <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans potato salad hot sauce orange wedges 	<p>29</p> <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup mac & cheese cinnamon roasted butternut squash braised collard greens fresh banana 	<p>30</p> <ul style="list-style-type: none"> cheese pizza roasted cauliflower steamed green peas cantaloupe 	<p>12/1</p> <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots asian broccoli fresh apple
<p>12/4</p> <ul style="list-style-type: none"> baked fish sticks hot sauce whole grain roll sunbutter & jelly sandwich sauteed green beans steamed corn fresh pear 	<p>12/5</p> <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti whole grain roll mixed greens salad cucumber coins ranch dressing orange wedges 	<p>12/6</p> <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans tomato salsa sour cream fresh banana 	<p>12/7</p> <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	<p>12/8</p> <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes efo spinach fresh apple



Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Menu Name: Private/Charter Lunch K-8

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 11/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990631 Baked Fish Sticks	2 each	91	150	0.47	511	1	*N/A*	2.93	*0.00	61	11.21	0.82	18.84	137	69.4	0.07	0.77
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000004 Whole Wheat Roll	1 each	91	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000604 Hot Sauce	1 each	91	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			557	2.35	933	*35	*0	11.46	*0.00	65	86.96	11.22	32.85	*810	*526.7	*19.62	*2.99
% of Calories				3.80%		*25.1%	*0%	18.5%	*0.0%		62.4%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Tuesday - 11/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	91	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.15	0.94	14.46	*88	*39.2	*3.99	*1.42
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	96	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000468 Mixed Greens Salad	8oz scoop	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			451	3.65	804	*28	*0	12.76	*0.00	55	60.07	7.61	29.11	*1623	*541.3	*63.96	*3.67
% of Calories				7.28%		*24.8%	*0%	25.5%	*0.0%		53.3%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/08/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000479 Chicken & Cheese Quesadilla on 8" Tortilla	1 each	91	303	8.17	452	2	*N/A*	14.22	*0.00	54	23.84	2.23	19.54	*440	*259.9	*1.34	*1.52
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	*N/A*	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00
990625 WG Corn Tortilla Chips	15 each	100	161	1.15	132	0	*N/A*	6.91	0.00	0	23.04	2.30	2.30	0	23.0	0.00	0.00
000637 Chili Black Beans	.5 C	100	209	0.65	141	*1	*N/A*	3.93	*0.00	0	33.39	8.49	11.20	*567	*71.2	*13.00	*2.95
001099 Tomato Salsa	2oz scoop	96	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			921	13.14	900	*31	*0	30.26	*0.00	72	123.89	17.01	43.44	*2147	*773.5	*37.88	*5.04
% of Calories				12.84 %		*13.5%	*0%	29.6%	*0.0%		53.8%		18.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/09/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000793 Beef Shepherd's Pie	3 oz	91	184	3.37	478	*1	*N/A*	10.45	*0.48	49	5.56	0.71	15.75	*1160	*24.2	*3.32	*2.16

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000797 Lentil Shepherd's Pie	.625 C	5	161	0.47	510	2	*N/A*	3.24	*0.00	0	25.43	3.85	8.13	*1372	*23.4	*4.11	*2.48
000455 Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
000454 Steamed Carrots	4oz scoop	100	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			592	10.32	1197	*28	*0	24.49	*0.43	56	65.32	8.46	30.38	*23753	*608.2	*45.55	*5.62
% of Calories				15.69 %		*18.9%	*0%	37.2%	*0.7%		44.1%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 11/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000519 Chicken Yassa	2 oz	91	130	0.35	35	6	*N/A*	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000605 Jollof Rice	.5 C	96	159	0.35	111	*2	*N/A*	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001152 Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	*N/A*	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
000606 Efo Spinach	.5 C	100	71	0.42	311	*2	*N/A*	3.18	*0.00	1	7.94	4.52	5.51	16743	185.5	21.66	2.75
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			623	2.53	662	*48	*0	12.52	*0.00	54	97.82	14.84	37.09	*26621	*611.7	*57.12	*5.52
% of Calories				3.65%		*30.8%	*0%	18.1%	*0.0%		62.8%		23.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990402 Turkey & Bean Chili	6 oz	95	164	1.51	177	*2	*N/A*	5.56	*0.00	54	16.44	4.38	13.16	*536	*70.2	*8.20	*2.81
000725 Veg Out Chili	6 oz	5	165	0.32	373	*3	*N/A*	1.88	*0.00	0	29.29	8.84	8.84	*474	*63.2	*12.95	*2.50
001087 WG Corn Tortilla Chips	10 each	100	108	0.77	88	0	*N/A*	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
990349 Red Pepper Strips - .25 C	2oz scoop	100	8	0.02	1	1	*N/A*	0.09	0.00	0	1.88	0.66	0.31	976	2.2	39.82	0.13

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			608	4.84	598	*36	*0	17.56	*0.00	66	93.36	14.10	26.97	*2219	*500.3	*62.95	*3.73
% of Calories				7.16%		*23.7%	*0%	26.0%	*0.0%		61.4%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990866 Filipino Chicken Adobo Tender	1 each	95	93	0.02	729	*0	*N/A*	0.05	*0.00	48	2.76	0.32	19.55	7	7.9	2.53	0.93
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990789 Whole Wheat Roll	2 each	100	160	0.00	340	4	*N/A*	2.00	0.00	0	32.00	4.00	6.00	0	120.0	0.00	2.16
000134 Cucumber Salad	4oz scoop	100	59	0.68	96	*1	*N/A*	4.59	*0.00	0	4.01	0.66	0.68	*84	*18.1	*2.83	*0.36
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000812 Orange Wedges	1 C/6 wedges	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				527	2.10	1312	*35	*0	10.28	*0.00	56	76.38	10.62	36.71	*978	*602.5	*107.94	*4.13
% of Calories					3.59%		*26.6%	*0%	17.6%	*0.0%		58.0%		27.9%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

Wednesday - 11/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000543	Crispy Chicken Tender	1 each	91	137	0.24	283	1	*N/A*	0.87	*0.00	49	11.00	0.82	20.98	141	38.9	2.66	1.26
990376	Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556	Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990076	Whole Grain Waffles Bakecrafters	2 each	96	141	0.00	191	2	*N/A*	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
000625	All Natural Syrup	1 each	96	35	0.00	5	8	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
990693	Sweet Potato Hash	0.5 C	100	177	0.70	360	*6	*N/A*	4.66	*0.00	0	31.69	5.06	2.78	*20210	*50.4	*16.56	*1.12
001178	Braised Collard Greens	.25 C	100	35	0.15	62	*1	*N/A*	1.06	*0.00	0	5.58	2.77	1.94	*4879	*108.5	*26.17	*0.19
000175	Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990864 Haitian Style Chicken Drum	1 each	91	202	2.78	186	1	*N/A*	12.23	*0.06	97	2.41	0.34	19.39	*75	*12.3	*6.32	*0.83
990642 Jamaican Jerk Tofu	.5 C	5	158	1.69	187	*3	*N/A*	9.82	*0.00	0	8.08	1.75	11.83	*16	*268.8	*1.08	*2.65
000630 Yellow Rice	.5 C	100	123	0.17	97	*0	*N/A*	2.16	*0.00	0	22.94	1.43	3.21	*4	*5.9	*0.08	*0.78
000351 Red Beans	.5 C	100	149	0.39	52	0	*N/A*	2.69	*0.00	0	23.58	5.82	8.43	*104	*34.2	*2.33	*2.60
990081 Sautéed Cabbage	.25 C	100	18	0.13	75	1	*N/A*	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000776 Sunbutter & Jelly Sandwich	1 each	2	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000652 Light Mayonnaise	1 each	2	30	0.00	110	*N/A*	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000557 Mustard	1 each	2	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1426	7.06	1631	*75	*0	34.26	*0.05	152	210.20	23.68	78.26	*26445	*1020.2	*87.76	*8.58
% of Calories				4.46%		*21.0%	*0%	21.6%	*0.0%		59.0%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000235 Beef Burger on WW Bun	1 each	95	265	2.63	279	3	*N/A*	8.70	0.21	50	29.53	4.15	20.91	107	29.2	0.06	3.05
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
000239 Sweet Potato Fries	4oz scoop	100	108	0.34	149	4	*N/A*	2.31	*0.00	0	20.37	3.08	1.63	*14225	*30.9	*2.42	*0.66
001178 Braised Collard Greens	.25 C	100	35	0.15	62	*1	*N/A*	1.06	*0.00	0	5.58	2.77	1.94	*4879	*108.5	*26.17	*0.19
000556 Ketchup	1 each	100	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	100	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			552	4.22	801	*27	*0	13.82	*0.20	57	76.83	11.00	33.18	*22268	*542.4	*58.01	*4.16
% of Calories				6.88%		*19.6%	*0%	22.5%	*0.3%		55.7%		24.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 11/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990852 Cheese Pizza- MP Shell	1 each	100	380	7.19	668	5	1	16.34	*0.00	30	42.18	*3.94	22.66	*88	*29.2	*3.99	*2.40
001141 Baby Spinach Salad	1 C	100	11	0.00	38	0	*N/A*	0.00	0.00	0	1.74	1.08	1.39	2260	52.2	7.34	0.63
001083 Baby Carrots	.25 C	100	12	0.01	27	*N/A*	*N/A*	0.04	0.00	0	2.87	1.02	0.22	4848	11.2	0.93	0.32
990044 Honey Mustard Dressing	1 oz	100	45	0.48	106	3	*N/A*	3.40	*0.00	0	3.80	0.02	0.05	0	0.9	0.02	0.03
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			662	8.89	955	*44	*1	21.92	*0.00	40	93.51	*11.40	33.18	*7740	*471.5	*23.27	*3.72
% of Calories				12.09 %		*26.6%	*0.6%	29.8%	*0.0%		56.5%		20.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	91	320	7.00	710	4	*N/A*	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000409 Veggie Burger on WW Bun	1 each	5	256	0.68	548	5	*N/A*	5.42	0.00	0	46.77	10.15	16.25	0	74.7	0.00	3.42
000556 Ketchup	1 each	96	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard	1 each	96	10	0.00	71	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990327 Chipotle Pinto Beans	.5 C	100	170	0.30	126	*1	*N/A*	1.92	*0.00	0	28.51	7.08	9.51	119	56.4	3.55	2.52
001097 Steamed Corn	.25 C	100	46	0.21	48	1	*N/A*	1.44	*0.00	0	8.47	0.86	1.24	*80	*1.6	*2.62	*0.17
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			739	8.10	1127	*36	*0	21.58	*0.00	42	107.77	17.60	30.49	*667	*478.8	*15.65	*5.22
% of Calories				9.86%		*19.5%	*0%	26.3%	*0.0%		58.3%		16.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000061 Roasted Turkey	2 slices	91	88	0.10	562	0	*N/A*	1.60	*0.00	35	1.67	0.26	18.18	23	10.0	0.23	0.86
000705 Brown Gravy	1 oz	91	30	1.42	183	*0	*N/A*	2.34	*0.00	6	1.88	0.08	0.39	69	3.2	0.29	0.11
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000679 Vegetarian Brown Gravy	1 oz	5	35	1.16	145	*1	*N/A*	1.90	*0.00	5	4.11	0.41	0.48	*1053	*7.0	*0.94	*0.24
000851 WG Cornbread Muffin - Large	1 each	96	240	1.00	150	15	*N/A*	8.00	0.00	25	38.00	2.00	4.00	100	40.0	0.00	1.08
000047 Sauteed Green Beans	4oz scoop	100	51	0.34	96	*0	*N/A*	2.33	*0.00	0	6.19	2.06	1.46	107	34.0	10.12	0.70
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			593	4.63	1163	*36	*0	18.20	*0.00	74	77.05	8.11	33.65	*994	*511.2	*66.37	*4.65
% of Calories				7.03%		*24.3%	*0%	27.6%	*0.0%		52.0%		22.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000609 Pulled BBQ Chicken on WW Bun	1 each	91	281	0.17	525	13	*N/A*	4.24	*0.01	48	39.54	4.02	24.70	*0	21.8	*2.49	2.06
000728 BBQ Tofu on a Whole Wheat Bun	1 each	5	345	1.02	783	25	*N/A*	7.53	*0.00	0	56.98	5.72	17.81	*342	283.9	*0.46	4.03
001090 Coleslaw	.25 C	100	45	0.48	93	3	*N/A*	2.42	*0.00	1	5.41	1.38	0.76	1526	25.6	17.05	0.27
990650 Herb Roasted Sweet Potatoes - .5 C	.5 C	100	151	0.68	208	*5	*N/A*	4.69	*0.00	0	25.43	4.10	2.10	*17239	*54.2	*3.30	*1.09
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			671	2.65	933	*48	*0	13.50	*0.01	55	108.75	12.49	35.79	*19281	*484.4	*33.65	*3.83
% of Calories				3.55%		*28.6%	*0%	18.1%	*0.0%		64.8%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001044 Beef Bolognese	.5 C	91	203	3.16	391	*7	*N/A*	8.92	*0.48	49	12.03	0.67	17.07	*108	*25.2	*2.61	*2.05
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990353 Whole Wheat Rotini Pasta	.5 C	96	111	0.32	101	0	*N/A*	2.99	*0.00	0	19.50	3.50	4.00	*0	*15.6	*0.00	*1.00
000468 Mixed Greens Salad	8oz scoop	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
990225 Parmesan Butternut Squash - .25 C	.25 C	100	62	0.79	66	*0	*N/A*	3.32	*0.00	2	7.82	1.22	1.84	*1034	*24.6	*9.31	*0.54
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			537	6.26	789	*28	*0	19.38	*0.43	61	62.31	7.73	32.95	*5068	*517.8	*50.67	*4.77
% of Calories				10.49 %		*20.9%	*0%	32.5%	*0.7%		46.4%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 11/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000406 Chicken Stir Fry	1 tender	91	108	0.33	311	0	*N/A*	2.40	*0.00	48	1.36	0.38	19.44	6	14.0	4.45	0.60
000726 Super Sesame Tofu	.5 C	5	128	1.33	430	1	*N/A*	7.57	*0.00	0	4.84	1.40	12.43	*79	*259.1	*1.41	*2.27
990606 Whole Grain Fried Rice	5 oz scoop	96	158	0.51	304	*1	*N/A*	4.17	*0.00	24	25.65	2.12	4.84	*1868	13.3	*3.02	0.95
990857 Sweet Chili Cauliflower	4oz scoop	100	99	0.78	90	7	*N/A*	4.01	0.00	0	14.14	4.68	4.53	*0	*51.5	*111.51	*1.00
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			604	3.04	892	*47	*0	14.10	*0.00	77	88.98	14.27	36.93	*12121	*493.4	*132.98	*3.10
% of Calories				4.53%		*31.1%	*0%	21.0%	*0.0%		58.9%		24.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000390 Turkey Ham & Cheddar Melt	1 each	91	300	5.25	735	*0	*N/A*	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000539 Grilled Cheese on WW Bread	1 each	5	340	9.00	660	*0	*N/A*	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
000029 Black Eyed Peas	.5 C	100	145	0.47	56	*1	*N/A*	2.86	*0.00	0	22.43	4.14	8.40	*197	*42.6	*8.91	*3.00
990068 Glazed Carrots	.25 C	100	35	0.11	90	4	*N/A*	0.79	*0.00	0	7.01	1.80	0.60	*9779	*26.4	*3.45	*0.21
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			670	7.00	963	*34	*0	16.71	*0.00	57	99.85	15.29	37.57	*10747	*775.9	*21.30	*4.98
% of Calories				9.40%		*20.3%	*0%	22.4%	*0.0%		59.6%		22.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990362 Crispy Fish Sandwich on WW Bun	1 each	91	313	0.81	797	4	*N/A*	7.25	*0.00	61	40.25	4.84	24.84	*137	*89.7	*0.07	*2.21
000604 Hot Sauce	1 each	91	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000202 Potato Salad	4oz scoop	100	88	0.36	188	*0	*N/A*	2.40	*0.00	0	15.43	1.65	1.79	25	11.4	8.02	0.69
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			568	2.58	1129	*25	*0	13.86	*0.00	65	80.88	9.66	35.11	*837	*519.5	*63.65	*3.43
% of Calories				4.09%		*17.6%	*0%	22.0%	*0.0%		57.0%		24.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000667 Herb Roasted Chicken Drum 1 ea	1 each	91	192	2.92	206	0	*N/A*	11.95	*0.05	97	0.48	0.19	19.11	*65	*16.3	*0.41	*1.04
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000556 Ketchup	1 each	5	10	0.00	100	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990845 Whole Wheat Mac & Cheese	4 oz scoop	100	208	5.57	293	3	*N/A*	9.93	*0.00	28	20.77	*2.16	11.41	*134	*182.7	*0.01	*0.06
000005 Braised Collard Greens	4oz scoop	100	67	0.30	124	*1	*N/A*	2.12	*0.00	0	10.47	5.46	3.72	*9758	*216.2	*52.34	*0.33
990221 Cinnamon Roasted Butternut Squash	.5 C	100	78	0.41	123	*1	*N/A*	2.90	*0.00	0	13.82	2.37	1.44	2068	44.9	18.61	0.91
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			742	10.28	870	*32	*0	28.48	*0.04	126	85.80	*13.49	44.28	*12518	*831.6	*82.34	*2.75
% of Calories				12.47 %		*17.3%	*0%	34.5%	*0.0%		46.3%		23.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990852 Cheese Pizza- MP Shell	1 each	96	380	7.19	668	5	1	16.34	*0.00	30	42.18	*3.94	22.66	*88	*29.2	*3.99	*2.40
000651 Roasted Cauliflower	4oz scoop	100	95	0.91	249	4	*N/A*	5.07	*0.00	0	10.74	4.21	4.07	*1	*46.4	*99.48	*0.91
001101 Steamed Green Peas	.25 C	100	46	0.18	98	2	*N/A*	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			631	9.19	1115	30	1	23.94	*0.00	39	76.17	*10.82	37.22	*4120	*456.5	*141.20	*4.19
% of Calories				13.11 %		19.0%	0.6%	34.1%	*0.0%		48.3%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Friday - 12/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	91	188	0.64	697	16	*N/A*	4.49	*0.00	48	18.63	0.22	18.88	*0	*2.4	*2.70	*0.63
990760 Sweet Chili Tofu	.5 C	5	99	0.42	592	16	*N/A*	2.78	*0.00	0	18.37	0.23	1.26	*45	*27.1	*0.21	*0.32
990356 Brown Rice	.5 C	100	124	0.18	101	*0	*N/A*	2.19	*0.00	0	23.22	1.49	3.21	*142	*4.8	*0.08	*0.59
990377 Steamed Carrots	.25 C	100	36	0.19	90	3	*N/A*	1.38	*0.00	0	5.81	1.79	0.59	*9775	*25.4	*3.45	*0.18
000623 Asian Broccoli	4oz scoop	100	77	0.67	278	2	*N/A*	4.27	*0.00	0	7.93	2.68	3.52	*601	*48.7	*86.11	*0.90
000673 Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			627	2.86	1248	*56	*0	14.21	*0.00	54	97.75	11.53	33.42	*11065	*460.4	*103.11	*2.62
% of Calories				4.11%		*35.7%	*0%	20.4%	*0.0%		62.4%		21.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 12/04/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990631 Baked Fish Sticks	2 each	91	150	0.47	511	1	*N/A*	2.93	*0.00	61	11.21	0.82	18.84	137	69.4	0.07	0.77
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	*N/A*	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000004 Whole Wheat Roll	1 each	91	80	0.00	170	2	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	60.0	0.00	1.08
001091 Sauteed Green Beans	.25 C	100	25	0.17	48	*0	*N/A*	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000469 Steamed Corn	4oz scoop	100	93	0.42	96	2	*N/A*	2.88	*0.00	0	17.08	1.73	2.49	*161	*3.3	*5.28	*0.35
000604 Hot Sauce	1 each	91	0	0.00	32	0	*N/A*	0.00	*N/A*	0	0.02	0.00	0.01	2	0.1	0.90	0.01
000359 Fresh Pear	1 each	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			557	2.35	933	*35	*0	11.46	*0.00	65	86.96	11.22	32.85	*810	*526.7	*19.62	*2.99
% of Calories				3.80%		*25.1%	*0%	18.5%	*0.0%		62.4%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce	4 each	91	148	1.10	493	4	*N/A*	5.69	*0.00	45	11.15	0.94	14.46	*88	*39.2	*3.99	*1.42

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001045 Tofu Bolognese	1 C	5	193	1.35	193	*7	*N/A*	7.48	*0.00	0	18.39	2.18	15.14	*148	*291.1	*3.13	*2.69
990301 Whole Grain Spaghetti	.5 C	96	114	0.39	101	0	*N/A*	2.62	*0.00	0	20.13	2.63	3.92	*0	*15.4	*0.00	*0.97
001093 Cucumber Coins	.25 C	100	5	0.01	1	1	*N/A*	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000468 Mixed Greens Salad	8oz scoop	100	14	0.03	24	1	*N/A*	0.20	0.00	0	2.69	1.67	1.27	786	40.1	8.45	0.97
000372 House Ranch Dressing	1 oz	100	37	1.00	111	1	*N/A*	2.58	*0.00	4	2.72	0.06	0.78	81	28.9	1.02	0.06
000135 Orange Wedges	.5 C / 3 wedges	100	43	0.01	0	9	*N/A*	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			451	3.65	804	*28	*0	12.76	*0.00	55	60.07	7.61	29.11	*1623	*541.3	*63.96	*3.67
% of Calories				7.28%		*24.8%	*0%	25.5%	*0.0%		53.3%		25.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 12/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000479 Chicken & Cheese Quesadilla on 8" Tortilla	1 each	91	303	8.17	452	2	*N/A*	14.22	*0.00	54	23.84	2.23	19.54	*440	*259.9	*1.34	*1.52
000471 Cheese Quesadilla	1 each	5	360	14.00	580	2	*N/A*	22.00	0.00	60	24.00	2.00	17.00	600	455.0	0.00	1.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990625 WG Corn Tortilla Chips	15 each	100	161	1.15	132	0	*N/A*	6.91	0.00	0	23.04	2.30	2.30	0	23.0	0.00	0.00
000637 Chili Black Beans	.5 C	100	209	0.65	141	*1	*N/A*	3.93	*0.00	0	33.39	8.49	11.20	*567	*71.2	*13.00	*2.95
001099 Tomato Salsa	2oz scoop	96	17	0.03	53	*2	*N/A*	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990351 Low Fat Sour Cream	1 oz	100	40	1.90	20	0	*N/A*	3.05	0.00	10	2.04	0.00	1.01	94	40.5	0.26	0.02
000175 Fresh Banana	1 each	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			921	13.14	900	*31	*0	30.26	*0.00	72	123.89	17.01	43.44	*2147	*773.5	*37.88	*5.04
% of Calories				12.84 %		*13.5%	*0%	29.6%	*0.0%		53.8%		18.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 12/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000793 Beef Shepherd's Pie	3 oz	91	184	3.37	478	*1	*N/A*	10.45	*0.48	49	5.56	0.71	15.75	*1160	*24.2	*3.32	*2.16
000797 Lentil Shepherd's Pie	.625 C	5	161	0.47	510	2	*N/A*	3.24	*0.00	0	25.43	3.85	8.13	*1372	*23.4	*4.11	*2.48
000455 Whole Grain Biscuit	1 each	100	170	5.00	330	2	*N/A*	8.00	0.00	0	22.00	2.00	4.00	0	140.0	0.00	1.20

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001089 Mashed Potatoes	2 oz scoop	100	51	0.66	101	*0	*N/A*	2.14	*0.00	2	6.88	1.34	1.54	24	22.5	6.04	1.73
000454 Steamed Carrots	4oz scoop	100	72	0.38	179	6	*N/A*	2.76	*0.00	0	11.62	3.58	1.18	*19543	*50.8	*6.90	*0.36
990424 Cantaloupe	.5 C	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			592	10.32	1197	*28	*0	24.49	*0.43	56	65.32	8.46	30.38	*23753	*608.2	*45.55	*5.62
% of Calories				15.69 %		*18.9%	*0%	37.2%	*0.7%		44.1%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 12/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000519 Chicken Yassa	2 oz	91	130	0.35	35	6	*N/A*	2.52	*0.00	48	7.81	0.69	19.00	*275	*13.9	*3.68	*0.99
990376 Veggie Chik'n Nuggets	5 each	5	225	1.25	438	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
000605 Jollof Rice	.5 C	96	159	0.35	111	*2	*N/A*	3.39	*0.00	0	28.72	2.64	4.05	*2089	*18.0	*20.74	*1.13
001152 Honey Cinnamon Sweet Potatoes	2oz scoop	100	57	0.17	74	3	*N/A*	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
000606 Efo Spinach	.5 C	100	71	0.42	311	*2	*N/A*	3.18	*0.00	1	7.94	4.52	5.51	16743	185.5	21.66	2.75

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)	
000673	Fresh Apple	1 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231	Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230	1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160	Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383	Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average				623	2.53	662	*48	*0	12.52	*0.00	54	97.82	14.84	37.09	*26621	*611.7	*57.12	*5.52
% of Calories					3.65%		*30.8%	*0%	18.1%	*0.0%		62.8%		23.8%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	658	6	981	*37	*0	18.59	*0.06	65	92.15	*12.40	36.46	*9879	*591.6	*59.96	*4.38
% of Calories		8.08%		*22.5%	*0%	25.4%	*0.1%		56.0%		22.2%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



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This institution is an equal opportunity provider.



November Snack Menu

CEDAR TREE ACADEMY | SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

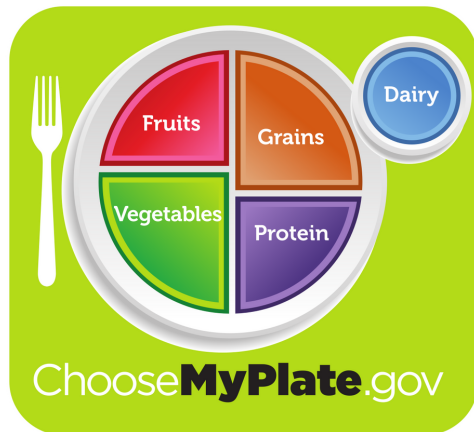
= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider



Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <ul style="list-style-type: none"> cornbread muffin cheese stick 	7 <ul style="list-style-type: none"> nonfat yogurt cinnamon goldfish graham 	8 <ul style="list-style-type: none"> muffin top applesauce 	9 <ul style="list-style-type: none"> cheese stick red pepper strips ranch dressing 	10 no school
13 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	14 <ul style="list-style-type: none"> cinnamon goldfish graham chilled peaches 	15 <ul style="list-style-type: none"> cheez-its apple sauce 	16 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	17 <ul style="list-style-type: none"> muffin top chilled pears
20 no school	21 no school	22 <div style="text-align: center;"> </div>	23 no school	24 no school
27 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	28 <ul style="list-style-type: none"> cinnamon goldfish graham chilled peaches 	29 <ul style="list-style-type: none"> cheez-its apple sauce 	30 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	12/1 <ul style="list-style-type: none"> muffin top chilled pears
12/4 <ul style="list-style-type: none"> cornbread muffin cheese stick 	12/5 <ul style="list-style-type: none"> nonfat yogurt cinnamon goldfish graham 	12/6 <ul style="list-style-type: none"> muffin top applesauce 	12/7 <ul style="list-style-type: none"> cheese stick red pepper strips ranch dressing 	12/8 <ul style="list-style-type: none"> cheese stick chilled pineapple

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

Menu Name: Private/Charter Snack

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 11/06/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000850 WG Cornbread Muffin - Small	1 each	1	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			231	3.54	282	*9	*0	10.06	0.00	30	23.00	1.00	10.09	202	222.5	0.00	0.72
% of Calories				13.79 %		*15.6%	*0%	39.2%	0.0%		39.8%		17.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/07/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
Weighted Daily Average			210	1.00	195	21	0	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80
% of Calories				4.29%		40.0%	0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/08/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990863 WG Apple Cinnamon Muffin Top	1 each	1	250	1.00	150	19	19	7.00	0.00	35	43.00	2.00	5.00	0	23.0	0.00	2.00
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			331	1.02	154	*19	*19	7.19	*0.00	35	64.74	4.12	5.33	56	30.7	1.93	2.44
% of Calories				2.77%		*23.0%	*23.0%	19.5%	*0.0%		78.2%		6.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/09/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
Weighted Daily Average			123	3.11	277	*5	*0	5.45	0.00	15	9.67	2.03	8.06	3132	211.8	119.48	0.42
% of Calories				22.76 %		*16.3%	*0%	39.9%	0.0%		31.4%		26.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/10/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	*N/A*	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38
Weighted Daily Average			181	1.01	151	19	0	3.65	0.00	5	35.12	2.76	2.69	568	121.7	12.76	1.10
% of Calories				5.02%		42.0%	0%	18.1%	0.0%		77.6%		5.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/13/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
990426 Whole Grain Granola	3oz scoop	1	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12
Weighted Daily Average			240	0.00	119	24	0	1.88	0.00	0	52.25	3.00	6.00	0	297.5	0.00	1.12
% of Calories				0.00%		40.0%	0%	7.0%	0.0%		87.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/14/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	*N/A*	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			219	1.00	140	27	0	4.00	0.00	0	42.77	2.98	2.98	*0	97.8	*0.00	1.80
% of Calories				4.11%		49.3%	0%	16.4%	0.0%		78.1%		5.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/15/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			181	1.02	154	*0	*0	3.69	*0.00	5	35.74	3.12	2.33	556	107.7	1.93	1.16
% of Calories				5.07%		*0%	*0%	18.3%	*0.0%		79.0%		5.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
Weighted Daily Average			115	3.10	276	*3	*0	5.29	0.00	15	8.01	0.62	7.85	319	222.8	3.09	0.33
% of Calories				24.26 %		*10.4%	*0%	41.4%	0.0%		27.9%		27.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/17/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990863 WG Apple Cinnamon Muffin Top	1 each	1	250	1.00	150	19	19	7.00	0.00	35	43.00	2.00	5.00	0	23.0	0.00	2.00
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			329	1.00	150	35	19	7.00	0.00	35	62.01	3.58	6.58	*0	37.3	*0.00	2.00
% of Calories				2.74%		42.6%	23.1%	19.1%	0.0%		75.4%		8.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/20/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000850 WG Cornbread Muffin - Small	1 each	1	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			231	3.54	282	*9	*0	10.06	0.00	30	23.00	1.00	10.09	202	222.5	0.00	0.72
% of Calories				13.79 %		*15.6%	*0%	39.2%	0.0%		39.8%		17.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/21/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
Weighted Daily Average			210	1.00	195	21	0	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80
% of Calories				4.29%		40.0%	0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/22/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990863 WG Apple Cinnamon Muffin Top	1 each	1	250	1.00	150	19	19	7.00	0.00	35	43.00	2.00	5.00	0	23.0	0.00	2.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			331	1.02	154	*19	*19	7.19	*0.00	35	64.74	4.12	5.33	56	30.7	1.93	2.44
% of Calories				2.77%		*23.0%	*23.0%	19.5%	*0.0%		78.2%		6.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/23/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
Weighted Daily Average			123	3.11	277	*5	*0	5.45	0.00	15	9.67	2.03	8.06	3132	211.8	119.48	0.42
% of Calories				22.76 %		*16.3%	*0%	39.9%	0.0%		31.4%		26.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 11/24/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	*N/A*	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38
Weighted Daily Average			181	1.01	151	19	0	3.65	0.00	5	35.12	2.76	2.69	568	121.7	12.76	1.10
% of Calories				5.02%		42.0%	0%	18.1%	0.0%		77.6%		5.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 11/27/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
990426 Whole Grain Granola	3oz scoop	1	150	0.00	64	10	*N/A*	1.88	0.00	0	32.25	3.00	3.00	0	7.5	0.00	1.12
Weighted Daily Average			240	0.00	119	24	0	1.88	0.00	0	52.25	3.00	6.00	0	297.5	0.00	1.12
% of Calories				0.00%		40.0%	0%	7.0%	0.0%		87.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 11/28/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990770 Chilled Peaches	.75 C	1	99	0.00	0	20	*N/A*	0.00	0.00	0	23.77	1.98	1.98	*N/A*	17.8	*N/A*	0.00
Weighted Daily Average			219	1.00	140	27	0	4.00	0.00	0	42.77	2.98	2.98	*0	97.8	*0.00	1.80
% of Calories				4.11%		49.3%	0%	16.4%	0.0%		78.1%		5.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 11/29/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			181	1.02	154	*0	*0	3.69	*0.00	5	35.74	3.12	2.33	556	107.7	1.93	1.16
% of Calories				5.07%		*0%	*0%	18.3%	*0.0%		79.0%		5.1%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 11/30/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
990352 Cucumber Coins	.75 C	1	16	0.04	2	2	*N/A*	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
Weighted Daily Average			115	3.10	276	*3	*0	5.29	0.00	15	8.01	0.62	7.85	319	222.8	3.09	0.33
% of Calories				24.26 %		*10.4%	*0%	41.4%	0.0%		27.9%		27.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/01/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990863 WG Apple Cinnamon Muffin Top	1 each	1	250	1.00	150	19	19	7.00	0.00	35	43.00	2.00	5.00	0	23.0	0.00	2.00
990862 chilled pears	.75	1	79	0.00	0	16	*N/A*	0.00	0.00	0	19.01	1.58	1.58	*N/A*	14.3	*N/A*	0.00
Weighted Daily Average			329	1.00	150	35	19	7.00	0.00	35	62.01	3.58	6.58	*0	37.3	*0.00	2.00
% of Calories				2.74%		42.6%	23.1%	19.1%	0.0%		75.4%		8.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Monday - 12/04/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000850 WG Cornbread Muffin - Small	1 each	1	150	0.50	90	9	*N/A*	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
Weighted Daily Average			231	3.54	282	*9	*0	10.06	0.00	30	23.00	1.00	10.09	202	222.5	0.00	0.72
% of Calories				13.79 %		*15.6%	*0%	39.2%	0.0%		39.8%		17.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Tuesday - 12/05/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	55	14	*N/A*	0.00	0.00	0	20.00	0.00	3.00	0	290.0	0.00	0.00
000989 Cinnamon Goldfish Graham	1 each	1	120	1.00	140	7	*N/A*	4.00	0.00	0	19.00	1.00	1.00	0	80.0	0.00	1.80
Weighted Daily Average			210	1.00	195	21	0	4.00	0.00	0	39.00	1.00	4.00	0	370.0	0.00	1.80
% of Calories				4.29%		40.0%	0%	17.1%	0.0%		74.3%		7.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Wednesday - 12/06/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990863 WG Apple Cinnamon Muffin Top	1 each	1	250	1.00	150	19	19	7.00	0.00	35	43.00	2.00	5.00	0	23.0	0.00	2.00

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990244 Chilled Applesauce	.75 C	1	81	0.02	4	*N/A*	*N/A*	0.19	*N/A*	0	21.74	2.12	0.33	56	7.7	1.93	0.44
Weighted Daily Average			331	1.02	154	*19	*19	7.19	*0.00	35	64.74	4.12	5.33	56	30.7	1.93	2.44
% of Calories				2.77%		*23.0%	*23.0%	19.5%	*0.0%		78.2%		6.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Thursday - 12/07/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 Mozzarella Cheese Stick	1 each	1	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
990619 Red Pepper Strips - .75 C	.75 C	1	24	0.06	4	4	*N/A*	0.28	0.00	0	5.64	1.96	0.93	2929	6.5	119.47	0.40
990441 Fat Free Ranch Dressing	1 packet	1	18	0.02	81	1	*N/A*	0.11	0.00	0	4.03	0.07	0.05	1	2.7	0.02	0.02
Weighted Daily Average			123	3.11	277	*5	*0	5.45	0.00	15	9.67	2.03	8.06	3132	211.8	119.48	0.42
% of Calories				22.76 %		*16.3%	*0%	39.9%	0.0%		31.4%		26.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

Friday - 12/08/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000990 Cheez-Its	1 each	1	100	1.00	150	0	*N/A*	3.50	0.00	5	14.00	1.00	2.00	500	100.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Nov 6, 2023 thru Dec 8, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990326 Chilled Pineapple	.75 C	1	81	0.01	1	19	*N/A*	0.15	0.00	0	21.12	1.76	0.69	68	21.7	12.76	0.38
Weighted Daily Average			181	1.01	151	19	0	3.65	0.00	5	35.12	2.76	2.69	568	121.7	12.76	1.10
% of Calories				5.02%		42.0%	0%	18.1%	0.0%		77.6%		5.9%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	216	2	194	*16	*4	5.39	*0.00	15	36.65	2.37	5.68	*545	176	*16.50	1.29
% of Calories		6.88%		*29.6%	*7.4%	22.5%	*0.0%		67.9%		10.5%				

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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