




# May Breakfast Menu

## CEDAR TREE ACADEMY BREAKFAST ECE

What do the colors on the menu mean?

**GREEN** = locally-sourced  
 = 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



### SPRINGTIME STRAWBERRIES

Enjoy our strawberry oatmeal and strawberry parfait while celebrating springtime strawberries! These small fruits are packed with Vitamin C, which helps your immune system.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4/29</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>fresh apple slices</b></li> </ul> 	<b>4/30</b> <ul style="list-style-type: none"> <li>• blueberry chex cereal</li> <li>• <b>chilled pears</b></li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>• pineapple <b>carrot</b> bread</li> <li>• fresh orange wedges</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• whole grain biscuit</li> <li>• turkey sausage patty</li> <li>• veggie breakfast sausage patty </li> <li>• fresh banana</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• light cream cheese</li> <li>• jelly</li> <li>• <b>fresh apple slices</b></li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• brown sugar oatmeal</li> <li>• <b>chilled pears</b></li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• whole grain cheerios</li> <li>• fresh orange wedges</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• strawberry parfait</li> <li>• <b>whole grain granola</b></li> <li>• fresh banana</li> </ul> 	<b>10</b> <ul style="list-style-type: none"> <li>• french toast sticks</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>fresh apple slices</b></li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• turkey bacon &amp; egg bake</li> <li>• scrambled eggs </li> <li>• whole grain toast</li> <li>• <b>chilled pears</b></li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• <b>blueberry bread</b></li> <li>• fresh orange wedges</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• strawberry oatmeal</li> <li>• fresh banana</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>• cinnamon chex cereal</li> <li>• <b>fresh apple slices</b></li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• <b>cheesy grits</b></li> <li>• scrambled eggs</li> <li>• <b>chilled pears</b></li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• light cream cheese</li> <li>• jelly</li> <li>• fresh orange wedges</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• egg &amp; cheese breakfast burrito</li> <li>• fresh banana</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• emoji waffles</li> <li>• all-natural syrup</li> <li>• butter</li> <li>• fresh cantaloupe</li> </ul>
<b>27</b> <p><b>no school</b></p>	<b>28</b> <ul style="list-style-type: none"> <li>• blueberry chex cereal</li> <li>• <b>chilled pears</b></li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• pineapple <b>carrot</b> bread</li> <li>• fresh orange wedges</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• whole grain biscuit</li> <li>• turkey sausage patty</li> <li>• veggie breakfast sausage patty </li> <li>• fresh banana</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

**Menu Name:** Private/Charter Breakfast ECE  
**Site:**  
**Use Alternate Menu Name:** No

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

**Monday - 04/29/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	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			248	1.15	177	38	0	1.77	*0.00	10	46.13	2.00	11.27	424	654.6	61.15	0.08
% of Calories				4.17%		61.3%	0%	6.4%	*0.0%		74.4%		18.2%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

**Tuesday - 04/30/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990712 Blueberry Chex Cereal	1 cup / 1 each	100	120	0.00	180	6	*N/A*	2.50	0.00	0	23.00	1.00	1.00	300	60.0	3.60	8.10
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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			318	1.15	302	*18	*0	4.47	*0.00	10	61.02	6.45	10.10	742	444.8	7.57	8.77
% of Calories				3.25%		*22.6%	*0%	12.7%	*0.0%		76.8%		12.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Wednesday - 05/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			305	1.85	225	38	0	6.13	*0.00	24	52.53	3.90	11.74	*1130	*434.6	*51.68	*1.12
% of Calories				5.46%		49.8%	0%	18.1%	*0.0%		68.9%		15.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Thursday - 05/02/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			433	7.26	538	29	0	14.13	*0.00	39	61.16	5.09	19.62	499	530.1	11.01	2.33
% of Calories				15.09 %		26.8%	0%	29.4%	*0.0%		56.5%		18.1%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

### Friday - 05/03/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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 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				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%			71.1%		15.7%				
Weekly Nutrient Guideline				350 - 500	<10	540			<=0									

### Monday - 05/06/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			350 - 500	<10	540			<=0									

## Tuesday - 05/07/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000464 Brown Sugar Oatmeal	4oz	95	127	0.25	52	*13	*N/A*	1.49	*0.00	0	26.88	1.98	2.50	0	13.8	0.00	0.99
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			319	1.39	171	*25	*0	3.38	*0.00	10	63.56	7.33	11.47	442	397.9	3.97	1.61
% of Calories				3.92%		*31.3%	*0%	9.5%	*0.0%		79.7%		14.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Wednesday - 05/08/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990713 Honey Cheerios	1 each	100	110	0.00	170	6	*N/A*	1.50	0.00	0	22.00	2.00	3.00	300	60.0	*N/A*	2.70
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			251	1.17	284	27	0	3.38	*0.00	10	44.94	4.21	12.14	931	461.4	*49.68	2.87
% of Calories				4.20%		43.0%	0%	12.1%	*0.0%		71.6%		19.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Thursday - 05/09/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990695 Strawberry Parfait	1 each	100	291	0.34	71	30	11	6.10	0.00	3	56.59	3.84	6.85	163	152.9	45.53	1.89
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			388	1.49	185	43	11	7.87	*0.00	13	68.71	3.84	15.12	587	517.6	46.27	1.97
% of Calories				3.46%		44.3%	11.3%	18.3%	*0.0%		70.8%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Friday - 05/10/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990639 WG French Toast Sticks (ECE)	2 sticks	100	171	0.66	191	9	*N/A*	5.28	0.00	7	27.70	1.32	3.96	*N/A*	*N/A*	*N/A*	*N/A*
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			331	1.85	323	36	0	7.19	*0.00	17	54.19	2.02	12.89	*3061	*371.6	*29.37	*0.24
% of Calories				5.03%		43.5%	0%	19.5%	*0.0%		65.5%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Monday - 05/13/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	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			248	1.15	177	38	0	1.77	*0.00	10	46.13	2.00	11.27	424	654.6	61.15	0.08
% of Calories				4.17%		61.3%	0%	6.4%	*0.0%		74.4%		18.2%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Tuesday - 05/14/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000488 Butter PC	1 each	100	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
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
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			450	5.50	501	*20	*0	13.68	*0.16	227	63.04	7.46	21.03	*567	477.0	*3.97	2.58
% of Calories				11.00 %		*17.8%	*0%	27.4%	*0.3%		56.0%		18.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Wednesday - 05/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990854 Blueberry Bread	2 oz	100	152	0.69	98	*12	*N/A*	4.32	*0.00	14	26.36	1.69	2.55	*8	*27.5	*0.53	*0.90
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			293	1.85	212	*33	*0	6.20	*0.00	24	49.29	3.90	11.69	*639	*428.9	*50.22	*1.07
% of Calories				5.68%		*45.1%	*0%	19.0%	*0.0%		67.3%		16.0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Thursday - 05/16/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990804 Strawberries & Cream Oatmeal	0.5 C/4oz scoop	100	132	0.25	58	*13	*N/A*	1.54	*0.00	0	28.25	2.91	2.68	20	18.6	18.21	1.30
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			335	1.54	173	*40	*0	3.69	*0.00	10	67.32	5.98	12.24	519	389.1	29.22	1.69
% of Calories				4.14%		*47.8%	*0%	9.9%	*0.0%		80.4%		14.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

**Friday - 05/17/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			350 - 500	<10	540			<=0									

**Monday - 05/20/2024**

**Reimbursable Meal Total 100**

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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 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			278	1.15	294	30	0	4.27	*0.00	10	49.13	3.00	9.27	824	444.6	65.54	7.28
% of Calories				3.72%		43.2%	0%	13.8%	*0.0%		70.7%		13.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

**Tuesday - 05/21/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990704 Cereal - Variety	1 cup/1each	100	105	0.25	175	6	*N/A*	1.38	0.00	0	22.50	1.75	1.75	*325	65.0	*3.90	5.18
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			303	1.40	297	*18	*0	3.34	*0.00	10	60.52	7.20	10.85	*767	449.8	*7.87	5.84
% of Calories				4.16%		*23.8%	*0%	9.9%	*0.0%		79.9%		14.3%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Wednesday - 05/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			320	4.00	299	32	0	6.85	*0.00	25	52.34	3.71	14.86	787	443.4	49.68	0.22
% of Calories				11.25 %		40.0%	0%	19.3%	*0.0%		65.4%		18.6%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

**Thursday - 05/23/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990668 Egg & Cheese Breakfast Burrito	1 burrito	100	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 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			495	8.30	546	29	0	16.88	*0.00	266	61.58	5.08	24.46	*643	558.7	*11.01	2.81
% of Calories				15.09 %		23.4%	0%	30.7%	*0.0%		49.8%		19.8%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

**Friday - 05/24/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			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			350 - 500	<10	540			<=0									

### Monday - 05/27/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

### Tuesday - 05/28/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990712 Blueberry Chex Cereal	1 cup / 1 each	100	120	0.00	180	6	*N/A*	2.50	0.00	0	23.00	1.00	1.00	300	60.0	3.60	8.10
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



# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			318	1.15	302	*18	*0	4.47	*0.00	10	61.02	6.45	10.10	742	444.8	7.57	8.77
% of Calories				3.25%		*22.6%	*0%	12.7%	*0.0%		76.8%		12.7%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Wednesday - 05/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			305	1.85	225	38	0	6.13	*0.00	24	52.53	3.90	11.74	*1130	*434.6	*51.68	*1.12
% of Calories				5.46%		49.8%	0%	18.1%	*0.0%		68.9%		15.4%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

## Thursday - 05/30/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			433	7.26	538	29	0	14.13	*0.00	39	61.16	5.09	19.62	499	530.1	11.01	2.33
% of Calories				15.09 %		26.8%	0%	29.4%	*0.0%		56.5%		18.1%				
Weekly Nutrient Guideline			350 - 500	<10	540			<=0									

# Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

Friday - 05/31/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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				350 - 500	<10	540			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	335	3	314	*32	*0	6.69	*0.01	37	56.82	4.29	13.63	*1216	*473.8	*32.83	*2.56
% of Calories		7.20%		*38.2%	*0%	18.0%	*0.0%		67.8%		16.3%				

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

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



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- (2) fax: (202) 690-7442;
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).


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# May Breakfast Menu

## CEDAR TREE ACADEMY K-2 BREAKFAST

What do the colors on the menu mean?

**GREEN** = locally-sourced  
 = 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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### SPRINGTIME STRAWBERRIES

Enjoy our strawberry oatmeal and strawberry parfait while celebrating springtime strawberries! These small fruits are packed with Vitamin C, which helps your immune system.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4/29</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> <li>• <b>fresh apple slices</b></li> </ul> 	<b>4/30</b> <ul style="list-style-type: none"> <li>• blueberry chex</li> <li>• graham crackers</li> <li>• <b>fresh pear</b></li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>• pineapple <b>carrot</b> bread</li> <li>• fresh orange</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• whole grain biscuit</li> <li>• turkey sausage patty</li> <li>• veggie breakfast sausage patty </li> <li>• honey</li> <li>• fresh banana</li> <li>• 100% orange juice</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• scrambled eggs</li> <li>• butter</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• cream cheese</li> <li>• jelly</li> <li>• <b>fresh apple slices</b></li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• brown sugar oatmeal</li> <li>• honey</li> <li>• <b>fresh pear</b></li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• honey cheerios</li> <li>• graham crackers</li> <li>• fresh orange</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• strawberry parfait</li> <li>• <b>whole grain granola</b></li> <li>• fresh banana</li> </ul> 	<b>10</b> <ul style="list-style-type: none"> <li>• french toast sticks</li> <li>• turkey sausage links</li> <li>• veggie breakfast sausage patty </li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> <li>• <b>fresh apple slices</b></li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• turkey bacon &amp; egg bake</li> <li>• english muffin</li> <li>• scrambled eggs </li> <li>• <b>fresh pear</b></li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• <b>blueberry bread</b></li> <li>• fresh orange</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• strawberry oatmeal</li> <li>• honey</li> <li>• fresh banana</li> <li>• 100% orange juice</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• turkey sausage patty</li> <li>• veggie sausage patty </li> <li>• butter</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>• cinnamon rice chex cereal</li> <li>• graham crackers</li> <li>• <b>fresh apple slices</b></li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• <b>cheesy grits</b> </li> <li>• scrambled eggs</li> <li>• turkey bacon</li> <li>• veggie breakfast sausage patty </li> <li>• jelly &amp; butter</li> <li>• <b>fresh pear</b></li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• cream cheese</li> <li>• jelly</li> <li>• fresh orange</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• egg &amp; cheese breakfast burrito</li> <li>• hot sauce</li> <li>• fresh banana</li> <li>• 100% orange juice</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• emoji waffles</li> <li>• turkey bacon</li> <li>• veggie breakfast sausage patty </li> <li>• scrambled eggs</li> <li>• butter</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>27</b> <p style="text-align: center;"><b>no school</b></p>	<b>28</b> <ul style="list-style-type: none"> <li>• blueberry chex</li> <li>• graham crackers</li> <li>• <b>fresh pear</b></li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• pineapple <b>carrot</b> bread</li> <li>• fresh orange</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• whole grain biscuit</li> <li>• turkey sausage patty</li> <li>• veggie breakfast sausage patty </li> <li>• honey</li> <li>• fresh banana</li> <li>• 100% orange juice</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• scrambled eggs</li> <li>• turkey sausage patty</li> <li>• veggie sausage patty </li> <li>• butter</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

**Menu Name:** Private/Charter Breakfast K-12  
**Site:**  
**Use Alternate Menu Name:** No

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

**Monday - 04/29/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	100	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	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			455	1.21	185	60	11	7.46	*0.00	10	87.74	6.87	14.89	544	683.2	11.41	1.41
% of Calories				2.39%		52.7%	9.7%	14.8%	*0.0%		77.1%		13.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

**Tuesday - 04/30/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990712 Blueberry Chex Cereal	1 cup / 1 each	100	120	0.00	180	6	*N/A*	2.50	0.00	0	23.00	1.00	1.00	300	60.0	3.60	8.10

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000233	Graham Crackers	1 each	100	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
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				439	1.20	391	46	0	7.09	*0.00	10	87.15	9.13	12.10	1281	545.3	14.23	9.31
% of Calories					2.46%		41.9%	0%	14.5%	*0.0%		79.4%		11.0%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

## Wednesday - 05/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000671	Pineapple Carrot Bread	4 oz	100	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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			512	2.55	336	63	0	10.51	*0.00	37	92.88	7.79	15.24	*1796	*504.7	*102.62	*2.20
% of Calories				4.48%		49.2%	0%	18.5%	*0.0%		72.6%		11.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Thursday - 05/02/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	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	5	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	100	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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	7.23	544	*40	*0	14.08	*0.00	38	86.81	5.15	20.75	499	540.4	53.08	2.42
% of Calories				12.14 %		*29.9%	*0%	23.6%	*0.0%		64.8%		15.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Friday - 05/03/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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
000488 Butter PC	1 each	100	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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			491	6.43	525	45	0	16.02	*0.16	272	64.88	3.42	22.16	*5825	467.0	*57.99	3.14
% of Calories				11.79 %		36.7%	0%	29.4%	*0.3%		52.9%		18.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Monday - 05/06/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel	1 Whole	100	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	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
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			477	4.05	396	49	0	7.37	*0.00	25	90.83	8.35	18.08	700	420.0	11.00	0.40
% of Calories				7.64%		41.1%	0%	13.9%	*0.0%		76.2%		15.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

# Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

**Tuesday - 05/07/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000464 Brown Sugar Oatmeal	4oz	100	127	0.25	52	*13	*N/A*	1.49	*0.00	0	26.88	1.98	2.50	0	13.8	0.00	0.99
000927 Honey PC	1 each	100	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 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			398	1.45	168	*60	*0	3.58	*0.00	10	85.57	9.14	11.64	481	399.9	10.70	1.54
% of Calories				3.28%		*60.3%	*0%	8.1%	*0.0%		86.0%		11.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

**Wednesday - 05/08/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990713 Honey Cheerios	1 each	100	110	0.00	170	6	*N/A*	1.50	0.00	0	22.00	2.00	3.00	300	60.0	*N/A*	2.70
000233 Graham Crackers	1 each	100	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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			384	1.18	379	41	0	5.99	*0.00	10	72.75	7.42	15.00	1638	598.2	*98.63	3.68
% of Calories				2.77%		42.7%	0%	14.0%	*0.0%		75.8%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Thursday - 05/09/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990695 Strawberry Parfait	1 each	100	291	0.34	71	30	11	6.10	0.00	3	56.59	3.84	6.85	163	152.9	45.53	1.89
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	1.62	186	57	11	8.26	*0.00	13	95.66	6.91	16.41	662	523.4	56.53	2.28
% of Calories				2.96%		46.2%	8.9%	15.1%	*0.0%		77.6%		13.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

**Friday - 05/10/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990638 WG French Toast Sticks (K-12)	3 sticks	100	260	1.00	290	14	*N/A*	8.00	0.00	10	42.00	2.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
001138 Turkey Sausage Link	2 each	95	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	5	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	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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			573	5.08	874	47	0	19.69	*0.00	63	76.00	*3.45	25.53	*5699	*378.7	*57.99	*0.50
% of Calories				7.98%		32.8%	0%	30.9%	*0.0%		53.1%		17.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Monday - 05/13/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	100	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
990880 DOL granola	3 oz scoop	100	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
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			455	1.21	185	60	11	7.46	*0.00	10	87.74	6.87	14.89	544	683.2	11.41	1.41
% of Calories				2.39%		52.7%	9.7%	14.8%	*0.0%		77.1%		13.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Tuesday - 05/14/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000448 Whole Wheat English Muffin	1 whole	100	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
000488 Butter PC	1 each	100	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
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
000894 Turkey Bacon & Egg Bake	1 square	95	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	5	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
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			520	5.56	574	*43	*0	13.80	*0.16	228	79.18	10.14	23.02	*606	497.7	*10.63	3.49
% of Calories				9.62%		*33.1%	*0%	23.9%	*0.3%		60.9%		17.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Wednesday - 05/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990833 Blueberry Bread	4 oz	100	305	1.37	197	*25	*N/A*	8.65	*0.00	27	52.72	3.38	5.10	*16	*55.0	*1.06	*1.80

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			489	2.55	311	*54	*0	10.63	*0.00	37	86.46	7.80	15.10	*854	*493.2	*99.69	*2.07
% of Calories				4.69%		*44.2%	*0%	19.6%	*0.0%		70.7%		12.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Thursday - 05/16/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990804 Strawberries & Cream Oatmeal	0.5 C/4oz scoop	100	132	0.25	58	*13	*N/A*	1.54	*0.00	0	28.25	2.91	2.68	20	18.6	18.21	1.30
000927 Honey PC	1 each	100	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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			437	1.54	174	*51	*0	3.69	*0.00	10	92.86	6.01	13.29	519	399.9	71.29	1.75
% of Calories				3.17%		*46.7%	*0%	7.6%	*0.0%		85.0%		12.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Friday - 05/17/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
001138 Turkey Sausage Link	2 each	95	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	5	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
000488 Butter PC	1 each	100	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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			518	7.15	826	45	0	19.24	*0.16	73	66.01	*3.45	23.58	*5824	*429.9	*57.99	*1.80
% of Calories				12.42 %		34.7%	0%	33.4%	*0.3%		51.0%		18.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Monday - 05/20/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000233 Graham Crackers	1 each	100	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
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			424	1.21	381	47	0	7.15	*0.00	10	81.92	7.35	11.85	1444	558.0	15.80	8.27
% of Calories				2.57%		44.3%	0%	15.2%	*0.0%		77.3%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Tuesday - 05/21/2024

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000104	Cheesy Grits - 1 oz	.5 C	100	110	1.57	102	1	*N/A*	2.55	*0.00	8	17.62	0.35	4.02	124	70.4	0.00	0.22
990394	Turkey Bacon	2 each	95	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
000801	Veggie Breakfast Sausage Patty	1 each	5	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	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
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				480	4.90	551	36	0	14.02	*0.00	269	65.00	7.54	25.91	*605	492.9	*10.63	2.23
% of Calories					9.19%		30.0%	0%	26.3%	*0.0%		54.2%		21.6%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

### Wednesday - 05/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000001	Whole Wheat Bagel	1 Whole	100	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	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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			448	4.02	394	43	0	7.21	*0.00	25	81.65	7.42	19.23	994	480.2	98.63	0.31
% of Calories				8.08%		38.4%	0%	14.5%	*0.0%		72.9%		17.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

### Thursday - 05/23/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990668 Egg & Cheese Breakfast Burrito	1 burrito	100	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	100	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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			555	8.30	577	*29	*0	16.88	*0.00	266	75.60	5.08	25.46	*645	568.8	*53.90	2.82
% of Calories				13.46 %		*20.9%	*0%	27.4%	*0.0%		54.5%		18.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Friday - 05/24/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990394 Turkey Bacon	2 each	95	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
000801 Veggie Breakfast Sausage Patty	1 each	5	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	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
000488 Butter PC	1 each	100	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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			443	5.30	669	38	0	15.09	*0.16	35	62.06	3.45	17.88	6824	639.9	57.99	4.10
% of Calories				10.77 %		34.3%	0%	30.7%	*0.3%		56.0%		16.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Monday - 05/27/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Tuesday - 05/28/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990712 Blueberry Chex Cereal	1 cup / 1 each	100	120	0.00	180	6	*N/A*	2.50	0.00	0	23.00	1.00	1.00	300	60.0	3.60	8.10
000233 Graham Crackers	1 each	100	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
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			439	1.20	391	46	0	7.09	*0.00	10	87.15	9.13	12.10	1281	545.3	14.23	9.31
% of Calories				2.46%		41.9%	0%	14.5%	*0.0%		79.4%		11.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Wednesday - 05/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000671 Pineapple Carrot Bread	4 oz	100	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
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			512	2.55	336	63	0	10.51	*0.00	37	92.88	7.79	15.24	*1796	*504.7	*102.62	*2.20
% of Calories				4.48%		49.2%	0%	18.5%	*0.0%		72.6%		11.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

# Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

## Thursday - 05/30/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	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	5	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	100	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
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
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	7.23	544	*40	*0	14.08	*0.00	38	86.81	5.15	20.75	499	540.4	53.08	2.42
% of Calories				12.14 %		*29.9%	*0%	23.6%	*0.0%		64.8%		15.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

## Friday - 05/31/2024

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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
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
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
000488	Butter PC	1 each	100	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
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				491	6.43	525	45	0	16.02	*0.16	272	64.88	3.42	22.16	*5825	467.0	*57.99	3.14
% of Calories					11.79 %		36.7%	0%	29.4%	*0.3%		52.9%		18.1%				
Weekly Nutrient Guideline				450 - 500	<10	540			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	479	4	434	*48	*1	10.96	*0.03	75	81.27	*6.59	18.01	*1974	*515.1	*49.59	*3.01
% of Calories		7.14%		*40.1%	*0.8%	20.6%	*0.1%		67.9%		15.0%				

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

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



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- (1) mail: U.S. Department of Agriculture  
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](mailto:program.intake@usda.gov).

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# May Lunch Menu

## CEDAR TREE ACADEMY LUNCH ECE

What do the colors on the menu mean?

**GREEN** = locally-sourced

= 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

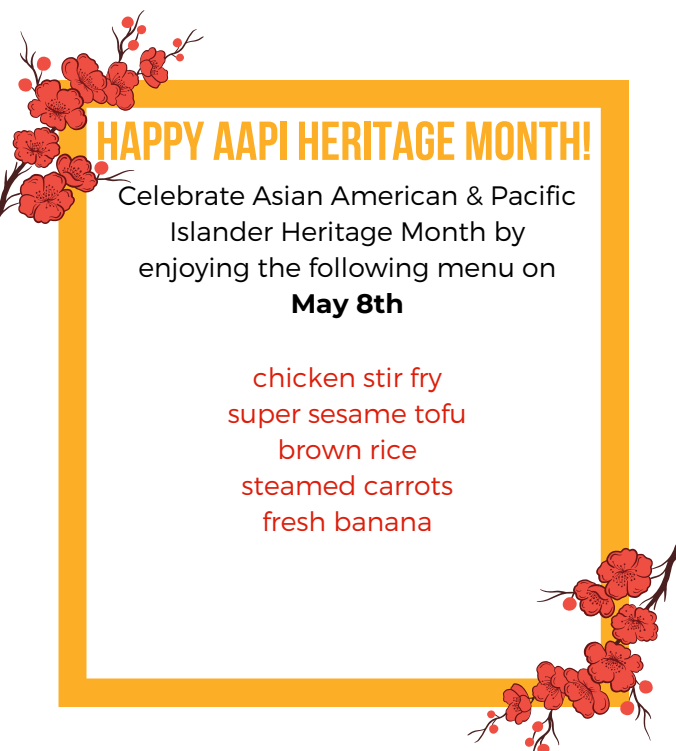
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4/29</b> <ul style="list-style-type: none"> <li>all beef hot dog (sliced lengthwise)</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>ketchup &amp; mustard</li> <li>chilled pears</li> </ul>	<b>4/30</b> <ul style="list-style-type: none"> <li><b>cajun fish tacos</b> </li> <li>bean &amp; cheese tacos </li> <li>baja cream sauce</li> <li><b>steamed corn</b> </li> <li>fresh orange wedges</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li><b>diced herb chicken drum</b> </li> <li>veggie chik'n nuggets </li> <li>cornbread muffin</li> <li><b>roasted cauliflower</b> </li> <li>ketchup</li> <li>fresh banana</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li><b>chicken alfredo</b> </li> <li>veggie chik'n nugget alfredo </li> <li>whole grain penne</li> <li><b>roasted broccoli</b> </li> <li>fresh cantaloupe</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>grilled cheese</li> <li><b>sweet potato fries</b> </li> <li>ketchup</li> <li><b>fresh apple slices</b> </li> </ul> <p><b>SCHOOL LUNCH HERO DAY</b></p>
<b>6</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li><b>steamed green peas</b> </li> <li>chilled pears</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li><b>beef &amp; cheese nachos</b> </li> <li>bean &amp; cheese nachos </li> <li><b>southwest taco corn</b> </li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li><b>chicken stir fry</b> </li> <li>super sesame tofu </li> <li>brown rice</li> <li><b>steamed carrots</b> </li> <li>fresh banana</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>jazy black eyed peas</li> <li>fresh cantaloupe</li> </ul>	<b>10</b> <p><b>breakfast for lunch!</b></p> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>whole grain waffles</li> <li><b>sweet potato hash</b> </li> <li>all-natural syrup</li> <li><b>fresh apple slices</b> </li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li><b>beef burger</b> </li> <li>veggie burger </li> <li>whole grain bun</li> <li><b>roasted cauliflower</b> </li> <li>ketchup &amp; mustard</li> <li>chilled pears</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li><b>cumin lime chicken tacos</b> </li> <li>cheese quesadilla </li> <li><b>sauteed peppers &amp; onions</b> </li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li><b>diced bbq chicken tender</b> </li> <li>bbq veggie chik'n nuggets </li> <li>mac &amp; cheese</li> <li>whole grain roll</li> <li><b>cinnamon roasted butternut squash</b> </li> <li>fresh banana</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>turkey meatballs </li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li><b>mushroom bolognese</b> </li> <li>fresh cantaloupe</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>grilled cheese </li> <li><b>sauteed green beans</b> </li> <li><b>fresh apple slices</b> </li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li><b>roasted broccoli</b> </li> <li>chilled pears</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li><b>beef &amp; cheese tacos</b> </li> <li>sofritas tacos </li> <li>roasted tomato salsa</li> <li>fresh orange wedges</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li><b>sweet chili chicken</b> </li> <li>sweet chili tofu </li> <li>brown rice</li> <li><b>glazed carrots</b> </li> <li>fresh banana</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>turkey sloppy joe</li> <li>lentil sloppy joe </li> <li>whole grain bun</li> <li><b>sweet potato fries</b> </li> <li>ketchup</li> <li>fresh cantaloupe</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li><b>diced crispy chicken tender</b> </li> <li>veggie chik'n nuggets </li> <li>whole grain roll</li> <li><b>mashed potatoes</b> </li> <li>ketchup</li> <li><b>fresh apple slices</b> </li> </ul>
<b>27</b> <p><b>no school</b></p>	<b>28</b> <ul style="list-style-type: none"> <li>all beef hot dog (sliced lengthwise)</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>ketchup &amp; mustard</li> <li>fresh orange wedges</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li><b>diced herb chicken drum</b> </li> <li>veggie chik'n nuggets </li> <li>cornbread muffin</li> <li><b>roasted cauliflower</b> </li> <li>ketchup</li> <li>fresh banana</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li><b>chicken alfredo</b> </li> <li>veggie chik'n nugget alfredo </li> <li>whole grain penne</li> <li><b>roasted broccoli</b> </li> <li>fresh cantaloupe</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>grilled cheese</li> <li><b>steamed green peas</b> </li> <li>ketchup</li> <li><b>fresh apple slices</b> </li> </ul>

## HAPPY AAPI HERITAGE MONTH!

Celebrate Asian American & Pacific Islander Heritage Month by enjoying the following menu on **May 8th**

- chicken stir fry
- super sesame tofu
- brown rice
- steamed carrots
- fresh banana



**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

<b>Menu Name:</b>	Private/Charter Lunch ECE	<b>Include Cost:</b>	No
<b>Site:</b>		<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

**Monday - 04/29/2024 Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	98	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	2	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
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
001176 BBQ Baked Beans	3oz scoop	100	136	0.58	101	4	*N/A*	4.02	*0.00	0	20.37	3.70	5.52	*278	*54.9	*0.25	*2.04
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
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			674	8.61	1101	*21	*0	23.25	*0.00	44	90.72	13.27	25.72	*720	*480.4	*5.40	*4.89
% of Calories				11.50 %		*12.5%	*0%	31.0%	*0.0%		53.8%		15.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Tuesday - 04/30/2024 Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990819 Cajun Fish Tacos	2 each	95	240	1.10	360	0	0	6.18	*0.00	69	27.05	4.38	23.22	*363	*83.9	*0.24	*0.19
000706 Black Bean & Cheese Taco	2 each	5	404	4.67	447	*1	*N/A*	12.46	*0.00	15	59.90	12.49	18.73	*718	*252.0	*13.00	*2.95
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
990806 Baja Cream Sauce	1 oz	100	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	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			473	4.30	609	*23	*0	12.46	*0.00	85	62.32	7.89	34.47	*1188	*538.3	*53.85	*0.73
% of Calories				8.18%		*19.5%	*0%	23.7%	*0.0%		52.7%		29.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000378 Herb Roasted Chicken Tender	3 oz scoop	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
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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			515	2.62	568	38	0	12.36	*0.00	71	70.91	6.60	33.20	*515	*423.7	*63.44	*2.43
% of Calories				4.58%		29.5%	0%	21.6%	*0.0%		55.1%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 05/02/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990300 Chicken Alfredo	4 oz	95	142	1.94	268	2	*N/A*	5.08	*0.00	57	3.39	0.12	21.29	*55	*42.7	*2.54	*0.62
990805 Veggie Chik'n Alfredo	5 nuggets	5	291	3.19	678	4	*N/A*	15.08	*0.00	8	25.89	5.12	17.59	*55	*92.7	*0.05	*2.38
000521 Whole Wheat Penne Pasta	.5 C	100	120	0.32	98	0	*N/A*	2.95	*0.00	0	19.31	2.36	3.30	*0	*14.0	*0.00	*0.85
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	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

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			424	3.79	576	22	0	12.24	*0.00	64	45.52	4.69	34.69	*3417	*453.5	*74.83	*2.16
% of Calories				8.04%		20.8%	0%	26.0%	*0.0%		42.9%		32.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Friday - 05/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	100	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
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	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
001084 Cinnamon Applesauce Cup	1 each	1	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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	10.32	948	*15	*0	18.92	*0.00	50	56.46	5.56	29.09	*8136	*900.1	*2.55	*1.85
% of Calories				18.50 %		*12.0%	*0%	33.9%	*0.0%		45.0%		23.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Monday - 05/06/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
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
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			554	6.33	810	*18	*1	15.24	*0.00	35	81.46	11.58	27.57	1415	705.2	12.49	3.30
% of Calories				10.28 %		*13.0%	*0.7%	24.8%	*0.0%		58.8%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Tuesday - 05/07/2024

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990785 Beef and Cheese Nachos ECE	see recipe	95	406	9.99	614	3	*N/A*	23.55	*0.50	81	23.05	*2.82	26.94	*1345	*233.0	*21.87	*2.55
990786 Bean and Cheese Nachos ECE	See recipe	5	315	6.89	578	3	*N/A*	15.49	*0.00	30	31.35	*6.35	14.70	*186	*237.0	*2.37	*1.40
990075 Southwest Taco Corn	.25 C	100	57	0.28	141	*1	*N/A*	1.96	*0.00	0	10.11	1.33	1.55	*230	*9.3	*8.25	*0.41
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
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			639	13.18	887	*26	*0	30.02	*0.47	98	58.55	*6.54	38.02	*2241	*684.4	*79.09	*3.10
% of Calories				18.56 %		*16.3%	*0%	42.3%	*0.7%		36.7%		23.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/08/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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
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				471	2.03	623	*30	*0	8.38	*0.00	56	69.65	6.78	32.45	*10426	*427.0	*18.83	*1.84
% of Calories					3.88%		*25.5%	*0%	16.0%	*0.0%		59.2%		27.6%				
Weekly Nutrient Guideline				550 - 650	<10	1110			<=0									

### Thursday - 05/09/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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
990484	Jazzy Black Eyed Peas (Canned) - .25 C	.25 C	100	62	0.32	105	*0	*N/A*	2.66	*0.00	0	7.16	1.77	2.54	*113	*10.5	*3.36	*0.81
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
<b>Weighted Daily Average</b>			<b>470</b>	<b>1.72</b>	<b>769</b>	<b>*32</b>	<b>*0</b>	<b>8.99</b>	<b>*0.01</b>	<b>56</b>	<b>66.07</b>	<b>6.58</b>	<b>35.83</b>	<b>*3192</b>	<b>*417.0</b>	<b>*35.12</b>	<b>*3.21</b>
% of Calories				3.29%		*27.2%	*0%	17.2%	*0.0%		56.2%		30.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Friday - 05/10/2024

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000997 Whole Grain Waffles Bakecrafters	1 each	100	70	0.00	95	1	*N/A*	2.51	0.00	0	11.04	0.00	2.01	0	0.0	0.00	0.36
990648 Sweet Potato Hash	0.25 C	100	89	0.35	180	*3	*N/A*	2.33	*0.00	0	15.84	2.53	1.39	*10105	*25.2	*8.28	*0.56
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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	3.63	544	*37	*0	13.01	*0.00	252	62.04	4.54	20.21	*10529	*427.0	*69.02	*2.43
% of Calories				7.24%		*32.8%	*0%	26.0%	*0.0%		55.0%		17.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 05/13/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	4.14	710	*18	*0	13.03	*0.20	57	75.78	12.00	31.81	*544	*439.5	*53.70	*4.19
% of Calories				7.02%		*13.6%	*0%	22.1%	*0.3%		57.1%		24.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Tuesday - 05/14/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken	3 oz	95	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990269 Whole Wheat Tortillas, 6 inch - 2 each	2 each	95	140	1.00	210	0	*N/A*	4.00	0.00	0	26.00	4.00	4.00	0	80.0	0.00	0.00
990674 Cheese Quesadilla on 6" tortillas	2 each	5	400	14.00	760	0	*N/A*	22.00	0.00	60	34.00	0.00	18.00	600	540.0	0.00	2.00
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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			487	5.63	593	23	0	16.21	*0.00	69	56.91	7.32	33.50	*964	*566.5	*73.47	*1.45
% of Calories				10.40 %		18.9%	0%	30.0%	*0.0%		46.7%		27.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990404 BBQ Chicken Tenders, Diced	3 oz scoop	95	136	0.00	308	13	*N/A*	0.00	0.00	48	14.00	0.00	18.70	*0	2.0	*2.49	0.66
990626 BBQ Veggie Chik'n Nuggets	5 each	5	305	1.25	811	20	*N/A*	10.00	0.00	0	41.17	5.00	15.00	*0	52.7	*0.00	2.46
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
990222 Cinnamon Roasted Butternut Squash	2oz scoop	100	39	0.21	62	*0	*N/A*	1.45	*0.00	0	6.91	1.18	0.72	1033	22.4	9.30	0.46
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			594	7.12	803	*43	*0	14.04	*0.00	84	82.11	*6.67	40.21	*1667	*580.2	*22.69	*1.65
% of Calories				10.79 %		*29.0%	*0%	21.3%	*0.0%		55.3%		27.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 05/16/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990815 Turkey Meatball	4 each	95	110	1.00	390	0	*N/A*	5.00	0.00	45	4.00	0.00	13.00	0	20.0	0.00	0.72
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
990882 Mushroom Bolognese	4oz scoop	100	80	0.07	151	7	0	0.47	*0.00	0	15.28	3.32	4.15	*135	*27.7	*5.79	*0.96
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			433	2.67	770	26	0	10.25	*0.00	53	58.82	6.91	30.10	*3197	*436.2	*35.15	*2.98
% of Calories				5.55%		24.0%	0%	21.3%	*0.0%		54.3%		27.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Friday - 05/17/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990873 Crispy Catfish Sandwich on WW bun	1 each	95	329	0.81	582	4	0	8.75	*0.00	69	39.57	4.84	26.97	*137	*47.9	*0.07	*2.21
000792 Grilled Cheese on WW Bun	1 each	5	320	9.00	620	3	*N/A*	16.00	0.00	40	29.00	4.00	20.00	600	420.0	0.00	1.44
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
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			511	2.54	756	*28	*0	12.04	*0.00	78	69.26	7.83	35.62	*637	*448.1	*65.87	*2.60
% of Calories				4.47%		*21.9%	*0%	21.2%	*0.0%		54.2%		27.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									



# Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

**Monday - 05/20/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
990334 Roasted Broccoli	.25 C	100	27	0.22	63	1	*N/A*	1.30	*0.00	0	3.33	1.28	1.39	*301	*22.9	*43.05	*0.36
990261 Chilled Pears	.5 C	1	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			436	6.37	767	*16	*1	15.07	*0.00	35	52.71	5.33	25.67	*725	*697.8	*43.83	*2.35
% of Calories				13.15 %		*14.7%	*0.9%	31.1%	*0.0%		48.4%		23.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Tuesday - 05/21/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990185 Beef Tacos in 6" Tortilla	2 each	95	578	13.75	828	2	*N/A*	31.28	*1.00	133	34.23	6.42	43.98	*2647	*330.6	*43.70	*4.90
990810 Sofritas Tofu Soft Tacos	2 each	5	278	2.20	643	*3	*N/A*	10.73	*0.00	0	35.90	5.96	16.12	*392	*360.5	*0.73	*3.49
990870 Roasted Tomato Salsa	2oz scoop	100	24	0.01	81	*0	*N/A*	0.10	*0.00	0	4.79	1.58	0.50	523	34.0	9.04	0.64

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			728	14.34	1014	*24	*0	32.23	*0.95	136	62.04	10.18	52.22	*3688	*767.5	*100.28	*5.63
% of Calories				17.73 %		*13.2%	*0%	39.8%	*1.2%		34.1%		28.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	95	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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			546	2.20	997	*47	*0	9.54	*0.00	56	87.92	6.58	31.37	*10423	*405.3	*17.11	*1.80
% of Calories				3.63%		*34.4%	*0%	15.7%	*0.0%		64.4%		23.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 05/23/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 each	95	298	2.27	600	*10	*N/A*	10.01	*0.00	87	37.49	4.74	19.86	*151	*86.7	*4.99	*3.33
990666 Lentil Sloppy Joe on WW Bun	1 each	5	332	0.41	877	*12	*N/A*	5.52	*0.00	0	62.06	8.77	14.45	*831	*44.0	*9.23	*4.28
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	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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			487	3.54	915	*31	*0	12.85	*0.00	93	69.39	7.18	29.34	*10359	*471.6	*35.77	*3.95
% of Calories				6.54%		*25.5%	*0%	23.7%	*0.0%		57.0%		24.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Friday - 05/24/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990392 Diced Crispy Chicken Tenders	3 oz	95	118	0.19	199	1	*N/A*	0.77	*0.00	49	7.23	0.68	20.38	278	31.4	2.61	1.10
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
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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			422	2.06	706	*28	*0	6.14	*0.00	58	60.00	6.24	32.92	711	479.5	69.26	4.05
% of Calories				4.39%		*26.5%	*0%	13.1%	*0.0%		56.9%		31.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 05/27/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 05/28/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	98	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	2	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
001176 BBQ Baked Beans	3oz scoop	100	136	0.58	101	4	*N/A*	4.02	*0.00	0	20.37	3.70	5.52	*278	*54.9	*0.25	*2.04
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			616	8.62	1093	*29	*0	23.16	*0.00	44	75.64	10.03	25.76	*908	*497.0	*51.11	*4.40
% of Calories				12.59 %		*18.8%	*0%	33.8%	*0.0%		49.1%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000378 Herb Roasted Chicken Tender	3 oz scoop	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
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
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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			515	2.62	568	38	0	12.36	*0.00	71	70.91	6.60	33.20	*515	*423.7	*63.44	*2.43
% of Calories				4.58%		29.5%	0%	21.6%	*0.0%		55.1%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Thursday - 05/30/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990300 Chicken Alfredo	4 oz	95	142	1.94	268	2	*N/A*	5.08	*0.00	57	3.39	0.12	21.29	*55	*42.7	*2.54	*0.62
990805 Veggie Chik'n Alfredo	5 nuggets	5	291	3.19	678	4	*N/A*	15.08	*0.00	8	25.89	5.12	17.59	*55	*92.7	*0.05	*2.38
000521 Whole Wheat Penne Pasta	.5 C	100	120	0.32	98	0	*N/A*	2.95	*0.00	0	19.31	2.36	3.30	*0	*14.0	*0.00	*0.85
001095 Steamed Broccoli	.25 C	100	31	0.28	63	1	*N/A*	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			424	3.79	576	22	0	12.24	*0.00	64	45.52	4.69	34.69	*3417	*453.5	*74.83	*2.16
% of Calories				8.04%		20.8%	0%	26.0%	*0.0%		42.9%		32.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

## Friday - 05/31/2024

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	100	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
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	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
001084 Cinnamon Applesauce Cup	1 each	1	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			502	10.32	948	*15	*0	18.92	*0.00	50	56.46	5.56	29.09	*8136	*900.1	*2.55	*1.85
% of Calories				18.50 %		*12.0%	*0%	33.9%	*0.0%		45.0%		23.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									



# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	517	6	777	*27	*0	15.12	*0.07	73	66.13	*7.38	32.36	*3653	*542.6	*46.82	*2.81
% of Calories		9.61%		*20.9%	*0%	26.3%	*0.1%		51.2%		25.0%				

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

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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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- (1) mail: U.S. Department of Agriculture  
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](mailto:program.intake@usda.gov).

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# May Lunch Menu

## CEDAR TREE ACADEMY LUNCH K-2

What do the colors on the menu mean?

**GREEN** = locally-sourced  
 = 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

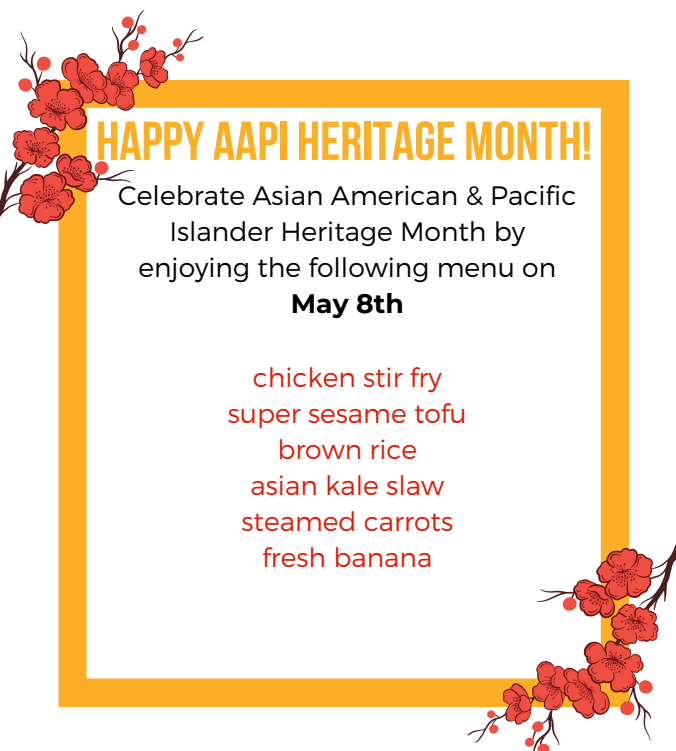
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4/29</b> <ul style="list-style-type: none"> <li>all beef hot dog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>sauteed cabbage</li> <li>ketchup &amp; mustard</li> <li>fresh pear</li> </ul>	<b>4/30</b> <ul style="list-style-type: none"> <li>cajun fish tacos</li> <li>bean &amp; cheese tacos </li> <li>baja cream sauce</li> <li>steamed corn</li> <li>tangy cilantro lime slaw</li> <li>fresh orange wedges</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>herb roasted chicken drum </li> <li>veggie chik'n nuggets</li> <li>cornbread muffin</li> <li>butternut squash puree</li> <li>roasted cauliflower</li> <li>ketchup</li> <li>fresh banana</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>chicken alfredo</li> <li>veggie chik'n nugget alfredo </li> <li>whole grain penne</li> <li>roasted broccoli</li> <li>steamed carrots</li> <li>fresh cantaloupe</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>grilled cheese</li> <li>sweet potato fries</li> <li>steamed green peas</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>mixed greens salad</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>fresh pear</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos</li> <li>bean &amp; cheese nachos </li> <li>southwest taco corn</li> <li>roasted tomato salsa</li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>chicken stir fry</li> <li>super sesame tofu </li> <li>brown rice</li> <li>asian kale slaw</li> <li>steamed carrots</li> <li>fresh banana</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>jazzy black eyed peas</li> <li>coleslaw</li> <li>fresh cantaloupe</li> </ul>	<b>10</b> <p><b>breakfast for lunch!</b></p> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>whole grain waffles</li> <li>sauteed spinach</li> <li>sweet potato hash</li> <li>all-natural syrup</li> <li>hot sauce</li> <li>fresh apple slices</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>beef burger</li> <li>veggie burger </li> <li>whole grain bun</li> <li>lettuce &amp; tomato</li> <li>buffalo cauliflower</li> <li>ketchup &amp; mustard</li> <li>fresh pear</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>cumin lime chicken tacos</li> <li>cheese quesadilla </li> <li>chili black beans</li> <li>sauteed peppers &amp; onions</li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>buffalo veggie chik'n </li> <li>mac &amp; cheese</li> <li>whole grain roll</li> <li>cinnamon roasted butternut squash</li> <li>braised collard greens</li> <li>fresh banana</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>turkey meatballs</li> <li>tofu bolognese </li> <li>mushroom bolognese</li> <li>whole grain spaghetti</li> <li>mixed greens salad</li> <li>italian dressing</li> <li>fresh cantaloupe</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>grilled cheese </li> <li>sauteed green beans</li> <li>potato salad</li> <li>hot sauce</li> <li>tartar sauce</li> <li>fresh apple slices</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>roasted broccoli</li> <li>steamed corn</li> <li>fresh pear</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>beef &amp; cheese tacos</li> <li>sofritas tacos </li> <li>chipotle pinto beans</li> <li>roasted tomato salsa</li> <li>fresh orange wedges</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>glazed carrots</li> <li>asian broccoli</li> <li>fresh banana</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>turkey sloppy joe</li> <li>lentil sloppy joe </li> <li>whole grain bun</li> <li>sweet potato fries</li> <li>garlic kale</li> <li>ketchup</li> <li>fresh cantaloupe</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>whole grain roll</li> <li>mashed potatoes</li> <li>sauteed green beans</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>
<b>27</b> <p><b>no school</b></p>	<b>28</b> <ul style="list-style-type: none"> <li>all beef hot dog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>sauteed cabbage</li> <li>ketchup &amp; mustard</li> <li>fresh orange wedges</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>herb roasted chicken drum </li> <li>veggie chik'n nuggets</li> <li>cornbread muffin</li> <li>butternut squash puree</li> <li>roasted cauliflower</li> <li>ketchup</li> <li>fresh banana</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>chicken alfredo</li> <li>veggie chik'n nugget alfredo </li> <li>whole grain penne</li> <li>roasted broccoli</li> <li>steamed carrots</li> <li>fresh cantaloupe</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>grilled cheese</li> <li>sweet potato fries</li> <li>steamed green peas</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>

## HAPPY AAPI HERITAGE MONTH!

Celebrate Asian American & Pacific Islander Heritage Month by enjoying the following menu on **May 8th**

- chicken stir fry
- super sesame tofu
- brown rice
- asian kale slaw
- steamed carrots
- fresh banana



# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

Menu Name: Private/Charter Lunch K-8

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	95	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
000475 BBQ Baked Beans	5oz scoop	100	221	0.66	103	5	*N/A*	4.39	*0.00	0	36.16	6.88	10.62	*410	*88.1	*0.48	*3.73
990081 Sauteed 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
000556 Ketchup	1 each	95	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	95	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
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			804	8.67	1159	*45	*0	24.22	*0.00	43	118.66	19.24	31.49	*944	*529.7	*24.63	*6.63
% of Calories				9.71%		*22.4%	*0%	27.1%	*0.0%		59.0%		15.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

# Base Menu Spreadsheet

Portion Values

Apr 29, 2024 thru May 31, 2024

**Tuesday - 04/30/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990819	Cajun Fish Tacos	2 each	95	240	1.10	360	0	0	6.18	*0.00	69	27.05	4.38	23.22	*363	*83.9	*0.24	*0.19
990806	Baja Cream Sauce	1 oz	95	38	1.64	83	0	*N/A*	2.65	*0.00	9	2.22	0.04	1.11	98	42.9	0.67	0.06
000706	Black Bean & Cheese Taco	2 each	5	404	4.67	447	*1	*N/A*	12.46	*0.00	15	59.90	12.49	18.73	*718	*252.0	*13.00	*2.95
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
990100	Tangy Cilantro-Lime Slaw	2oz scoop	100	49	0.36	123	3	*N/A*	2.62	*0.00	0	6.49	1.92	1.15	3045	28.1	25.82	0.44
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				568	4.78	776	*27	*0	16.39	*0.00	85	77.31	10.68	36.82	*4310	*565.9	*82.30	*1.34
% of Calories					7.57%		*19.0%	*0%	26.0%	*0.0%		54.4%		25.9%				
Weekly Nutrient Guideline				600 - 650	<10	1110			<=0									

**Wednesday - 05/01/2024**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000667 Herb Roasted Chicken Drum 1 ea	1 each	95	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
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
990827 Butternut Squash Puree	.25 C	100	58	0.33	51	*2	*N/A*	2.28	*0.00	0	9.82	1.46	0.84	1156	28.9	10.40	0.59
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
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	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			665	5.73	727	*28	*0	25.97	*0.05	117	73.37	7.11	35.08	*1642	*477.9	*111.02	*3.40
% of Calories				7.75%		*16.8%	*0%	35.1%	*0.1%		44.1%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990300 Chicken Alfredo	4 oz	95	142	1.94	268	2	*N/A*	5.08	*0.00	57	3.39	0.12	21.29	*55	*42.7	*2.54	*0.62

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990805 Veggie Chik'n Alfredo	5 nuggets	5	291	3.19	678	4	*N/A*	15.08	*0.00	8	25.89	5.12	17.59	*55	*92.7	*0.05	*2.38
000521 Whole Wheat Penne Pasta	.5 C	100	120	0.32	98	0	*N/A*	2.95	*0.00	0	19.31	2.36	3.30	*0	*14.0	*0.00	*0.85
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
000107 Steamed Broccoli	.5 C	100	61	0.56	126	2	*N/A*	3.60	*0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.72
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 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			491	4.26	728	25	0	15.42	*0.00	64	54.53	7.73	36.64	*13493	*501.6	*121.33	*2.70
% of Calories				7.81%		20.4%	0%	28.3%	*0.0%		44.4%		29.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Friday - 05/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	100	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
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
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			717	10.74	1123	*42	*0	21.73	*0.00	50	103.74	14.56	32.95	*16343	*939.3	*21.93	*3.17
% of Calories				13.48 %		*23.4%	*0%	27.3%	*0.0%		57.9%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Monday - 05/06/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
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
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
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



# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			595	7.24	842	41	1	16.91	*0.00	39	90.90	13.04	27.39	1386	770.2	21.12	3.52
% of Calories				10.95 %		27.6%	0.7%	25.6%	*0.0%		61.1%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 05/07/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990727 Beef and Cheese Nachos K-8	see recipe	95	460	10.37	658	3	*N/A*	25.85	*0.50	81	30.73	*3.59	27.71	*1345	*240.7	*21.87	*2.55
990726 Bean and Cheese Nachos K-8	See recipe	5	507	7.77	589	*3	*N/A*	20.81	*0.00	30	60.52	*10.87	22.57	*744	*290.6	*13.02	*3.05
000922 Southwest Taco Corn	4oz scoop	100	115	0.56	282	*2	*N/A*	3.91	*0.00	0	20.22	2.67	3.10	*460	*18.5	*16.49	*0.82
990870 Roasted Tomato Salsa	2oz scoop	100	24	0.01	81	*0	*N/A*	0.10	*0.00	0	4.79	1.58	0.50	523	34.0	9.04	0.64
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			782	13.87	1152	*27	*0	34.53	*0.47	98	82.20	*10.41	41.20	*3022	*737.6	*96.91	*4.23
% of Calories				15.96 %		*13.8%	*0%	39.7%	*0.5%		42.0%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Wednesday - 05/08/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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
001172 Asian Kale Slaw	.5 C	100	47	0.52	72	1	*N/A*	3.78	*0.00	0	3.02	1.41	1.05	2337	70.3	27.54	0.53
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	2.60	783	*20	*0	13.15	*0.00	56	67.52	6.92	32.80	*22455	*516.7	*39.56	*2.24
% of Calories				4.51%		*15.4%	*0%	22.8%	*0.0%		52.0%		25.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 05/09/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
990876 Jazzy Black Eyed Peas	.5 C	100	123	0.65	209	*1	*N/A*	5.33	*0.00	0	14.34	3.54	5.09	*212	*20.7	*6.47	*1.60
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			576	2.53	966	*35	*0	14.07	*0.01	57	78.66	9.72	39.13	*4817	*452.9	*55.28	*4.28
% of Calories				3.95%		*24.3%	*0%	22.0%	*0.0%		54.6%		27.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Friday - 05/10/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990076 Whole Grain Waffles Bakecrafters	2 each	100	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
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
990888 Sauteed Spinach	2 oz scoop	100	24	0.11	91	0	*N/A*	0.91	*0.00	0	2.80	1.79	2.23	*7048	*78.4	*3.34	*1.16
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
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
000604 Hot Sauce	1 each	100	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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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			690	4.15	935	*52	*0	19.14	*0.00	252	107.55	12.22	26.43	*27803	*544.0	*31.79	*4.78
% of Calories				5.41%		*30.1%	*0%	25.0%	*0.0%		62.3%		15.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Monday - 05/13/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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
000982 Lettuce & Tomato	.25 C	100	7	0.01	2	1	*N/A*	0.10	0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
001146 Buffalo Cauliflower	.5 C	100	51	0.40	291	2	*N/A*	2.16	*0.00	0	5.61	2.13	2.09	*114	*23.4	*49.75	*0.47
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
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
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			572	4.15	873	*41	*0	12.88	*0.20	57	86.65	14.33	32.28	*2174	*447.6	*64.58	*4.25
% of Calories				6.53%		*28.7%	*0%	20.3%	*0.3%		60.6%		22.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Tuesday - 05/14/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken	3 oz	95	136	0.83	198	0	*N/A*	5.82	*0.00	48	1.64	0.34	19.04	*130	*9.2	*2.95	*1.06
990269 Whole Wheat Tortillas, 6 inch - 2 each	2 each	95	140	1.00	210	0	*N/A*	4.00	0.00	0	26.00	4.00	4.00	0	80.0	0.00	0.00
990674 Cheese Quesadilla on 6" tortillas	2 each	5	400	14.00	760	0	*N/A*	22.00	0.00	60	34.00	0.00	18.00	600	540.0	0.00	2.00
990331 Sauteed Peppers & Onions, Strips	.25 C	100	24	0.13	33	2	*N/A*	0.85	*0.00	0	3.98	0.99	0.56	*86	*12.9	*20.72	*0.15
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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			696	6.28	734	*24	*0	20.14	*0.00	69	90.30	15.82	44.71	*1531	*637.7	*86.48	*4.40
% of Calories				8.12%		*13.8%	*0%	26.0%	*0.0%		51.9%		25.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Wednesday - 05/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000977 Buffalo Chicken Drum	1 each	95	198	2.59	706	0	*N/A*	9.67	0.05	97	0.12	0.00	19.01	614	8.4	0.00	0.75
990673 Buffalo Veggie Chik'n Nuggets	5 each	5	263	1.25	1231	2	*N/A*	10.00	0.00	0	22.50	5.00	15.00	756	50.0	0.00	2.25
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
990221 Cinnamon Roasted Butternut Squash	4oz	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
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			690	9.80	1325	*17	*0	25.35	*0.05	130	69.52	*7.56	41.88	*8126	*711.2	*45.53	*2.06
% of Calories				12.78 %		*9.9%	*0%	33.1%	*0.1%		40.3%		24.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Thursday - 05/16/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990815 Turkey Meatball	4 each	95	110	1.00	390	0	*N/A*	5.00	0.00	45	4.00	0.00	13.00	0	20.0	0.00	0.72
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
990882 Mushroom Bolognese	4oz scoop	100	80	0.07	151	7	0	0.47	*0.00	0	15.28	3.32	4.15	*135	*27.7	*5.79	*0.96
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
001148 Mixed Greens Salad	.5 C	100	7	0.02	12	0	*N/A*	0.10	0.00	0	1.35	0.84	0.64	393	20.1	4.22	0.48
000680 Italian Dressing	1 oz	100	80	1.20	17	*0	*N/A*	8.67	*0.00	0	0.56	0.17	0.06	32	8.5	0.27	0.33
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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			521	3.88	799	*27	*0	19.02	*0.00	53	60.72	7.92	30.80	*3621	*464.8	*39.65	*3.80
% of Calories				6.70%		*20.7%	*0%	32.9%	*0.0%		46.6%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Friday - 05/17/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990873 Crispy Catfish Sandwich on WW bun	1 each	95	329	0.81	582	4	0	8.75	*0.00	69	39.57	4.84	26.97	*137	*47.9	*0.07	*2.21
000792 Grilled Cheese on WW Bun	1 each	5	320	9.00	620	3	*N/A*	16.00	0.00	40	29.00	4.00	20.00	600	420.0	0.00	1.44
000604 Hot Sauce	1 each	100	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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			655	2.96	968	*40	*0	14.82	*0.00	78	100.51	12.83	38.00	*785	*473.0	*25.05	*3.57
% of Calories				4.07%		*24.4%	*0%	20.4%	*0.0%		61.4%		23.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Monday - 05/20/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990871 MP Cheese Pizza	1 each	100	310	5.00	590	3	1	12.00	0.00	25	37.00	4.00	16.00	0	310.0	0.00	1.90
000647 Roasted Broccoli	.5 C	100	55	0.43	126	2	*N/A*	2.60	*0.00	0	6.65	2.55	2.78	*602	*45.9	*86.10	*0.73
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
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
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
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			640	6.84	882	*40	*1	18.19	*0.00	35	99.15	14.54	29.03	*1157	*739.8	*99.35	*3.29
% of Calories				9.62%		*25.0%	*0.6%	25.6%	*0.0%		62.0%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

**Tuesday - 05/21/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990185 Beef Tacos in 6" Tortilla	2 each	95	578	13.75	828	2	*N/A*	31.28	*1.00	133	34.23	6.42	43.98	*2647	*330.6	*43.70	*4.90
990810 Sofritas Tofu Soft Tacos	2 each	5	278	2.20	643	*3	*N/A*	10.73	*0.00	0	35.90	5.96	16.12	*392	*360.5	*0.73	*3.49
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
990870 Roasted Tomato Salsa	2oz scoop	100	24	0.01	81	*0	*N/A*	0.10	*0.00	0	4.79	1.58	0.50	523	34.0	9.04	0.64
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			898	14.64	1140	*25	*0	34.15	*0.95	136	90.55	17.26	61.73	*3807	*823.9	*103.83	*8.15
% of Calories				14.67 %		*11.1%	*0%	34.2%	*1.0%		40.3%		27.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

**Wednesday - 05/22/2024**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000668 Sweet Chili Chicken	3 oz scoop	95	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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000023 Glazed Carrots	.5 C	100	71	0.22	180	8	*N/A*	1.59	*0.00	0	14.01	3.59	1.20	*19543	*52.7	*6.90	*0.41
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	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 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			584	2.52	1225	*38	*0	12.08	*0.00	56	87.93	6.65	32.43	*20411	*450.1	*53.35	*2.16
% of Calories				3.88%		*26.0%	*0%	18.6%	*0.0%		60.2%		22.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Thursday - 05/23/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000065 Turkey Sloppy Joe on WW Bun	1 each	95	298	2.27	600	*10	*N/A*	10.01	*0.00	87	37.49	4.74	19.86	*151	*86.7	*4.99	*3.33
990666 Lentil Sloppy Joe on WW Bun	1 each	5	332	0.41	877	*12	*N/A*	5.52	*0.00	0	62.06	8.77	14.45	*831	*44.0	*9.23	*4.28
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990604 Garlic Kale - .25 C	.25 C	100	24	0.23	67	0	*N/A*	1.70	*0.00	0	1.79	1.60	1.14	*1855	*98.1	*36.01	*0.62
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			566	3.94	1056	*33	*0	15.71	*0.00	93	81.37	10.32	31.29	*19327	*585.2	*72.99	*4.90
% of Calories				6.27%		*23.3%	*0%	25.0%	*0.0%		57.5%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Friday - 05/24/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
000682 Mashed Potatoes	.5 C	100	103	1.32	203	*1	*N/A*	4.29	*0.00	4	14.01	2.74	3.13	48	45.6	12.31	3.53
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000673 Fresh Apple	1 each	1	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
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
000592 Turkey Ham & Cheese on WW Brea	1 each	2	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
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
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			472	3.09	942	*17	*0	10.53	*0.00	60	60.43	7.04	35.73	661	535.1	20.65	6.42
% of Calories				5.89%		*14.4%	*0%	20.1%	*0.0%		51.2%		30.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 05/27/2024

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000145 NO SCHOOL TODAY																		
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	
% of Calories				0%		0%	0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0										

## Tuesday - 05/28/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	95	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
000475 BBQ Baked Beans	5oz scoop	100	221	0.66	103	5	*N/A*	4.39	*0.00	0	36.16	6.88	10.62	*410	*88.1	*0.48	*3.73
990081 Sauteed 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
000556 Ketchup	1 each	95	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	95	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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			716	8.64	1157	*31	*0	24.01	*0.00	43	94.44	14.32	31.52	*1093	*545.8	*63.68	*6.31
% of Calories				10.86 %		*17.3%	*0%	30.2%	*0.0%		52.8%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Wednesday - 05/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000667 Herb Roasted Chicken Drum 1 ea	1 each	95	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
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
990827 Butternut Squash Puree	.25 C	100	58	0.33	51	*2	*N/A*	2.28	*0.00	0	9.82	1.46	0.84	1156	28.9	10.40	0.59
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
000170 100% Apple Juice	4 oz	100	70	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			665	5.73	727	*28	*0	25.97	*0.05	117	73.37	7.11	35.08	*1642	*477.9	*111.02	*3.40
% of Calories				7.75%		*16.8%	*0%	35.1%	*0.1%		44.1%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

### Thursday - 05/30/2024

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990300 Chicken Alfredo	4 oz	95	142	1.94	268	2	*N/A*	5.08	*0.00	57	3.39	0.12	21.29	*55	*42.7	*2.54	*0.62
990805 Veggie Chik'n Alfredo	5 nuggets	5	291	3.19	678	4	*N/A*	15.08	*0.00	8	25.89	5.12	17.59	*55	*92.7	*0.05	*2.38
000521 Whole Wheat Penne Pasta	.5 C	100	120	0.32	98	0	*N/A*	2.95	*0.00	0	19.31	2.36	3.30	*0	*14.0	*0.00	*0.85
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
000107 Steamed Broccoli	.5 C	100	61	0.56	126	2	*N/A*	3.60	*0.00	0	6.41	2.51	2.72	601	45.4	86.10	0.72
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			491	4.26	728	25	0	15.42	*0.00	64	54.53	7.73	36.64	*13493	*501.6	*121.33	*2.70
% of Calories				7.81%		20.4%	0%	28.3%	*0.0%		44.4%		29.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

## Friday - 05/31/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000539 Grilled Cheese on WW Bread	1 each	100	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
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
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
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
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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			717	10.74	1123	*42	*0	21.73	*0.00	50	103.74	14.56	32.95	*16343	*939.3	*21.93	*3.17
% of Calories				13.48 %		*23.4%	*0%	27.3%	*0.0%		57.9%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	637	6	953	*32	*0	19.65	*0.07	79	83.65	*11.23	35.58	*7933	*598.7	*63.97	*3.95
% of Calories		8.96%		*20.1%	*0%	27.8%	*0.1%		52.5%		22.3%				

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

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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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- (1) mail: U.S. Department of Agriculture  
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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



# May Snack Menu

## CEDAR TREE ACADEMY SNACK ECE

What do the colors on the menu mean?

GREEN = locally-sourced

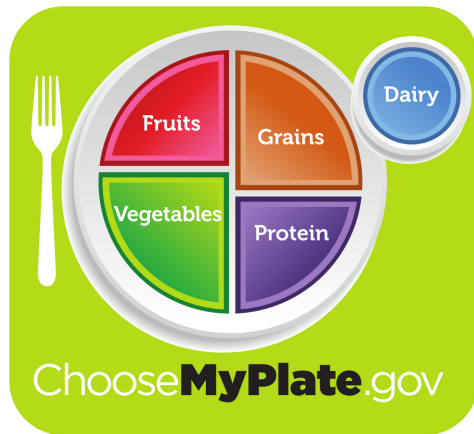
= vegetarian entree

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
<b>4/29</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>100% orange juice</li> </ul>	<b>4/30</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li> whole grain granola</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li> applesauce</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li> applesauce</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>cornbread muffin</li> <li>chilled pineapple</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li> whole grain granola</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>muffin top</li> <li>100% orange juice</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>chilled pears</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li> red pepper slices</li> <li>ranch dressing</li> <li>cheez-its</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>canned peaches</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>100% orange juice</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li> whole grain granola</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li> applesauce</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li> applesauce</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>cornbread muffin</li> <li>chilled pineapple</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li> whole grain granola</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>muffin top</li> <li>100% orange juice</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>chilled pears</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li> red pepper slices</li> <li>ranch dressing</li> <li>cheez-its</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>canned peaches</li> </ul>
<b>27</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>100% orange juice</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li> whole grain granola</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li> applesauce</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li> applesauce</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>cornbread muffin</li> <li>chilled pineapple</li> </ul>

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

**Menu Name:** Private/Charter Snack ECE  
**Site:**  
**Use Alternate Menu Name:** No

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

**Monday - 04/29/2024 Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000171 100% Orange Juice	4 oz	1	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
Weighted Daily Average			160	1.00	150	*0	*0	3.50	0.00	5	28.00	1.00	3.00	500	110.0	42.00	0.72
% of Calories				5.62%		*0%	*0%	19.7%	0.0%		70.0%		7.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Tuesday - 04/30/2024 Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Wednesday - 05/01/2024 Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (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
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			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Thursday - 05/02/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
001084 Cinnamon Applesauce Cup	1 each	1	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
Weighted Daily Average			94	0.06	93	15	0	0.23	0.00	0	23.01	2.62	0.77	116	20.3	63.09	0.33
% of Calories				0.57%		63.8%	0%	2.2%	0.0%		97.9%		3.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Friday - 05/03/2024**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Monday - 05/06/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Tuesday - 05/07/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00



# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000171 100% Orange Juice	4 oz	1	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
Weighted Daily Average			220	0.50	95	*13	*0	5.00	0.00	20	40.00	1.00	4.00	0	24.0	42.00	1.00
% of Calories				2.05%		*23.6%	*0%	20.5%	0.0%		72.7%		7.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Wednesday - 05/08/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Thursday - 05/09/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Friday - 05/10/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
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			189	0.00	200	20	0	1.50	0.00	0	39.77	2.98	3.98	*N/A*	*17.8	*N/A*	*0.00
% of Calories				0.00%		42.3%	0%	7.1%	0.0%		84.2%		8.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Monday - 05/13/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000171 100% Orange Juice	4 oz	1	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
Weighted Daily Average			160	1.00	150	*0	*0	3.50	0.00	5	28.00	1.00	3.00	500	110.0	42.00	0.72
% of Calories				5.62%		*0%	*0%	19.7%	0.0%		70.0%		7.5%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Tuesday - 05/14/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Wednesday - 05/15/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Thursday - 05/16/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
001084 Cinnamon Applesauce Cup	1 each	1	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
Weighted Daily Average			94	0.06	93	15	0	0.23	0.00	0	23.01	2.62	0.77	116	20.3	63.09	0.33
% of Calories				0.57%		63.8%	0%	2.2%	0.0%		97.9%		3.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

**Friday - 05/17/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline				0 - 0	<0			<=0									

### Monday - 05/20/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline				0 - 0	<0			<=0									

### Tuesday - 05/21/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000171 100% Orange Juice	4 oz	1	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
Weighted Daily Average			220	0.50	95	*13	*0	5.00	0.00	20	40.00	1.00	4.00	0	24.0	42.00	1.00
% of Calories				2.05%		*23.6%	*0%	20.5%	0.0%		72.7%		7.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Wednesday - 05/22/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Thursday - 05/23/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Friday - 05/24/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
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			189	0.00	200	20	0	1.50	0.00	0	39.77	2.98	3.98	*N/A*	*17.8	*N/A*	*0.00
% of Calories				0.00%		42.3%	0%	7.1%	0.0%		84.2%		8.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Monday - 05/27/2024

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Tuesday - 05/28/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

### Wednesday - 05/29/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Thursday - 05/30/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
001084 Cinnamon Applesauce Cup	1 each	1	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
Weighted Daily Average			94	0.06	93	15	0	0.23	0.00	0	23.01	2.62	0.77	116	20.3	63.09	0.33
% of Calories				0.57%		63.8%	0%	2.2%	0.0%		97.9%		3.3%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

## Friday - 05/31/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (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			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline			0 - 0	<0				<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	192	1	124	*17	*2	3.80	*0.00	4	36.94	2.26	3.36	*358	*111.9	*26.76	*1.07
% of Calories		2.34%		*35.4%	*4.2%	17.8%	*0.0%		77.0%		7.0%				

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

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



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- (1) mail: U.S. Department of Agriculture  
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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



# May Snack Menu

## CEDAR TREE ACADEMY K-2 SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

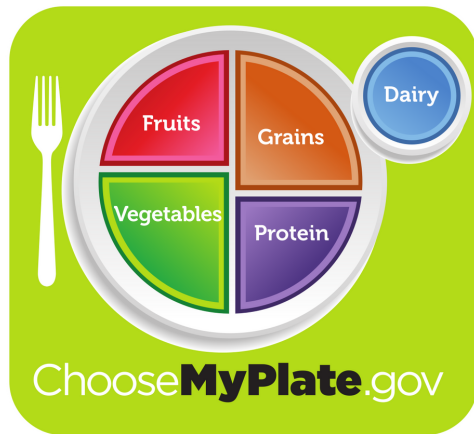
= vegetarian entree

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
<b>4/29</b> <ul style="list-style-type: none"> <li>• cheez-its</li> <li>• cheese stick</li> </ul>	<b>4/30</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>• cinnamon goldfish graham</li> <li>• <b>applesauce</b></li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• cheese stick</li> <li>• <b>cucumber coins</b></li> <li>• ranch dressing</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• cornbread muffin</li> <li>• chilled pineapple</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• muffin top</li> <li>• cheese stick</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• cinnamon goldfish graham</li> <li>• chilled pears</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• <b>red pepper slices</b></li> <li>• ranch dressing</li> <li>• cheez-its</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> <li>• canned peaches</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>• cheez-its</li> <li>• cheese stick</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• cinnamon goldfish graham</li> <li>• <b>applesauce</b></li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• cheese stick</li> <li>• <b>cucumber coins</b></li> <li>• ranch dressing</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• cornbread muffin</li> <li>• chilled pineapple</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• muffin top</li> <li>• cheese stick</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• cinnamon goldfish graham</li> <li>• chilled pears</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• <b>red pepper slices</b></li> <li>• ranch dressing</li> <li>• cheez-its</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> <li>• canned peaches</li> </ul>
<b>27</b> <ul style="list-style-type: none"> <li>• cheez-its</li> <li>• cheese stick</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• cinnamon goldfish graham</li> <li>• <b>applesauce</b></li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• cheese stick</li> <li>• <b>cucumber coins</b></li> <li>• ranch dressing</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• cornbread muffin</li> <li>• chilled pineapple</li> </ul>

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

**Menu Name:** Private/Charter Snack

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 04/29/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			181	4.04	342	*0	*0	8.56	0.00	20	14.00	1.00	9.09	702	302.5	0.00	0.72
% of Calories				20.09 %		*0%	*0%	42.6%	0.0%		30.9%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 04/30/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/01/2024

#### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000989 Cinnamon 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
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			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 05/02/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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			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			550 - 650	<10	1110			<=0									

### Friday - 05/03/2024

### Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Monday - 05/06/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Tuesday - 05/07/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			241	3.54	287	*13	*0	10.06	0.00	35	26.00	1.00	10.09	202	216.5	0.00	1.00
% of Calories				13.22 %		*21.6%	*0%	37.6%	0.0%		43.2%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/08/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 05/09/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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



**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Friday - 05/10/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
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			189	0.00	200	20	0	1.50	0.00	0	39.77	2.98	3.98	*N/A*	*17.8	*N/A*	*0.00
% of Calories				0.00%		42.3%	0%	7.1%	0.0%		84.2%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Monday - 05/13/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			181	4.04	342	*0	*0	8.56	0.00	20	14.00	1.00	9.09	702	302.5	0.00	0.72
% of Calories				20.09 %		*0%	*0%	42.6%	0.0%		30.9%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 05/14/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/15/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 05/16/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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			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			550 - 650	<10	1110			<=0									

### Friday - 05/17/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Monday - 05/20/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 05/21/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990875 Blueberry Muffin Top	1 each	1	160	0.50	95	13	0	5.00	0.00	20	26.00	1.00	3.00	0	14.0	0.00	1.00

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			241	3.54	287	*13	*0	10.06	0.00	35	26.00	1.00	10.09	202	216.5	0.00	1.00
% of Calories				13.22 %		*21.6%	*0%	37.6%	0.0%		43.2%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/22/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			199	1.00	140	23	0	4.00	0.00	0	38.01	2.58	2.58	*0	94.3	*0.00	1.80
% of Calories				4.52%		46.2%	0%	18.1%	0.0%		76.4%		5.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Thursday - 05/23/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

**Base Menu Spreadsheet**

Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			142	1.07	235	5	0	3.89	0.00	5	23.67	3.03	2.98	3430	109.3	119.48	1.14
% of Calories				6.78%		14.1%	0%	24.7%	0.0%		66.7%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Friday - 05/24/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990788 Pretzel Goldfish	1 bag	1	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
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			189	0.00	200	20	0	1.50	0.00	0	39.77	2.98	3.98	*N/A*	*17.8	*N/A*	*0.00
% of Calories				0.00%		42.3%	0%	7.1%	0.0%		84.2%		8.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Monday - 05/27/2024**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Portion Values

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Tuesday - 05/28/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990880 DOL granola	3 oz scoop	1	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990703 Nonfat Yogurt	4 oz/1 each	1	90	0.00	53	14	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	290.0	0.41	0.00
Weighted Daily Average			242	0.00	68	25	11	5.32	0.00	0	44.82	1.52	6.04	0	305.2	0.41	1.06
% of Calories				0.00%		41.3%	18.2%	19.8%	0.0%		74.1%		10.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

### Wednesday - 05/29/2024

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			201	1.02	144	*7	*0	4.19	*0.00	0	40.74	3.12	1.33	56	87.7	1.93	2.24
% of Calories				4.57%		*13.9%	*0%	18.8%	*0.0%		81.1%		2.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Thursday - 05/30/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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			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			550 - 650	<10	1110			<=0									

**Friday - 05/31/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

Apr 29, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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			231	0.51	91	28	0	5.15	0.00	15	44.12	2.76	3.69	68	41.7	12.76	1.10
% of Calories				1.99%		48.5%	0%	20.1%	0.0%		76.4%		6.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	198	1	178	*15	*2	5.27	*0.00	9	32.73	2.01	5.26	*417	*169.3	*12.26	*1.07
% of Calories		6.27%		*30.3%	*4.0%	24.0%	*0.0%		66.1%		10.6%				

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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



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