



February Breakfast Menu

DCPS | GRAB N' GO 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

This institution is an equal opportunity provider

FRESH FEATURE

Stay warm & cozy this winter with these DCK favorites: pumpkin bread & apple cinnamon bread!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| 3 <ul style="list-style-type: none"> cinnamon toast crunch cereal strawberry shredded wheat cereal fresh apple slices | 4 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh pear | 5 <ul style="list-style-type: none"> butter milk pancakes all-natural syrup fresh orange wedges | 6 <ul style="list-style-type: none"> whole grain croissant turkey sausage patty veggie breakfast sausage patty jelly fresh banana 100% orange juice | 7 <ul style="list-style-type: none"> pumpkin bread cheese stick fresh honeydew |
| 10 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices | 11 <ul style="list-style-type: none"> blueberry chex cereal cinnamon toast crunch cereal fresh pear | 12 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh orange wedges | 13 <ul style="list-style-type: none"> apple pie parfait 100% orange juice | no school |
| no school | 18 <ul style="list-style-type: none"> cinnamon toast crunch cereal honey bunches of oats cereal fresh apple slices | 19 <ul style="list-style-type: none"> whole grain waffles all-natural syrup butter fresh orange wedges | 20 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty jelly fresh banana 100% orange juice | 21 <ul style="list-style-type: none"> apple cinnamon bread vanilla yogurt fresh honeydew |
| 24 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices | 25 <ul style="list-style-type: none"> cinnamon chex cereal blueberry chex cereal fresh pear | 26 <ul style="list-style-type: none"> whole grain croissant turkey bacon veggie breakfast sausage patty jelly fresh orange wedges | 27 <ul style="list-style-type: none"> cranberry parfait 100% orange juice | 28 <ul style="list-style-type: none"> french toast sticks turkey sausage patty veggie breakfast sausage patty all-natural syrup fresh honeydew |
| 3/3 <ul style="list-style-type: none"> strawberry shredded wheat cereal cinnamon chex cereal fresh apple slices | 3/4 <ul style="list-style-type: none"> butter milk pancakes all-natural syrup butter fresh pear | 3/5 <ul style="list-style-type: none"> pineapple carrot bread hard-boiled egg hot sauce fresh orange wedges | 3/6 <ul style="list-style-type: none"> whole grain croissant jelly fresh banana 100% orange juice | 3/7 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe |



February Breakfast Menu

K-12 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

This institution is an equal opportunity provider

FRESH FEATURE

Stay warm & cozy this winter with these DCKK favorites: apple spice oatmeal, pumpkin bread, apple cinnamon bread, & pumpkin spice oatmeal!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 3 <ul style="list-style-type: none"> strawberry shredded wheat cereal cinnamon toast crunch cereal fresh apple slices | 4 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh pear | 5 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs all-natural syrup fresh orange wedges | 6 <ul style="list-style-type: none"> apple spice oatmeal turkey sausage patty veggie breakfast sausage patty honey fresh banana 100% orange juice | 7 <ul style="list-style-type: none"> pumpkin bread cheese stick fresh honeydew |
| 10 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices | 11 <ul style="list-style-type: none"> blueberry chex cereal cinnamon toast crunch cereal fresh pear | 12 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh orange wedges | 13 <ul style="list-style-type: none"> apple pie parfait 100% orange juice | no school |
| no school | 18 <ul style="list-style-type: none"> cinnamon toast crunch cereal honey bunches of oats cereal fresh apple slices | 19 <ul style="list-style-type: none"> whole grain waffles scrambled eggs butter all-natural syrup fresh orange wedges | 20 <ul style="list-style-type: none"> pumpkin spice oatmeal turkey sausage patty veggie breakfast sausage patty fresh banana 100% orange juice | 21 <ul style="list-style-type: none"> apple cinnamon bread vanilla yogurt fresh honeydew |
| 24 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices | 25 <ul style="list-style-type: none"> cinnamon chex cereal blueberry chex cereal fresh pear | 26 <ul style="list-style-type: none"> cheesy grits scrambled eggs turkey bacon veggie breakfast sausage patty fresh orange wedges | 27 <ul style="list-style-type: none"> cranberry parfait 100% orange juice | 28 <ul style="list-style-type: none"> french toast sticks turkey sausage patty veggie breakfast sausage patty all-natural syrup fresh honeydew |
| 3/3 <ul style="list-style-type: none"> strawberry shredded wheat cereal cinnamon chex cereal fresh apple slices | 3/4 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs all-natural syrup butter fresh pear | 3/5 <ul style="list-style-type: none"> pineapple carrot bread hard-boiled egg hot sauce fresh orange wedges | 3/6 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 100% orange juice | 3/7 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Menu Name: DCPS Breakfast K-12 **Include Cost:** No

Site:

Use Alternate Menu Name: No

Monday - 02/03/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991010 Strawberry Shredded Wheat 2oz | 1 each | 50 | 190 | 0.00 | 10 | 11 | 10 | 1.00 | 0.00 | 0 | 46.00 | 6.00 | 5.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990986 Cinnamon Toast Crunch 2oz | 1 each | 50 | 210 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 44.00 | 7.00 | 3.00 | 1083 | 288.0 | 20.00 | 9.00 |
| 001200 Fresh Apple Slices | 6 each | 100 | 95 | 0.05 | 2 | 19 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.37 | 0.47 | 98 | 10.9 | 8.37 | 0.22 |
| 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 | | | 392 | 1.45 | 281 | 42 | *10 | 5.08 | *0.00 | 10 | 82.26 | 10.87 | 12.75 | *1063 | *519.5 | *19.11 | *4.80 |
| % of Calories | | | | 3.33% | | 42.9% | *10.2% | 11.7% | *0.0% | | 83.9% | | 13.0% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Tuesday - 02/04/2025

Reimbursable Meal Total 100

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

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001128 Turkey Sausage Patty | 1 each | 93 | 60 | 1.00 | 90 | 0 | *N/A* | 4.00 | 0.00 | 30 | 0.00 | 0.00 | 6.00 | 0 | 20.0 | 0.00 | 0.72 |
| 000801 Veggie Breakfast Sausage Patty | 1 each | 2 | 70 | 0.00 | 250 | 1 | *N/A* | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | 0 | 0.0 | 0.00 | 1.80 |
| 000927 Honey PC | 1 each | 95 | 89 | 0.00 | 0 | 25 | 25 | 0.00 | 0.00 | 0 | 24.81 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000884 Fresh Pear | 1 each | 100 | 101 | 0.04 | 2 | 17 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | 44 | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soymilk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| 990985 Blueberry Chex 2oz | 1 each | 5 | 240 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | 1405 | 325.0 | 23.00 | 32.00 |
| Weighted Daily Average | | | 514 | 6.90 | 534 | 56 | *24 | 13.64 | *0.00 | 38 | 86.08 | 7.49 | 18.62 | 538 | 548.5 | 9.54 | 3.85 |
| % of Calories | | | | 12.08 % | | 43.6% | *18.7% | 23.9% | *0.0% | | 67.0% | | 14.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Wednesday - 02/05/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990801 Bakecrafters Buttermilk Pancakes | 1 package | 95 | 170 | 0.50 | 210 | 12 | *N/A* | 3.50 | 0.00 | 10 | 32.00 | 2.00 | 4.00 | 0 | 50.0 | 0.00 | 1.30 |
| 000733 Scrambled Eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0 | *N/A* | 6.40 | *0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 000625 All Natural Syrup | 1 each | 95 | 35 | 0.00 | 5 | 8 | *N/A* | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000812 Orange Wedges | 6 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 |
| 990985 Blueberry Chex 2oz | 1 each | 5 | 240 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | 1405 | 325.0 | 23.00 | 32.00 |
| Weighted Daily Average | | | 485 | 3.71 | 455 | 49 | *1 | 11.64 | *0.00 | 249 | 74.07 | 6.38 | 22.06 | *908 | 537.3 | *99.78 | 4.45 |
| % of Calories | | | | 6.88% | | 40.4% | *0.8% | 21.6% | *0.0% | | 61.1% | | 18.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Thursday - 02/06/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000640 Apple Spice Oatmeal | .5 C | 95 | 139 | 0.25 | 46 | *13 | *13 | 1.52 | *0.00 | 0 | 30.28 | 2.61 | 2.57 | 9 | 21.3 | 5.43 | 1.10 |
| 001128 Turkey Sausage Patty | 1 each | 90 | 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 | 95 | 89 | 0.00 | 0 | 25 | 25 | 0.00 | 0.00 | 0 | 24.81 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000175 Fresh Banana | 1 each | 100 | 105 | 0.13 | 1 | 14 | *N/A* | 0.39 | 0.00 | 0 | 26.95 | 3.07 | 1.29 | 76 | 5.9 | 10.27 | 0.31 |
| 000171 100% Orange Juice | 4 oz | 100 | 60 | 0.00 | 0 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 42.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|---------------------------|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|-------|
| 000231 | Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 | 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 | Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 | Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| 990985 | Blueberry Chex 2oz | 1 each | 5 | 240 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | 1405 | 325.0 | 23.00 | 32.00 |
| 990826 | Whole Grain Croissant | 1 each | 0 | 170 | 2.00 | 300 | 3 | *N/A* | 5.00 | 0.00 | 0 | 29.00 | 2.00 | 5.00 | 0 | 81.0 | 0.00 | 1.00 |
| 000886 | Strawberry Jelly | 1 each | 0 | 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 |
| Weighted Daily Average | | | | 548 | 2.45 | 268 | *64 | *37 | 7.58 | *0.00 | 37 | 107.91 | 5.65 | 19.00 | 578 | 435.0 | 59.32 | 3.77 |
| % of Calories | | | | | 4.02% | | *46.7% | *27.0% | 12.4% | *0.0% | | 78.8% | | 13.9% | | | | |
| Weekly Nutrient Guideline | | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Friday - 02/07/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|--------|----------------------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|-------|
| 000672 | Pumpkin Spice Bread - 4 oz | 4 oz | 95 | 314 | 1.39 | 219 | *29 | *28 | 8.51 | *0.00 | 25 | 55.22 | 3.62 | 5.27 | *4946 | *66.4 | *1.41 | *2.23 |
| 990991 | Cheddar Cheese Stick | 1 each | 95 | 91 | 4.56 | 192 | 0 | 0 | 7.09 | 0.00 | 20 | 1.01 | 0.00 | 7.09 | 0 | 202.5 | 0.00 | 0.00 |
| 990436 | Honeydew - 1 C | 1 C | 100 | 72 | 0.08 | 36 | 16 | 0 | 0.28 | 0.00 | 0 | 18.14 | 1.60 | 1.08 | 100 | 12.0 | 35.92 | 0.34 |
| 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

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| 990985 Blueberry Chex 2oz | 1 each | 5 | 240 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | 1405 | 325.0 | 23.00 | 32.00 |
| Weighted Daily Average | | | 566 | 6.91 | 557 | *57 | *27 | 17.12 | *0.00 | 53 | 85.99 | 5.09 | 21.24 | *5293 | *648.3 | *39.15 | *4.14 |
| % of Calories | | | | 10.99% | | *40.3% | *19.1% | 27.2% | *0.0% | | 60.8% | | 15.0% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Saturday - 02/08/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990984 Cinnamon Chex 2oz | 1 each | 100 | 230 | 0.50 | 320 | 12 | 12 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | 1179 | 325.0 | 23.00 | 27.00 |
| 000884 Fresh Pear | 1 each | 100 | 101 | 0.04 | 2 | 17 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | 44 | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 429 | 1.69 | 436 | 42 | *12 | 7.02 | *0.00 | 10 | 85.23 | 8.52 | 11.91 | 1647 | 705.6 | 31.40 | 27.40 |
| % of Calories | | | | 3.55% | | 39.2% | *11.2% | 14.7% | *0.0% | | 79.5% | | 11.1% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Monday - 02/10/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 000001 Whole Wheat Bagel | 1 Whole | 95 | 170 | 0.00 | 190 | 4 | *N/A* | 0.50 | 0.00 | 0 | 37.00 | 3.00 | 7.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990427 Light Cream Cheese | 1 each | 95 | 51 | 3.04 | 142 | 1 | *N/A* | 4.56 | 0.00 | 15 | 2.02 | 0.00 | 0.38 | 0 | *N/A* | 0.00 | 0.00 |
| 000886 Strawberry Jelly | 1 each | 95 | 35 | 0.00 | 0 | 8 | *N/A* | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 001200 Fresh Apple Slices | 6 each | 100 | 95 | 0.05 | 2 | 19 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.37 | 0.47 | 98 | 10.9 | 8.37 | 0.22 |
| 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 |
| 990984 Cinnamon Chex 2oz | 1 each | 5 | 230 | 0.50 | 320 | 12 | 12 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | 1179 | 325.0 | 23.00 | 27.00 |
| Weighted Daily Average | | | 447 | 4.11 | 447 | 44 | *1 | 7.13 | *0.00 | 24 | 85.18 | 7.37 | 15.91 | 581 | *391.8 | 10.26 | 1.65 |
| % of Calories | | | | 8.28% | | 39.4% | *0.9% | 14.4% | *0.0% | | 76.2% | | 14.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Tuesday - 02/11/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990986 Cinnamon Toast Crunch 2oz | 1 each | 50 | 210 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 44.00 | 7.00 | 3.00 | 1083 | 288.0 | 20.00 | 9.00 |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990985 Blueberry Chex 2oz | 1 each | 50 | 240 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | 1405 | 325.0 | 23.00 | 32.00 |
| 000884 Fresh Pear | 1 each | 100 | 101 | 0.04 | 2 | 17 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | 44 | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 424 | 1.69 | 436 | 41 | *11 | 7.02 | *0.00 | 10 | 84.23 | 9.52 | 11.91 | 1712 | 687.1 | 29.90 | 20.90 |
| % of Calories | | | | 3.59% | | 38.7% | *10.4% | 14.9% | *0.0% | | 79.5% | | 11.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Wednesday - 02/12/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990668 Egg & Cheese Breakfast Burrito | 1 burrito | 95 | 352 | 6.51 | 660 | 0 | *0 | 15.72 | *0.00 | 256 | 34.51 | 4.01 | 17.90 | *144 | 293.2 | *0.00 | 3.33 |
| 000604 Hot Sauce | 1 each | 95 | 0 | 0.00 | 32 | 0 | *N/A* | 0.00 | *N/A* | 0 | 0.02 | 0.00 | 0.01 | 2 | 0.1 | 0.90 | 0.01 |
| 000812 Orange Wedges | 6 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

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| 990984 Cinnamon Chex 2oz | 1 each | 5 | 230 | 0.50 | 320 | 12 | 12 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | 1179 | 325.0 | 23.00 | 27.00 |
| Weighted Daily Average | | | 530 | 7.39 | 787 | 30 | *1 | 17.18 | *0.00 | 253 | 68.85 | 8.38 | 27.16 | *1035 | 733.1 | *100.63 | 4.78 |
| % of Calories | | | | 12.55% | | 22.6% | *0.8% | 29.2% | *0.0% | | 52.0% | | 20.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Thursday - 02/13/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990759 Apple Pie Parfait | 1 each | 95 | 347 | 1.01 | 144 | 45 | *29 | 7.10 | *0.00 | 8 | 66.23 | 2.98 | 8.02 | 62 | 203.4 | 173.54 | 1.34 |
| 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 |
| 990984 Cinnamon Chex 2oz | 1 each | 5 | 230 | 0.50 | 320 | 12 | 12 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | 1179 | 325.0 | 23.00 | 27.00 |
| Weighted Daily Average | | | 499 | 2.13 | 267 | *56 | *28 | 8.76 | *0.00 | 17 | 91.34 | 2.99 | 17.04 | 542 | 584.1 | 208.76 | 2.70 |
| % of Calories | | | | 3.84% | | *44.9% | *22.4% | 15.8% | *0.0% | | 73.2% | | 13.7% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Friday - 02/14/2025

Reimbursable Meal Total 1

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

Saturday - 02/15/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990985 Blueberry Chex 2oz | 1 each | 100 | 240 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | 1405 | 325.0 | 23.00 | 32.00 |
| 000884 Fresh Pear | 1 each | 100 | 101 | 0.04 | 2 | 17 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | 44 | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 439 | 1.69 | 436 | 41 | *11 | 7.02 | *0.00 | 10 | 85.23 | 6.52 | 11.91 | 1873 | 705.6 | 31.40 | 32.40 |
| % of Calories | | | | 3.46% | | 37.4% | *10.0% | 14.4% | *0.0% | | 77.7% | | 10.9% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Monday - 02/17/2025

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|--|
| 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 - 02/18/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990986 Cinnamon Toast Crunch 2oz | 1 each | 50 | 210 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 44.00 | 7.00 | 3.00 | 1083 | 288.0 | 20.00 | 9.00 |
| 991012 Honey Bunches of Oats Honey Crunch Cereal 2oz | 1 each | 50 | 210 | 0.00 | 130 | 10 | 10 | 2.50 | 0.00 | 0 | 45.00 | 4.00 | 4.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 001200 Fresh Apple Slices | 6 each | 100 | 95 | 0.05 | 2 | 19 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.37 | 0.47 | 98 | 10.9 | 8.37 | 0.22 |
| 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

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 402 | 1.45 | 341 | 42 | *10 | 5.83 | *0.00 | 10 | 81.76 | 9.87 | 12.25 | *1063 | *519.5 | *19.11 | *4.80 |
| % of Calories | | | | 3.25% | | 41.8% | *10.0% | 13.1% | *0.0% | | 81.4% | | 12.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Wednesday - 02/19/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990076 Whole Grain Waffles Bakecrafters | 2 each | 95 | 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 |
| 000733 Scrambled Eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0 | *N/A* | 6.40 | *0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 000625 All Natural Syrup | 1 each | 95 | 35 | 0.00 | 5 | 8 | *N/A* | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000488 Butter PC | 1 each | 95 | 36 | 2.57 | 32 | 0 | *N/A* | 4.06 | 0.16 | 11 | 0.00 | 0.00 | 0.04 | 125 | 1.2 | 0.00 | 0.00 |
| 000812 Orange Wedges | 6 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 |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991010 Strawberry Shredded Wheat 2oz | 1 each | 5 | 190 | 0.00 | 10 | 11 | 10 | 1.00 | 0.00 | 0 | 46.00 | 6.00 | 5.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 489 | 5.65 | 452 | 40 | *0 | 16.74 | *0.16 | 250 | 64.66 | 4.73 | 22.22 | *956 | *474.7 | *98.63 | *2.31 |
| % of Calories | | | | 10.40 % | | 32.7% | *0% | 30.8% | *0.3% | | 52.9% | | 18.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Thursday - 02/20/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990859 Pumpkin Spice Oatmeal | 4oz scoop | 95 | 134 | 0.34 | 179 | *12 | *11 | 1.67 | *0.00 | 0 | 28.47 | 3.49 | 3.06 | 7795 | 27.3 | 2.18 | 1.73 |
| 001128 Turkey Sausage Patty | 1 each | 93 | 60 | 1.00 | 90 | 0 | *N/A* | 4.00 | 0.00 | 30 | 0.00 | 0.00 | 6.00 | 0 | 20.0 | 0.00 | 0.72 |
| 000801 Veggie Breakfast Sausage Patty | 1 each | 2 | 70 | 0.00 | 250 | 1 | *N/A* | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | 0 | 0.0 | 0.00 | 1.80 |
| 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 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 |
| 991010 Strawberry Shredded Wheat 2oz | 1 each | 5 | 190 | 0.00 | 10 | 11 | 10 | 1.00 | 0.00 | 0 | 46.00 | 6.00 | 5.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 000455 Whole Grain Biscuit | 1 each | 0 | 170 | 5.00 | 330 | 2 | *N/A* | 8.00 | 0.00 | 0 | 22.00 | 2.00 | 4.00 | 0 | 140.0 | 0.00 | 1.20 |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000886 Strawberry Jelly | 1 each | 0 | 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 |
| Weighted Daily Average | | | 457 | 2.54 | 374 | *39 | *11 | 7.56 | *0.00 | 38 | 82.50 | 6.70 | 19.48 | *7905 | *425.1 | *55.08 | *2.74 |
| % of Calories | | | | 5.00% | | *34.1% | *9.6% | 14.9% | *0.0% | | 72.2% | | 17.1% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Friday - 02/21/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990855 Apple Cinnamon Bread | 4 oz | 95 | 307 | 1.38 | 197 | 28 | *25 | 8.58 | *0.00 | 27 | 53.63 | 3.24 | 5.10 | *15 | *58.6 | *0.37 | *1.88 |
| 990703 Nonfat Yogurt Cup | 1 each | 95 | 85 | 0.00 | 64 | 13 | *4 | 0.00 | 0.00 | 0 | 17.00 | 0.00 | 3.00 | 0 | 305.0 | 0.30 | 0.00 |
| 990436 Honeydew - 1 C | 1 C | 100 | 72 | 0.08 | 36 | 16 | 0 | 0.28 | 0.00 | 0 | 18.14 | 1.60 | 1.08 | 100 | 12.0 | 35.92 | 0.34 |
| 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 |
| 991010 Strawberry Shredded Wheat 2oz | 1 each | 5 | 190 | 0.00 | 10 | 11 | 10 | 1.00 | 0.00 | 0 | 46.00 | 6.00 | 5.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| Weighted Daily Average | | | 552 | 2.54 | 398 | 68 | *27 | 10.24 | *0.00 | 36 | 99.67 | 4.98 | 17.30 | *538 | *722.0 | *37.30 | *2.21 |
| % of Calories | | | | 4.14% | | 49.3% | *19.6% | 16.7% | *0.0% | | 72.2% | | 12.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Saturday - 02/22/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990986 Cinnamon Toast Crunch 2oz | 1 each | 100 | 210 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 44.00 | 7.00 | 3.00 | 1083 | 288.0 | 20.00 | 9.00 |
| 000884 Fresh Pear | 1 each | 100 | 101 | 0.04 | 2 | 17 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | 44 | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 409 | 1.69 | 436 | 41 | *11 | 7.02 | *0.00 | 10 | 83.23 | 12.52 | 11.91 | 1551 | 668.6 | 28.40 | 9.40 |
| % of Calories | | | | 3.72% | | 40.1% | *10.8% | 15.4% | *0.0% | | 81.4% | | 11.6% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Monday - 02/24/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000001 Whole Wheat Bagel | 1 Whole | 95 | 170 | 0.00 | 190 | 4 | *N/A* | 0.50 | 0.00 | 0 | 37.00 | 3.00 | 7.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000603 Grape Jelly | 1 each | 95 | 35 | 0.00 | 0 | 8 | *N/A* | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990427 Light Cream Cheese | 1 each | 95 | 51 | 3.04 | 142 | 1 | *N/A* | 4.56 | 0.00 | 15 | 2.02 | 0.00 | 0.38 | 0 | *N/A* | 0.00 | 0.00 |
| 001200 Fresh Apple Slices | 6 each | 100 | 95 | 0.05 | 2 | 19 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.37 | 0.47 | 98 | 10.9 | 8.37 | 0.22 |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| 990986 Cinnamon Toast Crunch 2oz | 1 each | 5 | 210 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 44.00 | 7.00 | 3.00 | 1083 | 288.0 | 20.00 | 9.00 |
| Weighted Daily Average | | | 446 | 4.11 | 447 | 44 | *1 | 7.13 | *0.00 | 24 | 85.08 | 7.57 | 15.91 | 576 | *389.9 | 10.11 | 0.75 |
| % of Calories | | | | 8.29% | | 39.5% | *0.9% | 14.4% | *0.0% | | 76.3% | | 14.3% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Tuesday - 02/25/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990984 Cinnamon Chex 2oz | 1 each | 50 | 230 | 0.50 | 320 | 12 | 12 | 5.00 | 0.00 | 0 | 46.00 | 3.00 | 3.00 | 1179 | 325.0 | 23.00 | 27.00 |
| 990985 Blueberry Chex 2oz | 1 each | 50 | 240 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 46.00 | 1.00 | 3.00 | 1405 | 325.0 | 23.00 | 32.00 |
| 000884 Fresh Pear | 1 each | 100 | 101 | 0.04 | 2 | 17 | *N/A* | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | 44 | 16.0 | 7.65 | 0.32 |
| 000231 Skim Milk | 8 oz | 30 | 86 | 0.29 | 128 | 12 | *N/A* | 0.44 | *N/A* | 5 | 11.98 | 0.00 | 8.40 | 1131 | 503.9 | 2.47 | 0.10 |
| 000230 1% Lowfat Milk | 8 oz | 69 | 102 | 1.54 | 107 | 13 | *N/A* | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 115 | 305.0 | 0.00 | 0.07 |
| 001160 Fat Free Lactose-Free Milk | 8 oz | 1 | 90 | 0.00 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990383 Vanilla Soy milk | 8 oz | 0 | 140 | 0.50 | 110 | 15 | *N/A* | 4.50 | 0.00 | 0 | 17.00 | 2.00 | 8.00 | 500 | 300.0 | 0.00 | 1.08 |
| Weighted Daily Average | | | 434 | 1.69 | 436 | 41 | *12 | 7.02 | *0.00 | 10 | 85.23 | 7.52 | 11.91 | 1760 | 705.6 | 31.40 | 29.90 |
| % of Calories | | | | 3.50% | | 37.8% | *11.1% | 14.6% | *0.0% | | 78.6% | | 11.0% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Wednesday - 02/26/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000104 Cheesy Grits | 4 oz | 95 | 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 | 93 | 40 | 0.00 | 190 | 0 | *N/A* | 3.00 | 0.00 | 10 | 0.00 | 0.00 | 4.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000801 Veggie Breakfast Sausage Patty | 1 each | 2 | 70 | 0.00 | 250 | 1 | *N/A* | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | 0 | 0.0 | 0.00 | 1.80 |
| 000733 Scrambled Eggs | 3 oz | 95 | 100 | 2.13 | 128 | 0 | *N/A* | 6.40 | *0.00 | 242 | 0.03 | 0.01 | 8.54 | *0 | 37.2 | *0.00 | 1.43 |
| 000812 Orange Wedges | 6 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 |
| 990986 Cinnamon Toast Crunch 2oz | 1 each | 5 | 210 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 44.00 | 7.00 | 3.00 | 1083 | 288.0 | 20.00 | 9.00 |
| 990826 Whole Grain Croissant | 1 each | 0 | 170 | 2.00 | 300 | 3 | *N/A* | 5.00 | 0.00 | 0 | 29.00 | 2.00 | 5.00 | 0 | 81.0 | 0.00 | 1.00 |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000886 Strawberry Jelly | 1 each | 0 | 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 |
| Weighted Daily Average | | | 432 | 4.72 | 530 | 31 | *1 | 13.59 | *0.00 | 256 | 52.79 | 5.13 | 25.98 | *1010 | 554.8 | *99.63 | 2.31 |
| % of Calories | | | | 9.83% | | 28.7% | *0.9% | 28.3% | *0.0% | | 48.9% | | 24.1% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Thursday - 02/27/2025

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991013 Cranberry Parfait | 1 each | 95 | 389 | 0.67 | 115 | 55 | 46 | 6.32 | 0.00 | 7 | 77.50 | 4.52 | 7.71 | 13 | 188.6 | 173.43 | 1.24 |
| 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 |
| 990986 Cinnamon Toast Crunch 2oz | 1 each | 5 | 210 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 44.00 | 7.00 | 3.00 | 1083 | 288.0 | 20.00 | 9.00 |
| Weighted Daily Average | | | 537 | 1.81 | 239 | *65 | *44 | 8.02 | *0.00 | 16 | 101.95 | 4.64 | 16.74 | 490 | 568.2 | 208.50 | 1.71 |
| % of Calories | | | | 3.03% | | *48.4% | *32.8% | 13.4% | *0.0% | | 75.9% | | 12.5% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

Friday - 02/28/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990638 WG French Toast Sticks (K-12) | 3 sticks | 95 | 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* |
| 001128 Turkey Sausage Patty | 1 each | 93 | 60 | 1.00 | 90 | 0 | *N/A* | 4.00 | 0.00 | 30 | 0.00 | 0.00 | 6.00 | 0 | 20.0 | 0.00 | 0.72 |
| 000801 Veggie Breakfast Sausage Patty | 1 each | 2 | 70 | 0.00 | 250 | 1 | *N/A* | 2.50 | 0.00 | 0 | 4.00 | 1.00 | 9.00 | 0 | 0.0 | 0.00 | 1.80 |
| 000625 All Natural Syrup | 1 each | 95 | 35 | 0.00 | 5 | 8 | *N/A* | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990436 Honeydew - 1 C | 1 C | 100 | 72 | 0.08 | 36 | 16 | 0 | 0.28 | 0.00 | 0 | 18.14 | 1.60 | 1.08 | 100 | 12.0 | 35.92 | 0.34 |
| 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 |
| 990986 Cinnamon Toast Crunch 2oz | 1 each | 5 | 210 | 0.50 | 320 | 11 | 11 | 5.00 | 0.00 | 0 | 44.00 | 7.00 | 3.00 | 1083 | 288.0 | 20.00 | 9.00 |
| Weighted Daily Average | | | 517 | 3.13 | 535 | 50 | *1 | 13.67 | *0.00 | 47 | 80.05 | 3.87 | 20.96 | *577 | *409.6 | *37.66 | *1.57 |
| % of Calories | | | | 5.45% | | 38.7% | *0.8% | 23.8% | *0.0% | | 61.9% | | 16.2% | | | | |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | | <=0 | | | | | | | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages | 474 | 3 | 433 | *47 | *13 | 9.81 | *0.01 | 67 | 83.49 | 6.97 | 17.34 | *1533 | *568.3 | *60.24 | *8.03 |
| % of Calories | | 6.28% | | *39.7% | *11.0% | 18.6% | *0.0% | | 70.5% | | 14.6% | | | | |

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

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

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

¹ - denotes required nutrient values

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

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



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