



June/ July Breakfast Menu

SFSP HOT 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 <ul style="list-style-type: none"> cinnamon rice chex whole grain graham crackers fresh apple slices 	25 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh peach 100% orange juice 	26 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs butter all-natural syrup fresh watermelon 	27 <ul style="list-style-type: none"> blueberry bread fresh orange wedges 	28 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh cantaloupe & blueberry salad
1 <ul style="list-style-type: none"> frosted mini-wheats whole grain graham crackers fresh apple slices 	2 <ul style="list-style-type: none"> emoji waffles turkey sausage patty veggie breakfast sausage patty all-natural syrup butter fresh peach 100% orange juice 	3 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh watermelon 	4 <p style="text-align: center;">no school</p>	5 <ul style="list-style-type: none"> whole grain croissant turkey sausage links veggie breakfast sausage patty scrambled eggs jelly & butter fresh cantaloupe & blueberry salad
8 <ul style="list-style-type: none"> blueberry rice chex whole grain graham crackers fresh apple slices 	9 <ul style="list-style-type: none"> strawberry parfait fresh peach 	10 <ul style="list-style-type: none"> banana bread fresh watermelon 	11 <ul style="list-style-type: none"> buttermilk pancakes turkey bacon veggie breakfast sausage patty all-natural syrup butter fresh orange wedges 	12 <ul style="list-style-type: none"> cheesy grits turkey sausage links veggie breakfast sausage patty scrambled eggs hot sauce fresh cantaloupe & blueberry salad
15 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple slices 	16 <ul style="list-style-type: none"> turkey bacon egg bake scrambled eggs whole grain english muffin jelly & butter fresh peach 100% orange juice 	17 <ul style="list-style-type: none"> sweet peach oatmeal cheese stick honey fresh watermelon 	18 <ul style="list-style-type: none"> bacon, egg & cheese breakfast burrito egg & cheese breakfast burrito hot sauce fresh orange wedges 	19 <ul style="list-style-type: none"> french toast sticks scrambled eggs all-natural syrup fresh cantaloupe & blueberry salad
22 <ul style="list-style-type: none"> cinnamon rice chex whole grain graham crackers fresh apple slices 	23 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh peach 100% orange juice 	24 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs butter all-natural syrup fresh watermelon 	25 <ul style="list-style-type: none"> blueberry bread fresh orange wedges 	26 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh cantaloupe & blueberry salad

FRESH FEATURE

Try **fresh blueberries** every Friday!
 These superfoods provide tons of brain-boosting vitamins, minerals, and antioxidants!



Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

Menu Name: SFSP Hot/Cold Breakfast
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 06/24/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000920 Cinnamon Rice Chex Cereal	1 each	100	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
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
001200 Fresh Apple Slices	6 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 - 06/25/2024

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)
001128 Turkey Sausage Patty	1 each	98	60	1.00	90	0	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.72

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
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
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			489	7.16	538	*39	*0	14.11	*0.00	39	74.05	4.30	20.74	913	544.1	52.71	2.46
% of Calories				13.18 %		*31.9%	*0%	26.0%	*0.0%		60.6%		17.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 06/26/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990801 Bakecrafters Buttermilk Pancakes	1 package	100	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30
000733 Scrambled Eggs	3 oz scoop	100	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
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

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	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)
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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			484	6.38	490	42	0	15.95	*0.16	272	63.63	2.62	21.78	*1414	463.6	*13.05	3.17
% of Calories				11.86 %		34.7%	0%	29.7%	*0.3%		52.6%		18.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 06/27/2024

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)
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
000812 Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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

Jun 24, 2024 thru Jul 26, 2024

	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			489	2.55	311	*54	*0	10.63	*0.00	37	86.43	7.78	15.10	*874	*492.7	*99.35	*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									

Friday - 06/28/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	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
990912 Cantaloupe & Blueberry Salad	8 oz	100	63	0.07	19	13	*N/A*	0.36	0.00	0	15.55	2.05	1.29	3979	13.0	46.96	0.36
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			403	1.22	202	50	11	7.44	*0.00	10	72.50	3.57	15.60	4403	682.8	48.11	1.51
% of Calories				2.72%		49.6%	10.9%	16.6%	*0.0%		72.0%		15.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 07/01/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	100	101	0.00	0	6	*N/A*	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
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
001200 Fresh Apple Slices	6 each	100	116	0.06	2	23	*N/A*	0.38	0.00	0	30.80	5.35	0.58	120	13.4	10.26	0.27
000231 Skim Milk	8 oz	30	86	0.29	128	12	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soymilk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			405	1.21	211	47	0	4.65	*0.00	10	84.22	9.39	13.89	1044	478.0	11.00	9.27
% of Calories				2.69%		46.4%	0%	10.3%	*0.0%		83.2%		13.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 07/02/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990813 Emoji Waffles	2 each	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
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
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

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	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)
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			527	6.23	544	*38	*0	16.17	*0.16	55	77.52	4.27	20.74	2037	664.4	52.64	4.80
% of Calories				10.64 %		*28.8%	*0%	27.6%	*0.3%		58.8%		15.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 07/03/2024

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	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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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

Jun 24, 2024 thru Jul 26, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			407	4.01	395	35	0	7.22	*0.00	25	71.51	3.61	18.43	1445	417.2	13.05	0.49
% of Calories				8.87%		34.4%	0%	16.0%	*0.0%		70.3%		18.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 07/04/2024

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)
990804 Sweet Strawberry Oatmeal	4 oz	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
990394 Turkey Bacon	2 each	98	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
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
000812 Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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

Jun 24, 2024 thru Jul 26, 2024

	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			399	1.43	364	*54	*0	6.51	*0.00	20	73.57	7.36	16.83	878	457.1	116.57	1.67
% of Calories				3.23%		*54.1%	*0%	14.7%	*0.0%		73.8%		16.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 07/05/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000733 Scrambled Eggs	3 oz scoop	100	100	2.13	128	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
001138 Turkey Sausage Link	2 each	98	130	3.00	450	0	*N/A*	10.00	0.00	45	1.00	*N/A*	10.00	*N/A*	*N/A*	*N/A*	*N/A*
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
990826 Whole Grain Croissant	1 each	100	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
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
990912 Cantaloupe & Blueberry Salad	8 oz	100	63	0.07	19	13	*N/A*	0.36	0.00	0	15.55	2.05	1.29	3979	13.0	46.96	0.36
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

Jun 24, 2024 thru Jul 26, 2024

	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			630	10.87	1039	37	0	27.43	*0.16	307	66.77	*4.08	33.12	*4528	*497.0	*47.70	*2.91
% of Calories				15.53 %		23.5%	0%	39.2%	*0.2%		42.4%		21.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 07/08/2024

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)
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
001200 Fresh Apple Slices	6 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	391	47	0	7.15	*0.00	10	82.92	7.35	11.85	1344	538.0	14.60	9.17
% of Calories				2.57%		44.3%	0%	15.2%	*0.0%		78.2%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 07/09/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	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)
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			447	1.52	185	55	11	8.25	*0.00	13	83.02	6.09	16.49	1076	526.6	56.17	2.35
% of Calories				3.06%		49.2%	9.8%	16.6%	*0.0%		74.3%		14.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 07/10/2024

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)
000465 Banana Bread	4 oz	100	356	1.50	236	34	*N/A*	9.24	*0.00	29	63.99	3.74	5.72	*23	*64.3	*2.75	*2.02
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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

Jun 24, 2024 thru Jul 26, 2024

	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			499	2.68	351	56	0	11.24	*0.00	39	87.59	4.35	14.92	*1312	*439.5	*15.80	*2.47
% of Calories				4.83%		44.9%	0%	20.3%	*0.0%		70.2%		12.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 07/11/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990801 Bakecrafters Buttermilk Pancakes	1 package	100	170	0.50	210	12	*N/A*	3.50	0.00	10	32.00	2.00	4.00	0	50.0	0.00	1.30
990394 Turkey Bacon	2 each	98	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
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
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
000812 Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
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

Jun 24, 2024 thru Jul 26, 2024

	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			465	4.25	552	50	0	12.53	*0.16	40	73.79	6.41	18.14	983	488.9	98.29	1.60
% of Calories				8.23%		43.0%	0%	24.3%	*0.3%		63.5%		15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 07/12/2024

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	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
001138 Turkey Sausage Link	2 each	98	130	3.00	450	0	*N/A*	10.00	0.00	45	1.00	*N/A*	10.00	*N/A*	*N/A*	*N/A*	*N/A*
000801 Veggie Breakfast Sausage Patty	1 each	2	70	0.00	250	1	*N/A*	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000733 Scrambled Eggs	3 oz scoop	100	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
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
990912 Cantaloupe & Blueberry Salad	8 oz	100	63	0.07	19	13	*N/A*	0.36	0.00	0	15.55	2.05	1.29	3979	13.0	46.96	0.36
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

Jun 24, 2024 thru Jul 26, 2024

	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			500	7.86	841	27	0	20.94	*0.00	304	46.41	*2.43	32.10	*4529	*485.3	*48.60	*2.13
% of Calories				14.15 %		21.6%	0%	37.7%	*0.0%		37.1%		25.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 07/15/2024

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	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
001200 Fresh Apple Slices	6 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

Jun 24, 2024 thru Jul 26, 2024

Tuesday - 07/16/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000894 Turkey Bacon & Egg Bake	1 square	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	128	0	*N/A*	6.40	*0.00	242	0.03	0.01	8.54	*0	37.2	*0.00	1.43
000448 Whole Wheat English Muffin	1 whole	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
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
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
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			508	5.53	573	*33	*0	13.86	*0.16	227	72.46	5.26	24.56	*1038	495.8	*52.64	3.45
% of Calories				9.80%		*26.0%	*0%	24.6%	*0.3%		57.1%		19.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 07/17/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	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)
990769 Sweet Peach Oatmeal	4oz	100	137	0.25	44	*15	*N/A*	1.49	*0.00	0	29.20	2.52	2.90	*1	17.7	*0.01	0.99
000415 Mozzarella Cheese Stick	1 each	100	81	3.04	192	*N/A*	*N/A*	5.06	0.00	15	0.00	0.00	7.09	202	202.5	0.00	0.00
000927 Honey PC	1 each	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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			404	4.46	353	*48	*0	8.55	*0.00	25	64.33	3.16	19.23	*1492	596.3	*13.13	1.50
% of Calories				9.94%		*47.5%	*0%	19.0%	*0.0%		63.7%		19.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 07/18/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990791 Bacon, Egg & Cheese Breakfast Burrito	1 burrito	98	377	7.01	770	0	0	17.72	*0.00	261	34.51	4.01	19.90	*144	293.2	*0.00	3.33
990668 Egg & Cheese Breakfast Burrito	1 burrito	2	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	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
000812 Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	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)
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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			561	8.18	914	30	0	19.67	*0.00	271	68.23	8.41	29.86	*1004	731.0	*99.19	3.60
% of Calories				13.12 %		21.4%	0%	31.6%	*0.0%		48.6%		21.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 07/19/2024

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)
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*
000733 Scrambled Eggs	3 oz scoop	100	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	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
990912 Cantaloupe & Blueberry Salad	8 oz	100	63	0.07	19	13	*N/A*	0.36	0.00	0	15.55	2.05	1.29	3979	13.0	46.96	0.36
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

Jun 24, 2024 thru Jul 26, 2024

	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			556	4.36	556	48	0	16.53	*0.00	262	77.70	4.06	24.10	*4403	*414.8	*47.70	*1.87
% of Calories				7.06%		34.5%	0%	26.8%	*0.0%		55.9%		17.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 07/22/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000920 Cinnamon Rice Chex Cereal	1 each	95	120	0.00	170	6	*N/A*	2.50	0.00	0	22.00	1.00	1.00	400	80.0	4.80	7.20
000233 Graham Crackers	1 each	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
001200 Fresh Apple Slices	6 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			418	1.21	373	46	0	7.02	*0.00	10	80.82	7.30	11.80	1424	554.0	15.56	7.91
% of Calories				2.61%		44.0%	0%	15.1%	*0.0%		77.3%		11.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 07/23/2024

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	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
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
000927 Honey PC	1 each	95	43	0.00	1	11	*N/A*	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06
000445 Fresh Peach	1 each	100	58	0.03	0	13	*N/A*	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
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			475	6.86	517	*38	*0	13.51	*0.00	38	72.37	4.20	20.24	913	536.0	52.71	2.36
% of Calories				13.00 %		*32.0%	*0%	25.6%	*0.0%		60.9%		17.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 07/24/2024

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

Base Menu Spreadsheet

Portion Values

Jun 24, 2024 thru Jul 26, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000733 Scrambled Eggs	3 oz scoop	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
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
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
000962 Fresh Watermelon	1 C	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48	0.61	0.93	865	10.6	12.31	0.36
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			467	6.12	471	41	0	15.25	*0.16	259	61.63	2.52	21.15	*1407	459.2	*13.05	3.04
% of Calories				11.79 %		35.1%	0%	29.4%	*0.3%		52.8%		18.1%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 07/25/2024

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)
990833 Blueberry Bread	4 oz	95	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
000812 Orange Wedges	6 each	99	86	0.03	0	17	*N/A*	0.22	0.00	0	21.62	4.42	1.73	414	73.6	97.89	0.18
001064 Mandarin Oranges**	1 C	1	72	0.01	9	16	*N/A*	0.08	0.00	0	17.78	2.30	1.42	2480	23.0	64.10	0.51
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

Jun 24, 2024 thru Jul 26, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	69	102	1.54	107	13	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			474	2.49	301	*53	*0	10.20	*0.00	36	83.79	7.61	14.84	*874	*489.9	*99.30	*1.98
% of Calories				4.73%		*44.7%	*0%	19.4%	*0.0%		70.7%		12.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 07/26/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990703 Nonfat Yogurt	4 oz/1 each	95	90	0.00	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	95	152	0.00	15	11	11	5.32	0.00	0	25.82	1.52	3.04	0	15.2	0.00	1.06
990912 Cantaloupe & Blueberry Salad	8 oz	100	63	0.07	19	13	*N/A*	0.36	0.00	0	15.55	2.05	1.29	3979	13.0	46.96	0.36
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

Jun 24, 2024 thru Jul 26, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990383 Vanilla Soy milk	8 oz	0	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			391	1.22	198	49	10	7.18	*0.00	10	70.25	3.49	15.30	4403	667.6	48.09	1.45
% of Calories				2.81%		50.1%	10.2%	16.5%	*0.0%		71.9%		15.7%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	469	4	458	*45	*1	11.86	*0.04	94	74.73	*5.41	19.23	*1835	*523.9	*46.23	*3.28
% of Calories		8.00%		*38.4%	*0.9%	22.8%	*0.1%		63.7%		16.4%				

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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