

**Base Menu Spreadsheet**

Weighted Values

**Menu Name:** DUPONT PARK - PreK- 8 Grade - BREAKFAST **Include Cost:** No  
**Site:**  
**Use Alternate Menu Name:** No

**Monday - 10/06/2025 Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992342 WG Croissant w/American Cheese	servings	100	261	5.53	615	6	*3	11.05	0.00	15	31.02
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0	0	0.02	0.00	0	0.21
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>439</b>	<b>6.32</b>	<b>748</b>	<b>*35</b>	<b>*3</b>	<b>12.57</b>	<b>0.00</b>	<b>25</b>	<b>64.81</b>
<b>% of Calories</b>				<b>12.96 %</b>		<b>*31.9%</b>	<b>*2.7%</b>	<b>25.8%</b>	<b>0.0%</b>		<b>59.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>			<b>&lt;=0</b>			

**Tuesday - 10/07/2025 Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991054 V- Pillsbury French Toast Triple Berry	83 gr	100	220	1.00	190	11	10	7.00	0.00	0	36.00

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992656 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0	0	0.00	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>414</b>	<b>1.78</b>	<b>401</b>	<b>*38</b>	<b>*10</b>	<b>8.46</b>	<b>0.00</b>	<b>10</b>	<b>75.54</b>
<b>% of Calories</b>				<b>3.87%</b>		<b>*36.7%</b>	<b>*9.7%</b>	<b>18.4%</b>	<b>0.0%</b>		<b>73.0%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>			<b>&lt;=0</b>			

### Wednesday - 10/08/2025

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992950 V- WW Breakfast Roll & Scramble eggs	serving	100	201	2.53	288	*3	*N/A*	8.20	0.00	169	20.98
992227 VG- WW Breakfast Roll & Tofu Scramble	serving	1	2	0.03	4	0	*0	0.06	0.00	0	0.19
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
991950 PreK- Cranberry Apple Juice- HC	4 oz	1	1	0.00	0	0	0	0.00	0.00	0	0.13
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			423	3.31	422	*40	*0	9.51	0.00	179	60.30
% of Calories				7.04%		*37.8%	*0%	20.2%	0.0%		57.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 10/09/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992006 V-Oatmeal Soft Round Apple Cinnamon Bar	2.32 oz	100	273	4.05	243	15	13	12.14	0.00	20	39.46
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12	*0	0.16	0.00	0	15.39
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			495	4.82	378	*52	*13	13.55	0.00	30	81.86
% of Calories				8.76%		*42.0%	*10.5%	24.6%	0.0%		66.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Friday - 10/10/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991581 V- WG English Muffin w/ Cream Cheese	serving	100	157	2.50	220	2	*1	4.90	0.00	15	24.36
993001 VG/DF- WG English Muffin w/ Jelly	serving	1	1	0.00	1	0	*0	0.01	0.00	0	0.32
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			470	3.52	355	*44	*1	6.99	0.00	25	91.72
% of Calories				6.74%		*37.4%	*0.9%	13.4%	0.0%		78.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Monday - 10/13/2025

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992343 V- WG Corn Muffin	2.5 oz	100	220	1.00	115	18	18	8.00	0.00	20	36.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*0	0.08	*0.00	0	0.33
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>445</b>	<b>1.79</b>	<b>245</b>	<b>*56</b>	<b>*18</b>	<b>9.64</b>	<b>*0.00</b>	<b>30</b>	<b>80.12</b>
% of Calories				3.62%		*50.3%	*16.2%	19.5%	*0.0%		72.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Tuesday - 10/14/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991204 V- Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	20	17	3.50	0.00	5	41.00
992443 VG/DF -Dairy Free Yogurt & Granola	5.3 oz	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>404</b>	<b>1.28</b>	<b>256</b>	<b>*47</b>	<b>*17</b>	<b>4.96</b>	<b>0.00</b>	<b>15</b>	<b>76.54</b>
% of Calories				2.85%		*46.5%	*16.8%	11.0%	0.0%		75.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Wednesday - 10/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991777 V- Veggie Patty & WG Pancakes	1 serving	100	283	0.33	830	6	*5	9.33	0.00	7	37.33
991178 VG/DF- Homemade WG Pancakes	2 pancakes	0	0	0.00	0	*0	*0	0.00	0.00	0	0.00
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7	7	0.00	0.00	0	7.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	0.78	0.00	0	53.90
991952 PreK- Banana- 1/2 cup (1 Banana)	1 Bananas	1	1	0.00	0	0	0	0.00	0.00	0	0.27
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			619	1.35	962	*55	*12	11.37	0.00	17	111.51
% of Calories				1.96%		*35.5%	*7.8%	16.5%	0.0%		72.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 10/16/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992858 Cereal, Lucky Charm SS Bowl	28 gr	100	110	0.00	220	6	6	2.00	0.00	0	22.00
992028 Dannon, Assorted Yogurt (Strawberry, Blueberry, Rap	4oz	100	50	0.00	55	7	3	0.00	0.00	5	10.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	10	13	0.00	9	1	*N/A*	0.35	0.00	0	1.80
000307 APPLES, Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
000231 MILK, Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			350	0.79	415	*43	*9	3.85	0.00	15	67.38
% of Calories				2.03%		*49.1%	*10.3%	9.9%	0.0%		77.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

# Base Menu Spreadsheet

Weighted Values

Oct 6, 2025 thru Oct 31, 2025

## Friday - 10/17/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992212 V/VG- Sweet Potato Waffles	-serving	100	263	0.31	38	*14	*0	4.91	0.00	0	48.45
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
991954 PreK - Fruit Punch, Juice - HC	4 fl.oz.	1	1	0.00	0	0	0	0.00	0.00	0	0.14
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>604</b>	<b>1.06</b>	<b>198</b>	<b>*73</b>	<b>*22</b>	<b>6.16</b>	<b>0.00</b>	<b>10</b>	<b>120.59</b>
% of Calories				1.58%		*48.3%	*14.6%	9.2%	0.0%		79.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

## Monday - 10/20/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993002 V-Oatmeal Soft Round Banana Chocolate Chip Bar	66 gr	100	280	4.00	240	15	14	12.00	0.00	10	39.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>464</b>	<b>4.78</b>	<b>371</b>	<b>*42</b>	<b>*14</b>	<b>13.46</b>	<b>0.00</b>	<b>20</b>	<b>74.54</b>
<b>% of Calories</b>				<b>9.27%</b>		<b>*36.2%</b>	<b>*12.1%</b>	<b>26.1%</b>	<b>0.0%</b>		<b>64.3%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>			<b>&lt;=0</b>			

## Tuesday - 10/21/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992993 V-WG Pancake Bites Poffitz (IW)	2.4 oz (68gr)	100	250	1.00	290	13	11	12.00	0.00	40	37.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	0	0.00	0	*0	*0	0.00	0.00	0	0.00
990919 Syrup Maple (ss)	42.5 gr	100	120	0.00	20	22	22	0.00	0.00	0	31.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			549	1.80	443	*64	*33	13.55	0.00	50	101.71
% of Calories				2.95%		*46.6%	*24.0%	22.2%	0.0%		74.1%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Wednesday - 10/22/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992005 V/VG- Whole Wheat Zucchini Bread	slice	100	124	0.26	46	*9	*0	3.31	*0.00	0	21.33
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	0.78	0.00	0	53.90
991952 PreK- Banana- 1/2 cup (1 Banana)	1 Bananas	1	1	0.00	0	0	0	0.00	0.00	0	0.27
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			435	1.27	178	*51	*0	5.34	*0.00	10	88.50
% of Calories				2.63%		*46.9%	*0%	11.0%	*0.0%		81.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 10/23/2025

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992259 V- Egg & Cheese Burrito	1 burrito	100	352	5.56	420	*2	*N/A*	16.77	0.00	199	25.99
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	0	0	0.00	0	0	0	0.00	0.00	0	0.00
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
991950 PreK- Cranberry Apple Juice- HC	4 oz	1	1	0.00	0	0	0	0.00	0.00	0	0.13
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			573	6.31	550	*39	*0	18.02	0.00	209	65.12
% of Calories				9.91%		*27.2%	*0%	28.3%	0.0%		45.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

Friday - 10/24/2025

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000167 NO BREAKFAST											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Monday - 10/27/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992848 V/VG- Cereal, Cheerios Honey SS Bowl	28 gram.	100	110	0.00	170	6	6	1.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14	11	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			394	0.78	356	*47	*17	3.46	0.00	15	78.54
% of Calories				1.78%		*47.7%	*17.3%	7.9%	0.0%		79.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

# Base Menu Spreadsheet

Weighted Values

Oct 6, 2025 thru Oct 31, 2025

**Tuesday - 10/28/2025**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	2	0.01	0	*0	*0	0.08	*0.00	0	0.33
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	*N/A*	3.04	0.00	10	1.01
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
991954 PreK - Fruit Punch, Juice - HC	4 fl.oz.	1	1	0.00	0	0	0	0.00	0.00	0	0.14
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>485</b>	<b>4.29</b>	<b>454</b>	<b>*54</b>	<b>*0</b>	<b>12.41</b>	<b>*0.00</b>	<b>30</b>	<b>73.61</b>
<b>% of Calories</b>				<b>7.96%</b>		<b>*44.5%</b>	<b>*0%</b>	<b>23.0%</b>	<b>*0.0%</b>		<b>60.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>			<b>&lt;=0</b>			

**Wednesday - 10/29/2025**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991425 V- WG Cinnamon Roll	3 oz	100	270	4.50	420	9	*9	11.00	0.00	0	37.00

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	100	100	0.00	140	1	1	2.00	0.00	0	21.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>547</b>	<b>5.29</b>	<b>691</b>	<b>*38</b>	<b>*10</b>	<b>14.50</b>	<b>0.00</b>	<b>10</b>	<b>91.58</b>
<b>% of Calories</b>				<b>8.70%</b>		<b>*27.8%</b>	<b>*7.3%</b>	<b>23.9%</b>	<b>0.0%</b>		<b>67.0%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>			<b>&lt;=0</b>			

### Thursday - 10/30/2025

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990675 V- Pillsbury Mini Bagel Strawberry and Cheese	69 gr	100	230	2.00	190	13	12	6.00	0.00	10	42.00
991347 VG/DF - WG White Bagel (iW) & Jelly	serving	0	0	0.00	0	0	0	0.00	0.00	0	0.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	0.78	0.00	0	53.90
991952 PreK- Banana- 1/2 cup (1 Banana)	1 Bananas	1	1	0.00	0	0	0	0.00	0.00	0	0.27
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			541	3.02	322	*55	*12	8.03	0.00	20	109.17
% of Calories				5.02%		*40.7%	*8.9%	13.4%	0.0%		80.7%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

## Friday - 10/31/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992589 V- Egg Cheese Bite	1.75 gr	100	90	3.00	260	1	*0	6.00	0.00	120	2.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	1	5.00	0.00	0	14.00
991025 ORANGES - (1 orange113-125 ct)- 1/2 cup	1 orange	100	62	0.02	0	12	*0	0.16	0.00	0	15.39
992365 Orange Juice - Suncup - 4oz	4 fl.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	100	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	1	1	0.00	1	0	*N/A*	0.04	0.00	0	0.13

# Base Menu Spreadsheet

## Weighted Values

Oct 6, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			468	8.52	671	*46	*1	13.70	0.00	138	65.02
% of Calories				16.38 %		*39.3%	*0.9%	26.3%	0.0%		55.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	480	3	443	*48	*10	9.98	*0.00	45	83.06
% of Calories		6.13%		*40.0%	*8.3%	18.7%	*0.0%		69.2%

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

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

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

**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.