

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Menu Name:	DUPONT PARK -PreK- 9 Grade - BREAKFAST	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 10/05/2026Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991374 V- Whole Grain Waffles (Kelloggs Egg)	2 waffles	100	170	1.50	380	2.00	*2.00	6.00	0.00	5	26.00
993194 VG/DF- Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			360	1.55	597	*29.59	*2.10	7.60	0.00	15	64.01
% of Calories				3.88%		*32.88 %	*2.33%	19.0%	0.0%		71.1%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 10/06/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991559 WG Apple Cinnamon Cheerios Cereal (V/VG)	28 GR	100	110	0.00	130	6.00	6.00	2.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	95	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	5	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
991952 PreK- Banana- 1/2 cup (1 Banana)	1 Banana	1	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			523	0.27	324	*60.91	*16.45	4.68	0.00	15	111.02
% of Calories				0.46%		*46.59 %	*12.58 %	8.1%	0.0%		84.9%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 10/07/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991381 V- Whole Grain Pancakes	2 pancakes	95	153	0.33	400	5.33	*5.33	2.33	0.00	7	31.33
991178 VG/DF- Homemade WG Pancakes	2 pancakes	5	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
993279 Cinnamon Applesauce Drizzle	1 oz	100	14	0.01	1	*0.04	*0.00	0.02	0.00	0	3.49

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36.00	0.00	0.00	0.00	0	38.00
992555 PreK- Grape Juice - Suncup - PreK	4 fl	1	80	0.00	10	18.00	0.00	0.00	0.00	0	19.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			431	0.36	536	*53.52	*5.30	3.97	0.00	16	85.80
% of Calories				0.75%		*49.67 %	*4.92%	8.3%	0.0%		79.6%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 10/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993214 V- FRITTATA, Omelet Cheddar Cheese	3.5 oz	100	180	6.00	400	1.00	*0.00	13.00	0.00	270	2.00
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1.00	1.00	5.00	0.00	0	14.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
991875 PreK- ORANGES - Half Cup - (1orange)	1 orange	1	62	0.02	0	12.25	0.00	0.16	0.00	0	15.39
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			505	10.04	746	*38.63	*1.01	19.59	0.00	280	60.15
% of Calories				17.89 %		*30.60 %	*0.80%	34.9%	0.0%		47.6%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 10/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992346 V- Peachy WG Cinnamon Roll Cobbler	2.87 (serving)	100	313	5.00	304	20.55	*9.00	11.00	0.00	0	47.32
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			475	5.01	441	*44.67	*9.01	12.32	0.00	10	73.66
% of Calories				9.49%		*37.62 %	*7.59%	23.3%	0.0%		62.0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 10/12/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	13.00	11.00	12.00	0.00	40	37.00
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	214	0.68	4	4.73	*4.72	9.77	0.00	0	27.02
991693 Honey, (ss) Pouch	9 gr	100	25	0.00	0	7.00	7.00	0.00	0.00	0	7.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			454	1.05	428	*47.59	*18.00	13.55	0.00	50	77.71
% of Calories				2.08%		*41.93 %	*15.86 %	26.9%	0.0%		68.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Tuesday - 10/13/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993212 V- Pizza Bagel w/Egg mozzarella cheese	2.8 oz	100	180	3.00	380	6.00	1.00	6.00	0.00	55	23.00
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			358	3.04	518	*33.49	*1.01	7.52	0.00	65	56.79
% of Calories				7.64%		*37.42 %	*1.13%	18.9%	0.0%		63.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 10/14/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992601 CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)	100	110	1.00	160	6.00	6.00	2.50	0.00	0	22.00
992444 PreK- Cereal WG Cheerios (V/VG)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			395	1.03	353	*46.44	*17.01	4.48	0.00	15	78.75
% of Calories				2.35%		*47.03 %	*17.23 %	10.2%	0.0%		79.7%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 10/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9.00	*8.00	10.00	0.00	0	38.00
993205 K-12:Turkey Sausage Links, 3", .67oz (Not for PreK)	2 (0.67oz each)	99	68	2.04	170	0.68	*0.68	4.75	0.00	24	0.68
993288 V- Veggie Breakfast Sausage Strips	1.34 oz	1	70	0.00	250	1.00	*N/A*	2.50	0.00	0	4.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
991952 PreK- Banana- 1/2 cup (1 Banana)	1 Banana	1	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			649	4.28	688	*50.69	*8.67	16.76	0.00	34	109.88
% of Calories				5.94%		*31.24 %	*5.34%	23.2%	0.0%		67.7%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 10/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991526 Blueberry Lemon Yogurt WW Muffins	Muffins	100	143	0.40	144	*10.08	*9.86	1.62	*0.00	47	23.16
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
991875 PreK- ORANGES - Half Cup - (1orange)	1 orange	1	62	0.02	0	12.25	0.00	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			430	2.47	482	*47.89	*10.04	6.30	*0.00	68	68.44
% of Calories				5.17%		*44.55 %	*9.34%	13.2%	*0.0%		63.7%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 10/19/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6.00	*N/A*	1.00	0.00	0	23.00
992444 PreK- Cereal WG Cheerios (V/VG)	28 gr	1	100	0.00	140	1.00	1.00	2.00	0.00	0	21.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
992554 PreK- TANGERINES,FRESH - 1/2 cup (120 ct)	1 (120ct p/cs)	1	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			439	0.09	301	*57.53	*11.01	3.52	0.00	15	89.39
% of Calories				0.18%		*52.42 %	*10.03 %	7.2%	0.0%		81.4%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 10/20/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993215 V- Veggie Bowl w/potato, crumbles, egg & cheese	serving	100	211	4.02	297	0.36	*0.00	10.07	0.00	134	17.23
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
991952 PreK- Banana- 1/2 cup (1 Banana)	1 Banana	1	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			523	4.29	435	*41.48	*0.00	12.15	0.00	144	84.54
% of Calories				7.38%		*31.72 %	*0.00%	20.9%	0.0%		64.7%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 10/21/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993124 V- WG Apple Cinnamon Muffin (Muffin Town)	57 gr	99	160	0.50	100	13.00	13.00	4.50	0.00	15	27.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
991875 PreK- ORANGES - Half Cup - (1orange)	1 orange	1	62	0.02	0	12.25	0.00	0.16	0.00	0	15.39
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			445	2.56	437	*50.68	*13.05	9.13	*0.00	35	72.01
% of Calories				5.18%		*45.56 %	*11.73 %	18.5%	*0.0%		64.7%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Thursday - 10/22/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993217 V-WG English Muffin w/Veggie Patty & Ame. Cheese	serving	100	217	1.25	600	2.93	*0.93	5.90	0.00	8	28.36
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			405	1.29	827	*32.42	*2.93	7.40	0.00	18	63.94
% of Calories				2.87%		*32.02 %	*2.89%	16.4%	0.0%		63.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 10/23/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990645 V-Eggo Bites Waffles Maple	2.64 oz	99	190	1.50	220	11.00	*N/A*	5.00	0.00	36	36.00
993194 VG/DF-Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
991950 PreK- Cranberry Apple Juice- HC	4 oz	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			423	1.50	434	*47.23	*0.10	6.34	0.00	46	79.33
% of Calories				3.19%		*44.66 %	*0.09%	13.5%	0.0%		75.0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Monday - 10/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991262 V/DF- WG Banana Muffin (Chef Pierre)	57 gr	99	200	1.50	110	16.00	*N/A*	8.00	0.00	10	31.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
992554 PreK- TANGERINES,FRESH - 1/2 cup (120 ct)	1 (120ct p/cs)	1	64	0.05	2	12.70	0.00	0.37	0.00	0	16.01
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			428	1.58	249	*53.54	*0.18	9.99	*0.00	20	76.20
% of Calories				3.32%		*50.04 %	*0.17%	21.0%	*0.0%		71.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Tuesday - 10/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993202 V/DF- Egg Spanish Tortilla w/potatoes & onions	serving	99	174	1.87	107	1.41	*0.00	7.45	0.00	238	17.09
993211 VG- Egg Spanish Tortilla w/potatoes & onions	serving	1	185	0.17	348	1.41	*0.00	8.35	0.00	0	15.96
993220 White WW Loaf - 0.5" slice	1 slice	100	70	0.00	150	2.00	*0.00	0.50	0.00	0	13.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
991952 PreK- Banana- 1/2 cup (1 Banana)	1 Banana	1	105	0.13	1	14.43	0.00	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			556	2.12	397	*44.41	*0.00	9.99	0.00	246	97.25
% of Calories				3.43%		*31.95 %	*0.00%	16.2%	0.0%		70.0%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Wednesday - 10/28/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	6.00	6.00	1.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			387	0.04	361	*47.48	*17.00	3.50	0.00	15	76.58
% of Calories				0.09%		*49.07 %	*17.57 %	8.1%	0.0%		79.2%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Portion Values

Oct 5, 2026 thru Oct 30, 2026

Thursday - 10/29/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993320 VG/DF - WG White Bagel (IW)	serving	100	170	0.00	310	3.00	3.00	1.00	0.00	0	35.00
993321 CHEESE, CREAM STRAWBERRY PLASTIC CUP	1 oz	100	70	3.00	110	4.00	3.00	4.50	0.00	20	5.00
991347 VG/DF - WG White Bagel (iW) & Jelly	serving	1	205	0.00	315	11.00	9.00	1.00	0.00	0	44.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
991954 PreK - Fruit Punch, Juice - HC	4 fl.oz.	1	60	0.00	5	12.00	0.00	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			463	3.00	568	*43.23	*6.09	6.76	0.00	30	81.58
% of Calories				5.83%		*37.35 %	*5.26%	13.1%	0.0%		70.5%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

Friday - 10/30/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993315 V/VG- Spooky Pumpkin WW Waffles	serving	100	249	0.31	83	18.52	*14.18	5.29	0.00	0	43.67

Portion Values

Oct 5, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
993328 Mix Berries: Strawberries 1/2, Blueberries 1/2 cup	5 l.straw/ blue	100	71	0.03	2	11.77	*0.00	0.51	0.00	0	17.63
993316 PreK: Fresh Strawberries Slices 1/2 cup	5 large straw	1	29	0.01	1	4.40	*0.00	0.27	0.00	0	6.91
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			430	0.35	299	*42.34	*14.18	7.06	0.00	10	78.38
% of Calories				0.73%		*39.39 %	*13.19 %	14.8%	0.0%		72.9%
Weekly Nutrient Guideline			450 - 500	<10	<=540		<10				

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		454	2.30	471	*45.69	*7.66	8.63	*0.00	57	79.27
% of Calories			4.56%		*40.26 %	*6.75%	17.1%	*0.0%		69.8%

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
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.