

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Menu Name: The Children's Guild PG /BALTIMORE- K-12 Breakfast **Include Cost:** No

Site:

Use Alternate Menu Name: No

Monday - 01/05/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992858 Cereal, Lucky Charm SS Bowl | 28 gr | 100 | 110 | 0.00 | 220 | 6.00 | 6.00 | 2.00 | 0.00 | 0 | 22.00 |
| 991346 Yogurt Yoplait 4oz | 4 oz | 99 | 100 | 0.00 | 55 | 14.00 | 11.00 | 0.50 | 0.00 | 5 | 21.00 |
| 992217 VG/DF - Dairy Free Yogurt | 5.3 oz | 1 | 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 | 1.50 | 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 | | | 388 | 0.79 | 412 | *47.46 | *16.89 | 4.03 | 0.00 | 15 | 76.55 |
| % of Calories | | | | 1.83% | | *48.93 % | *6.19% | 9.3% | 0.0% | | 78.9% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Tuesday - 01/06/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 5, 2026 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|---------------|-------------|-------------|--------------|
| 993002 V-Oatmeal Soft Round Banana Chocolate Chip Bar | 66 gr | 100 | 280 | 4.00 | 240 | 15.00 | 14.00 | 12.00 | 0.00 | 10 | 39.00 |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr) | 28 gr | 0 | 100 | 0.00 | 140 | 1.00 | 1.00 | 2.00 | 0.00 | 0 | 21.00 |
| 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 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 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 | | | 464 | 4.78 | 376 | *41.43 | *14.00 | 13.46 | 0.00 | 20 | 74.54 |
| % of Calories | | | | 9.27% | | *35.72 % | *12.07 % | 26.1% | 0.0% | | 64.3% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Wednesday - 01/07/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000192 V-WW Sweet Potato Muffin | serving | 99 | 166 | 0.26 | 29 | *8.83 | *0.00 | 2.92 | *0.00 | 1 | 30.00 |
| 992223 VG/DF- Homemade Vegan Muffins | 64 gr | 1 | 215 | 0.54 | 9 | *18.20 | *16.77 | 7.58 | *0.00 | 0 | 33.17 |
| 000010 Mozzarella, Cheese String | 1 oz | 100 | 61 | 2.02 | 202 | 1.01 | *N/A* | 3.04 | 0.00 | 10 | 1.01 |
| 990708 Fruit Punch, Juice - (1 Cup - 2 juices) | (2 HC) | 100 | 120 | 0.00 | 10 | 24.00 | 0.00 | 0.00 | 0.00 | 0 | 28.00 |
| 000231 MILK,Skim | 8 fl. oz. | 50 | 90 | 0.00 | 135 | 12.00 | 0.00 | 0.00 | 0.00 | 5 | 13.00 |

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Portion Values

Jan 5, 2026 thru Jan 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) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-------------|--------------|-------------|--------------|
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 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 | | | 447 | 3.03 | 376 | *45.94 | *0.17 | 7.25 | *0.00 | 21 | 72.04 |
| % of Calories | | | | 6.10% | | *41.11 % | *0.00% | 14.6% | *0.0% | | 64.5% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Thursday - 01/08/2026

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) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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 |
| 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 |
| 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 | 1.50 | 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

Jan 5, 2026 thru Jan 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 | | | 580 | 3.01 | 517 | *49.86 | *8.00 | 12.03 | 0.00 | 10 | 108.90 |
| % of Calories | | | | 4.67% | | *34.39 % | *5.52% | 18.7% | 0.0% | | 75.1% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Friday - 01/09/2026

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991053 Pillsbury Mini Cinnis Cinnamon | 65 gr | 100 | 230 | 1.50 | 280 | 14.00 | 13.00 | 7.00 | 0.00 | 0 | 41.00 |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr) | 28 gr | 0 | 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 |
| 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 | 1.50 | 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 | | | 453 | 2.29 | 415 | *50.50 | *13.00 | 8.56 | 0.00 | 10 | 84.78 |
| % of Calories | | | | 4.55% | | *44.59 % | *11.48 % | 17.0% | 0.0% | | 74.9% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Monday - 01/12/2026

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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 |
| 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 |
| 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 | 1.50 | 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 | | | 394 | 1.78 | 351 | *46.43 | *17.00 | 4.46 | 0.00 | 15 | 78.54 |
| % of Calories | | | | 4.07% | | *47.14 % | *6.09% | 10.2% | 0.0% | | 79.7% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Tuesday - 01/13/2026

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991372 V- WG Chocolate Chip Pancakes-(Krusteaz) | 2 pancakes | 100 | 186 | 1.51 | 400 | 9.11 | *5.33 | 4.22 | 0.00 | 7 | 36.06 |
| 991178 VG/DF- Homemade WG Pancakes | 2 pancakes | 0 | 214 | 0.68 | 3 | *4.73 | *0.00 | 9.77 | 0.00 | 0 | 27.02 |
| 991123 Syrup Maple SS Sugar Free | 32 gr | 100 | 10 | 0.00 | 80 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 4.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 5, 2026 thru Jan 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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-------------|-------------|-------------|---------------|
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 100 | 210 | 0.26 | 2 | 28.86 | 0.00 | 0.78 | 0.00 | 0 | 53.90 |
| 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 | 1.50 | 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 | | | 506 | 2.53 | 617 | *49.98 | *5.33 | 6.25 | 0.00 | 17 | 106.96 |
| % of Calories | | | | 4.50% | | *39.51 % | *4.22% | 11.1% | 0.0% | | 84.6% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Wednesday - 01/14/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991524 V- Baked French Toast Muffin | serving | 100 | 210 | 2.42 | 209 | *17.94 | *8.38 | 5.52 | *0.00 | 99 | 31.17 |
| 992223 VG/DF- Homemade Vegan Muffins | 64 gr | 1 | 215 | 0.54 | 9 | *18.20 | *16.77 | 7.58 | *0.00 | 0 | 33.17 |
| 000010 Mozzarella, Cheese String | 1 oz | 100 | 61 | 2.02 | 202 | 1.01 | *N/A* | 3.04 | 0.00 | 10 | 1.01 |
| 991059 Cranberry Apple Juice (1 cup- 2 juices) | 2 HC | 100 | 120 | 0.00 | 0 | 24.00 | 0.00 | 0.00 | 0.00 | 0 | 26.00 |
| 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 | 1.50 | 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

Jan 5, 2026 thru Jan 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 | | | 494 | 5.20 | 548 | *55.24 | *8.55 | 9.93 | *0.00 | 119 | 71.64 |
| % of Calories | | | | 9.47% | | *44.73 % | *6.79% | 18.1% | *0.0% | | 58.0% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Thursday - 01/15/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 990797 V-Apple Homemade Baked Oatmeal Bar | SERVINGS | 99 | 229 | 0.97 | 33 | *6.41 | *0.00 | 4.49 | *0.00 | 3 | 40.30 |
| 993073 VG/DF- Apple Homemade Baked Oatmeal Bar | SERVINGS | 1 | 234 | 0.67 | 30 | *6.88 | *0.00 | 4.66 | *0.00 | 0 | 41.94 |
| 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 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 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 | 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 | | | 453 | 1.76 | 169 | *43.02 | *0.00 | 6.10 | *0.00 | 13 | 84.23 |
| % of Calories | | | | 3.50% | | *37.99 % | *0.00% | 12.1% | *0.0% | | 74.4% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Friday - 01/16/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992588 Waffle Omelet w/ cheese & Tk. bacon | 1 | 99 | 113 | 4.27 | 197 | *0.02 | *0.00 | 8.74 | *0.00 | 104 | 1.16 |
| 992591 V- Waffle Omelet w/ cheese | 1 | 1 | 102 | 4.05 | 144 | *0.02 | *0.00 | 7.91 | 0.00 | 100 | 1.07 |
| 992755 DF- Waffle Omelet w/ Tk. bacon | 1 | 1 | 57 | 1.24 | 101 | *0.02 | *0.00 | 4.18 | *0.00 | 89 | 0.66 |
| 990672 WG Biscuit 2oz | 56g | 100 | 200 | 7.00 | 410 | 2.00 | *0.00 | 9.00 | 0.00 | 0 | 27.00 |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr) | 28 gr | 0 | 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 | 1.50 | 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 | | | 491 | 12.08 | 744 | *29.50 | *0.00 | 19.27 | *0.00 | 115 | 61.75 |
| % of Calories | | | | 22.14 % | | *24.03 % | *0.00% | 35.3% | *0.0% | | 50.3% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Monday - 01/19/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 000145 NO SCHOOL TODAY | | | | | | | | | | | |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0 | 0.00 |
| % of Calories | | | | 0% | | 0% | *N/A* | 0% | 0% | | 0% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Tuesday - 01/20/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991380 Cereal Cheerios MULTIGRAIN (28gr) | 28 gr | 100 | 110 | 0.00 | 105 | 6.00 | *N/A* | 1.00 | 0.00 | 0 | 23.00 |
| 991346 Yogurt Yoplait 4oz | 4 oz | 99 | 100 | 0.00 | 55 | 14.00 | 11.00 | 0.50 | 0.00 | 5 | 21.00 |
| 992217 VG/DF - Dairy Free Yogurt | 5.3 oz | 1 | 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 | 1.50 | 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 | | | 388 | 0.79 | 297 | *47.46 | *10.89 | 3.03 | 0.00 | 15 | 77.55 |
| % of Calories | | | | 1.83% | | *48.93 % | *N/A* | 7.0% | 0.0% | | 79.9% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Wednesday - 01/21/2026

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991694 Turkey Sausage Patty WG Pancakes | 1 serving | 100 | 223 | 1.83 | 660 | 5.33 | *5.33 | 7.33 | 0.00 | 37 | 31.33 |
| 991777 V- Veggie Patty & WG Pancakes | 1 serving | 1 | 283 | 0.33 | 830 | 6.33 | *5.33 | 9.33 | 0.00 | 7 | 37.33 |
| 991123 Syrup Maple SS Sugar Free | 32 gr | 100 | 10 | 0.00 | 80 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 4.00 |
| 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 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 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 | | | 421 | 2.62 | 885 | *31.83 | *5.39 | 8.88 | 0.00 | 47 | 71.25 |
| % of Calories | | | | 5.60% | | *30.24 % | *5.07% | 19.0% | 0.0% | | 67.7% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Thursday - 01/22/2026

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992996 V- Breakfast Egg & Cheese Scrambler (IW) | 93 gr | 100 | 230 | 4.00 | 350 | 4.00 | 2.00 | 9.00 | 0.00 | 110 | 30.00 |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr) | 28 gr | 0 | 100 | 0.00 | 140 | 1.00 | 1.00 | 2.00 | 0.00 | 0 | 21.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 5, 2026 thru Jan 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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 100 | 210 | 0.26 | 2 | 28.86 | 0.00 | 0.78 | 0.00 | 0 | 53.90 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 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 | | | 540 | 5.01 | 487 | *44.86 | *2.00 | 11.03 | 0.00 | 120 | 96.90 |
| % of Calories | | | | 8.35% | | *33.23 % | *1.48% | 18.4% | 0.0% | | 71.8% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Friday - 01/23/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991328 V- WW Gingerbread Muffin | 56 grams | 100 | 278 | 0.86 | 69 | *24.83 | *5.58 | 10.18 | *0.00 | 16 | 42.58 |
| 992223 VG/DF- Homemade Vegan Muffins | 64 gr | 1 | 215 | 0.54 | 9 | *18.20 | *16.77 | 7.58 | *0.00 | 0 | 33.17 |
| 000010 Mozzarella, Cheese String | 1 oz | 100 | 61 | 2.02 | 202 | 1.01 | *N/A* | 3.04 | 0.00 | 10 | 1.01 |
| 991059 Cranberry Apple Juice (1 cup- 2 juices) | 2 HC | 100 | 120 | 0.00 | 0 | 24.00 | 0.00 | 0.00 | 0.00 | 0 | 26.00 |
| 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 | 1.50 | 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

Jan 5, 2026 thru Jan 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 | | | 562 | 3.65 | 408 | *62.14 | *5.75 | 14.58 | *0.00 | 36 | 83.06 |
| % of Calories | | | | 5.85% | | *44.23 % | *3.97% | 23.3% | *0.0% | | 59.1% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Monday - 01/26/2026

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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 | 99 | 100 | 0.00 | 55 | 14.00 | 11.00 | 0.50 | 0.00 | 5 | 21.00 |
| 992217 VG/DF - Dairy Free Yogurt | 5.3 oz | 1 | 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 | 1.50 | 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 | 0.78 | 362 | *46.41 | *16.89 | 3.49 | 0.00 | 15 | 78.51 |
| % of Calories | | | | 1.78% | | *47.00 % | *6.08% | 8.0% | 0.0% | | 79.5% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

Tuesday - 01/27/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991334 V- Pumpkin Carrot Breakfast Loaf | 1 squares | 100 | 223 | 2.59 | 231 | *20.74 | *13.97 | 4.77 | *0.00 | 36 | 41.54 |
| 992219 VG/DF- Pumpkin Carrot Breakfast Loaf (VG) | 1 squares | 1 | 185 | 0.05 | 192 | *21.39 | *13.97 | 0.69 | *0.00 | 0 | 42.17 |
| 991006 Banana - 1 cup (2 Bananas) | 2 Bananas | 100 | 210 | 0.26 | 2 | 28.86 | 0.00 | 0.78 | 0.00 | 0 | 53.90 |
| 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 | 1.50 | 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 | | | 535 | 3.61 | 370 | *61.82 | *14.11 | 6.81 | *0.00 | 46 | 108.86 |
| % of Calories | | | | 6.07% | | *46.22 % | *10.45 % | 11.5% | *0.0% | | 81.4% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Wednesday - 01/28/2026

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) |
|--|---------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 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 | 3 | *4.73 | *0.00 | 9.77 | 0.00 | 0 | 27.02 |
| 991123 Syrup Maple SS Sugar Free | 32 gr | 100 | 10 | 0.00 | 80 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 4.00 |

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Jan 5, 2026 thru Jan 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|--------------|-------------|-------------|--------------|
| 991059 Cranberry Apple Juice (1 cup- 2 juices) | 2 HC | 100 | 120 | 0.00 | 0 | 24.00 | 0.00 | 0.00 | 0.00 | 0 | 26.00 |
| 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 | 1.50 | 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 | | | 481 | 1.76 | 506 | *49.11 | *11.00 | 13.30 | 0.00 | 50 | 80.13 |
| % of Calories | | | | 3.29% | | *40.84 % | *9.15% | 24.9% | 0.0% | | 66.6% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Thursday - 01/29/2026

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 991557 Egg, Turkey Breast & Cheese Burrito | 1 burrito | 100 | 314 | 4.54 | 563 | *2.34 | *N/A* | 13.90 | 0.00 | 193 | 25.82 |
| 992259 V- Egg & Cheese Burrito | 1 burrito | 1 | 346 | 10.00 | 457 | 2.00 | *0.00 | 20.39 | 0.00 | 292 | 25.01 |
| 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 |
| 000190 Low Fat Milk - 1% | 8 fl. oz. | 50 | 110 | 1.50 | 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 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 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 | | | 494 | 5.44 | 704 | *29.84 | *0.00 | 15.61 | 0.00 | 206 | 59.65 |
| % of Calories | | | | 9.91% | | *24.16 % | *N/A* | 28.4% | 0.0% | | 48.3% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Friday - 01/30/2026

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|
| 992533 WG Biscuit 2oz & Tk. Patty Sausage CR | 2oz Biscuit | 90 | 260 | 8.00 | 490 | 2.00 | *0.00 | 13.00 | 0.00 | 30 | 27.00 |
| 992260 V- WG Biscuit and Veggie Patty | 28 gr | 10 | 170 | 4.00 | 460 | 2.00 | *1.00 | 7.50 | 0.00 | 0 | 18.00 |
| 992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr) | 28 gr | 0 | 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 |
| 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 | 1.50 | 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 | | | 474 | 8.39 | 622 | *38.50 | *0.10 | 14.01 | 0.00 | 37 | 69.88 |
| % of Calories | | | | 15.93 % | | *32.49 % | *0.00% | 26.6% | 0.0% | | 59.0% |
| Weekly Nutrient Guideline | | | 450 - 500 | <10 | 540 | | <10 | <=0 | | | |

Base Menu Spreadsheet

Portion Values

Jan 5, 2026 thru Jan 30, 2026

| | 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 | 472 | 4 | 482 | *45.86 | *7.85 | 9.58 | *0.00 | 49 | 81.35 |
| % of Calories | | 6.96% | | *38.86 % | *5.08% | 18.3% | *0.0% | | 68.9% |

**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.

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.