

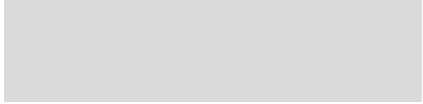
**Menu Name:** BREAKFAST HS

**Include Cost:** No

**Site:**

**Use Alternate Menu Name:** No

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000509 SYRUP, IND PK	1.5 oz	1	160	45	16	*N/A*	0.00	0.00	0	31.00	0.00	0.00
Weighted Daily Average						*30	35.95		50	405.02	19.62	57.66
% of Calories					41.3%	*5.5%	14.7%	0.0%		73.7%		10.5%
Weekly Nutrient Guideline			450 - 600	640			<=0					

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991101 PIZZA, BREAKFAST FLATBREAD IW	1 PIZZA	1	230	310		2	7.00		20	31.00	3.00	11.00

001010 DONUT M174 TL



	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990781 MUFFIN, CHOCOLATE CHIP, 2 OZ EQ.	1 MUFFIN	1	227	115	18	15	6.00	0.00	30	39.50	3.10	3.90
990921 MUFFIN, DOUBLE FUDGE, 2 OZ EQ.	1 MUFFIN	1	229	125	18	*N/A*	6.00	0.00	30	40.00	3.10	3.80
990251 MUFFIN, CHERRY, 2 OZ EQ.	1 MUFFIN	1	228	115	17	4	6.00	0.00	30	39.00	3.30	3.90
990854 MUFFIN, BLUEBERRY, 2 OZ EQ.	1 MUFFIN	1	223	115	16	*N/A*	6.00	0.00	30	38.50	3.30	3.90
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	0.00	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			3260	2707	*325	*32	57.88	*0.00	170	626.07	45.65	72.74
% of Calories					*39.9%	*3.9%	16.0%	*0.0%		76.8%		8.9%
Weekly Nutrient Guideline			450 - 600	640			<=0					

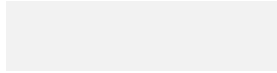


	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00



Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)
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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990095 BISCUIT, SAUSAGE	1 BISCUIT	1	275	890	2	*N/A*	14.00	0.00	25	26.50	1.00	9.00
990875 POPTARTS, STRAWBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990874 POPTARTS, FUDGE, 2 OZ EQ	1 PACK	1	350	240	29	*N/A*	6.00	0.00	0	73.00	6.00	5.00
990873 POPTARTS, BLUEBERRY, 2 OZ EQ	1 PACK	1	340	230	29	*N/A*	5.00	0.00	0	73.00	6.00	4.00
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	0.00	0.00
990486 JUICE, GRAPE, SHELF STABLE	1/2 CUP	1	80	10	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2353	2237	*255	*12	33.88	*0.00	50	469.07	32.85	57.24
% of Calories					*43.3%	*2.0%	13.0%	*0.0%		79.7%		9.7%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Monday - 03/17/2025

Reimbursable Meal Total 1



	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE		1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			3115	3257	*291	*74	53.38	*0.00	175	596.57	45.65	76.74
% of Calories					*37.4%	*9.5%	15.4%	*0.0%		76.6%		9.9%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990866 APPLESAUCE, GRANNY	HALF CUP	1	74	20	16	*N/A*	0.00	0.00	0	19.49	0.99	0.32
001263 APPLESAUCE, ROSY	HALF CUP	1	74	20	16	*N/A*	0.00	0.00	0	19.49	0.99	0.32
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
990198 APPLESAUCE, CANNED, USDA	1/2 CUP	1	51	2	11	*N/A*	0.00	0.00	0	14.05	0.99	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			3515	2427	*370	*12	50.02	*0.09	45	721.85	61.10	78.86
% of Calories					*42.1%	*1.4%	12.8%	*0.0%		82.1%		9.0%
Weekly Nutrient Guideline			450 - 600	640			<=0					

Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)
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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990154 CEREAL BAR, CINN TOAST CRUNCH	1 BAR	1	151	116	8	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990155 CEREAL BAR, COCO PUFF	1 BAR	1	151	101	9	*N/A*	3.02	0.00	0	30.19	3.02	3.02
990157 CEREAL BAR, TRIX	1 BAR	1	150	105	9	*N/A*	3.00	0.00	0	30.00	3.00	2.00
990046 CRACKERS, CHOCOLATE BEAR GRAHAMS	PACKS	1	110	100	7	*N/A*	3.00	0.00	0	20.00	2.00	2.00
990047 CRACKERS, HONEY GRAHAMS 3CT	PACKS	1	115	115	6	6	3.18	0.00	0	21.64	1.27	1.27
990049 CRACKERS, STRAWBERRY DINOSAUR GRAHAMS	PACKS	1	110	95	7	*N/A*	3.00	0.00	0	21.00	1.00	2.00
991081 ORANGES, WEDGES	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52
990487 JUICE, VERY BERRY, SHELF STABLE	1/2 CUP	1	60	10	15	*N/A*	0.00	0.00	0	17.00	0.00	0.00
990488 JUICE, APPLE, SHELF STABLE, 4 OZ	1/2 CUP	1	60	5	13	0	0.00	0.00	0	14.00	0.00	0.00
990484 JUICE, FRUIT PUNCH, SHELF STABLE	1/2 CUP	1	60	5	14	*N/A*	0.00	0.00				

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			2149	2257	213	*31	42.27	0.00	160	391.03	21.89	62.63
% of Calories					39.6%	*5.8%	17.7%	0.0%		72.8%		11.7%
Weekly Nutrient Guideline			450 - 600	640			<=0					

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990485 JUICE, ORANGE TANGERINE, SHELF STABLE	1/2 CUP	1	60	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	



	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			2428	1837	*262	*17	33.88	*0.00				