

Base Menu Spreadsheet

ISD 518

Portion Values

Mar 31, 2025 thru May 2, 2025

Menu Name: District Breakfast **Include Cost:** Yes
Site: All Sites
Use Alternate Menu Name: No

Monday - 03/31/2025 **Reimbursable Meal Total 1500**

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000926 Egg, Sausage & Hashbrown	Servings	650	230	16.00	\$0.510
000709 Cereal	Servings	550	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1400	60	15.00	\$0.000
000064 Apple	APPLE	1100	95	25.10	\$0.000
000830 Toast	Slice	1200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			454	77.22	\$0.235
% of Calories				68.0%	
Weekly Nutrient Guideline			450 - 500		

Tuesday - 04/01/2025 **Reimbursable Meal Total 1500**

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000566 Breakfast Pizza	slices	1000	223	26.07	\$0.000
000709 Cereal	Servings	300	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	200	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1400	60	15.00	\$0.000
000871 Orange	Orange	1250	69	18.00	\$0.000
000830 Toast	Slice	1200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			467	79.43	\$0.008
% of Calories				68.0%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 04/02/2025

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000607 Breakfast Bites	3 Pieces	700	190	19.00	\$0.000
000709 Cereal	Servings	300	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	200	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1400	60	15.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000844 Banana	Banana	1350	89	22.80	\$0.000
000830 Toast	Slice	1200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			429	76.44	\$0.008
% of Calories				71.3%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 04/03/2025

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000854 Breakfast Nachos	Servings	750	248	25.17	\$0.441
000709 Cereal	Servings	450	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1400	60	15.00	\$0.000
000422 Grapes	1/2 CUP	1350	31	7.89	\$0.000
000830 Toast	Slice	1200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			429	70.03	\$0.232
% of Calories				65.3%	
Weekly Nutrient Guideline			450 - 500		

Friday - 04/04/2025

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000675 Banana Bread	Slice	1	280	44.00	\$0.000
000709 Cereal	Servings	400	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	200	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1400	60	15.00	\$0.000
000637 Kiwi	Serving	1075	84	20.20	\$0.000
000830 Toast	Slice	1250	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			331	63.59	\$0.010
% of Calories				76.8%	
Weekly Nutrient Guideline			450 - 500		

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Mar 31, 2025 thru May 2, 2025

Monday - 04/07/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000457 French Toast Sticks	3 Sticks	800	255	33.00	\$0.000
000709 Cereal	Servings	300	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1325	60	15.00	\$0.000
000064 Apple	APPLE	1000	95	25.10	\$0.000
000830 Toast	Slice	1250	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	800	110	19.00	\$0.000
Weighted Daily Average			490	87.65	\$0.008
% of Calories				71.6%	
Weekly Nutrient Guideline			450 - 500		

Tuesday - 04/08/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000566 Breakfast Pizza	slices	1000	223	26.07	\$0.000
000709 Cereal	Servings	200	113	22.93	\$0.039

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Mar 31, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000463 Yogurt Light 6 oz	6 oz	200	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1000	60	15.00	\$0.000
000871 Orange	Orange	950	69	18.00	\$0.000
000830 Toast	Slice	1250	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	400	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	800	110	19.00	\$0.000
Weighted Daily Average			448	74.65	\$0.006
% of Calories				66.7%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 04/09/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000359 Waffles	2 Waffles	800	250	36.00	\$0.000
000709 Cereal	Servings	300	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1250	60	15.00	\$0.000
000844 Banana	Banana	1175	89	22.80	\$0.000
000830 Toast	Slice	1225	86	15.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			482	88.14	\$0.008
% of Calories				73.1%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 04/10/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000879 Scrambled Eggs/Pancakes	Servings	700	160	15.00	\$0.000
000709 Cereal	Servings	350	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	350	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1250	60	15.00	\$0.000
000422 Grapes	1/2 CUP	1200	31	7.89	\$0.000
000830 Toast	Slice	1225	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			377	64.05	\$0.010
% of Calories				68.0%	
Weekly Nutrient Guideline			450 - 500		

Friday - 04/11/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000659 Donut	Donut	800	280	30.00	\$0.000
000709 Cereal	Servings	250	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	350	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1250	60	15.00	\$0.000
000637 Kiwi	Serving	1000	84	20.20	\$0.000
000830 Toast	Slice	1225	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	600	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	600	110	19.00	\$0.000
Weighted Daily Average			483	79.22	\$0.007
% of Calories				65.6%	
Weekly Nutrient Guideline			450 - 500		

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Monday - 04/14/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001058 Pancake on Stick	1 SERV.	800	210	20.00	\$0.000
000709 Cereal	Servings	275	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	325	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1250	60	15.00	\$0.000
000064 Apple	APPLE	800	95	25.10	\$0.000
000830 Toast	Slice	1100	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	400	110	19.00	\$0.000
Weighted Daily Average			422	70.37	\$0.008
% of Calories				66.7%	
Weekly Nutrient Guideline			450 - 500		

Tuesday - 04/15/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000566 Breakfast Pizza	slices	750	223	26.07	\$0.000
000709 Cereal	Servings	300	113	22.93	\$0.039

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000463 Yogurt Light 6 oz	6 oz	350	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1250	60	15.00	\$0.000
000871 Orange	Orange	1000	69	18.00	\$0.000
000830 Toast	Slice	1100	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	550	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	550	110	19.00	\$0.000
Weighted Daily Average			420	72.84	\$0.008
% of Calories				69.4%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 04/16/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000686 Breakfast Burrito	Burrito	800	244	28.10	\$0.000
000709 Cereal	Servings	300	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1275	60	15.00	\$0.000
000844 Banana	Banana	800	89	22.80	\$0.000
000830 Toast	Slice	1100	86	15.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990041 Milk, White 1% Low Fat	8 oz	600	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	600	110	19.00	\$0.000
Weighted Daily Average			448	75.95	\$0.008
% of Calories				67.8%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 04/17/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000579 Omelet	Omelet	750	110	1.00	\$0.000
000709 Cereal	Servings	300	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	350	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1275	60	15.00	\$0.000
000422 Grapes	1/2 CUP	1100	31	7.89	\$0.000
000830 Toast	Slice	1100	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990042 Milk, Chocolate Fat Free	8 oz	500	110	19.00	\$0.000
Weighted Daily Average			344	53.63	\$0.008
% of Calories				62.4%	
Weekly Nutrient Guideline			450 - 500		

Friday - 04/18/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Monday - 04/21/2025

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

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Tuesday - 04/22/2025

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000566 Breakfast Pizza	slices	800	223	26.07	\$0.000
000709 Cereal	Servings	400	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1225	60	15.00	\$0.000
000871 Orange	Orange	975	69	18.00	\$0.000
000830 Toast	Slice	1100	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	500	110	19.00	\$0.000
Weighted Daily Average			410	69.90	\$0.010
% of Calories				68.2%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 04/23/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000873 French Toast Stacker	Sandwich	800	399	47.71	\$1.512
000709 Cereal	Servings	250	113	22.93	\$0.039

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Mar 31, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1250	60	15.00	\$0.000
000844 Banana	Banana	800	89	22.80	\$0.000
000830 Toast	Slice	1000	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			525	85.50	\$0.871
% of Calories				65.1%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 04/24/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000934 Egg & Cheese Sandwich	Sandwich	600	245	25.00	\$0.000
000709 Cereal	Servings	500	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	350	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1275	60	15.00	\$0.000
000422 Grapes	1/2 CUP	1000	31	7.89	\$0.000
000830 Toast	Slice	1200	86	15.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	600	110	19.00	\$0.000
Weighted Daily Average			402	67.24	\$0.014
% of Calories				66.9%	
Weekly Nutrient Guideline			450 - 500		

Friday - 04/25/2025

Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000348 Cinnamon Roll	2.5 oz.	900	214	38.65	\$0.000
000709 Cereal	Servings	350	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	100	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	15	60	15.00	\$0.000
000637 Kiwi	Serving	900	84	20.20	\$0.000
000830 Toast	Slice	1200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000

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Mar 31, 2025 thru May 2, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			394	71.44	\$0.010
% of Calories				72.5%	
Weekly Nutrient Guideline			450 - 500		

Monday - 04/28/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000712 Pancakes	Pancake	150	140	26.00	\$0.000
000709 Cereal	Servings	100	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	50	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000064 Apple	APPLE	150	95	25.10	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			357	68.03	\$0.013
% of Calories				76.2%	
Weekly Nutrient Guideline			450 - 500		

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Mar 31, 2025 thru May 2, 2025

Tuesday - 04/29/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000566 Breakfast Pizza	slices	175	223	26.07	\$0.000
000709 Cereal	Servings	100	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000871 Orange	Orange	150	69	18.00	\$0.000
000830 Toast	Slice	195	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	75	110	19.00	\$0.000
Weighted Daily Average			387	63.60	\$0.013
% of Calories				65.7%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 04/30/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000847 Breakfast Bowl	Bowls	140	300	20.00	\$0.350
000709 Cereal	Servings	110	113	22.93	\$0.039

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000463 Yogurt Light 6 oz	6 oz	50	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000844 Banana	Banana	175	89	22.80	\$0.000
000830 Toast	Slice	175	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			428	64.63	\$0.178
% of Calories				60.4%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 05/01/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000665 Yogurt Parfait	serving	175	420	90.94	\$0.322
000709 Cereal	Servings	100	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	225	60	15.00	\$0.000
000422 Grapes	1/2 CUP	250	31	7.89	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			509	102.10	\$0.201
% of Calories				80.2%	
Weekly Nutrient Guideline			450 - 500		

Friday - 05/02/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000924 Egg & Cheese Quesadilla	Quesadilla	150	241	23.08	\$0.000
000709 Cereal	Servings	125	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000637 Kiwi	Serving	200	84	20.20	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			419	68.15	\$0.016
% of Calories				65.1%	
Weekly Nutrient Guideline			450 - 500		

	Cals ¹ (kcal)	Carb (g)	Cost
Weighted Averages	428	73.64	\$0.082
% of Calories		68.8%	

- *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
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.