



# November Breakfast Menu

BISHOP

What do the colors on the menu mean?

**GREEN** = locally-sourced  
\* = vegetarian entree

All grains served are whole grain rich  
**Student's choice of skim or 1% milk provided at every meal.**

Menu subject to change based on availability

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
3 cinnamon chex fresh apple	4 bagel cream cheese jelly fresh orange	5 english muffin jelly cheese stick cantaloupe	6 pumpkin bread hard boiled egg hot sauce fresh orange	7 no school
10 no school	11 honey bunches of oats cereal fresh apple	12 apple pie parfait	13 banana bread hard boiled egg hot sauce fresh orange	14 turkey ham & cheese on a croissant croissant jelly honeydew
17 blueberry chex fresh apple	18 english muffin jelly cheddar cheese stick fresh orange	19 bagel cream cheese jelly cantaloupe	20 apple cinnamon bread hard boiled egg hot sauce fresh orange	21 blueberry parfait
24 strawberry shredded wheat fresh apple	25 turkey ham & cheese on a croissant croissant jelly fresh orange	26 no school	27 no school	28 no school
1 cinnamon chex fresh apple	2 bagel cream cheese jelly fresh orange	3 english muffin jelly cheese stick cantaloupe	4 pumpkin bread hard boiled egg hot sauce fresh orange	5 blueberry parfait

## FALL FLAVORS

nov 6th & dec 4th - pumpkin bread

nov 20th - apple spice bread



# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 2025

**Menu Name:** Private/Charter COLD Breakfast K-12 **Include Cost:** No  
**Site:** 32 - Bishop  
**Use Alternate Menu Name:** No

### Monday - 11/03/2025 Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990984 Large Cinnamon Chex	1 ea	40	230	0.50	320	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
000673 Fresh Whole Apple	1 ea	40	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			425	1.47	446	43.82	*12.25	6.83	*0.00	9	83.86	7.42	12.18	*0	755.4	*32.61	27.33
% of Calories				3.11%		41.24%	*11.29%	14.5%	*0.0%		78.9%		11.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

### Tuesday - 11/04/2025 Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel	1 ea	40	170	0.00	190	4.00	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 Light Cream Cheese	1 ea	40	51	3.04	142	1.01	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000603 Grape Jelly	1 ea	40	35	0.00	0	8.00	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990470 Fresh Orange	1 ea	40	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
990984 Large Cinnamon Chex	1 ea	0	230	0.50	320	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
000673 Fresh Whole Apple	1 ea	0	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
Weighted Daily Average			442	3.98	456	43.12	*0.25	6.80	*0.00	24	82.37	7.47	17.82	*0	*493.0	*99.12	0.30
% of Calories				8.10%		39.02%	*N/A*	13.8%	*0.0%		74.5%		16.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Wednesday - 11/05/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000448 Whole Wheat English Muffin	1 ea	40	120	0.00	150	1.00	1.00	1.50	0.00	0	25.00	3.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
000886 Strawberry Jelly	1 ea	40	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
999091 Colby Jack Cheese Stick	1 ea	40	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
990421 Cantaloupe	8 oz	40	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			484	7.10	520	50.54	*9.25	12.69	*0.00	34	75.41	6.21	24.66	*0	*651.1	*130.25	*0.85
% of Calories				13.20 %		41.77%	*0.83%	23.6%	*0.0%		62.3%		20.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Thursday - 11/06/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990034 Pumpkin Spice Bread	2 wt oz	40	157	0.70	110	*14.53	*13.97	4.26	*0.00	13	27.61	1.81	2.63	*N/A*	*33.2	*0.70	*1.12
000882 Hard Boiled Egg	1 ea	40	78	1.63	62	0.56	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000604 Hot Sauce	1 ea	40	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
990470 Fresh Orange	1 ea	40	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			423	3.27	387	*45.20	*14.22	11.30	*0.00	208	62.52	6.58	19.36	*0	*551.2	*99.83	*2.01
% of Calories				6.96%		*42.74 %	*13.21 %	24.0%	*0.0%		59.1%		18.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Friday - 11/07/2025

### Reimbursable Meal Total 1

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990964 3 COMPARTMENT	1 tray	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
999098 Large FROZEN Blueberry Parfait	1 ea	0	337	0.74	117	*25.97	*19.97	7.29	0.00	7	63.07	5.82	8.33	*N/A*	200.3	177.34	1.34
000231 Skim Milk	8 oz	0	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			*0	*0.00	*0	*0.00	*0.00	*0.00	*0.00	*0	*0.00	*0.00	*0.00	*0	*0.0	*0.00	*0.00
% of Calories				*0%		*0%	*N/A*	*0%	*0%		*0%		*0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Monday - 11/10/2025

### Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991012 Large Honey Bunches of Oats	1 ea	0	210	0.00	130	10.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
000673 Fresh Whole Apple	1 ea	0	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	0	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	0	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	0	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			0	0.00	0	0.00	*0.00	0.00	*0.00	0	0.00	0.00	0.00	*0	*0.0	*0.00	*0.00
% of Calories				0%		0%	*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

Tuesday - 11/11/2025

Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991012 Large Honey Bunches of Oats	1 ea	40	210	0.00	130	10.00	10.00	2.50	0.00	0	45.00	4.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
000673 Fresh Whole Apple	1 ea	40	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			405	0.97	256	41.82	*10.25	4.33	*0.00	9	82.86	8.42	13.18	*0	*430.4	*9.61	*0.33
% of Calories				2.16%		41.30%	*9.88%	9.6%	*0.0%		81.8%		13.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Wednesday - 11/12/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990964 3 COMPARTMENT	1 tray	40	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
999140 Apple Pie Parfait	1 each	40	441	0.94	173	64.60	*37.76	8.10	*0.00	7	88.77	4.54	8.33	*N/A*	*218.2	*173.66	*1.62
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
990985 Large Blueberry Chex	1 ea	0	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
000673 Fresh Whole Apple	1 ea	0	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
Weighted Daily Average			*541	*1.86	*297	*77.51	*38.01	*9.62	*0.00	*15	*101.49	*4.59	*17.04	*0	*637.6	*174.90	*1.73
% of Calories				*3.09%		*57.31 %	*N/A*	*16.0%	*0.0%		*75.0%		*12.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

# Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

## Thursday - 11/13/2025

Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990037 Banana Bread	2 wt oz	40	166	0.72	110	15.79	*13.97	4.36	*0.00	17	29.63	1.73	2.76	*N/A*	*30.3	*1.27	*0.96
000882 Hard Boiled Egg	1 ea	40	78	1.63	62	0.56	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000604 Hot Sauce	1 ea	40	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
990470 Fresh Orange	1 ea	40	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			432	3.30	388	46.46	*14.22	11.41	*0.00	212	64.53	6.50	19.49	*0	*548.3	*100.40	*1.85
% of Calories				6.88%		43.02%	*12.94 %	23.8%	*0.0%		59.8%		18.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Friday - 11/14/2025

Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990916 Turkey Ham & Cheese on a Croissant	1 ea	37	311	7.31	732	3.00	*0.00	14.59	0.00	50	29.50	2.00	19.09	*N/A*	283.5	*0.00	1.35
990826 Whole Grain Croissant	1 ea	3	170	2.00	300	3.00	*N/A*	5.00	0.00	0	29.00	2.00	5.00	*N/A*	81.0	0.00	1.00

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000603 Grape Jelly	1 ea	3	35	0.00	0	8.00	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990436 Honeydew	8 oz	40	133	0.14	67	30.07	0.00	0.52	0.00	0	33.66	2.96	2.00	*N/A*	22.2	66.65	0.63
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			536	7.97	890	46.58	*0.25	15.90	*0.00	55	76.52	5.01	28.74	*0	710.0	*67.89	2.07
% of Calories				13.38 %		34.76%	*0.00%	26.7%	*0.0%		57.1%		21.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

### Monday - 11/17/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990985 Large Blueberry Chex	1 ea	40	240	0.50	320	11.00	11.00	5.00	0.00	0	46.00	1.00	3.00	*N/A*	325.0	23.00	32.00
000673 Fresh Whole Apple	1 ea	40	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			435	1.47	446	42.82	*11.25	6.83	*0.00	9	83.86	5.42	12.18	*0	755.4	*32.61	32.33
% of Calories				3.04%		39.37%	*10.11 %	14.1%	*0.0%		77.1%		11.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Tuesday - 11/18/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000448 Whole Wheat English Muffin	1 ea	40	120	0.00	150	1.00	1.00	1.50	0.00	0	25.00	3.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
000603 Grape Jelly	1 ea	40	35	0.00	0	8.00	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990991 Cheddar Cheese Stick	1 ea	40	91	4.56	192	0.00	0.00	7.09	0.00	20	1.01	0.00	7.09	*N/A*	202.5	0.00	0.00
990470 Fresh Orange	1 ea	40	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			433	5.50	466	39.11	*1.25	10.33	*0.00	29	69.36	7.47	23.53	*0	*695.5	*99.12	*0.30
% of Calories				11.43 %		36.13%	*0.92%	21.5%	*0.0%		64.1%		21.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

# Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

## Wednesday - 11/19/2025

Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel	1 ea	40	170	0.00	190	4.00	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 Light Cream Cheese	1 ea	40	51	3.04	142	1.01	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000886 Strawberry Jelly	1 ea	40	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
990421 Cantaloupe	8 oz	40	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			475	4.13	512	54.55	*8.25	7.24	*0.00	24	89.44	6.21	19.04	*0	*451.1	*130.25	0.85
% of Calories				7.83%		45.94%	*N/A*	13.7%	*0.0%		75.3%		16.0%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Thursday - 11/20/2025

Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990861 Apple Cinnamon Bread	2 wt oz	40	155	0.72	100	14.02	*12.35	4.37	*0.00	17	26.83	1.62	2.66	*N/A*	*29.9	*0.19	*0.96
000882 Hard Boiled Egg	1 ea	40	78	1.63	62	0.56	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000604 Hot Sauce	1 ea	40	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
990470 Fresh Orange	1 ea	40	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			421	3.30	378	44.69	*12.60	11.42	*0.00	212	61.74	6.39	19.39	*0	*547.9	*99.31	*1.85
% of Calories				7.05%		42.46%	*11.73 %	24.4%	*0.0%		58.7%		18.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

### Friday - 11/21/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990964 3 COMPARTMENT	1 tray	40	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
999098 Large FROZEN Blueberry Parfait	1 ea	40	337	0.74	117	*25.97	*19.97	7.29	0.00	7	63.07	5.82	8.33	*N/A*	200.3	177.34	1.34
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			*437	*1.66	*241	*38.88	*20.22	*8.81	*0.00	*15	*75.79	*5.87	*17.04	*0	*619.8	*178.57	*1.45
% of Calories				*3.42%		*35.59 %	*N/A*	*18.1%	*0.0%		*69.4%		*15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Monday - 11/24/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991010 Large Strawberry Shredded Wheat	1 ea	40	190	0.00	10	11.00	10.00	1.00	0.00	0	46.00	6.00	5.00	*N/A*	*N/A*	*N/A*	*N/A*
000673 Fresh Whole Apple	1 ea	40	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			385	0.97	136	42.82	*10.25	2.83	*0.00	9	83.86	10.42	14.18	*0	*430.4	*9.61	*0.33
% of Calories				2.27%		44.49%	*10.39 %	6.6%	*0.0%		87.1%		14.7%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Tuesday - 11/25/2025

### Reimbursable Meal Total 40

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990916 Turkey Ham & Cheese on a Croissant	1 ea	37	311	7.31	732	3.00	*0.00	14.59	0.00	50	29.50	2.00	19.09	*N/A*	283.5	*0.00	1.35
990826 Whole Grain Croissant	1 ea	3	170	2.00	300	3.00	*N/A*	5.00	0.00	0	29.00	2.00	5.00	*N/A*	81.0	0.00	1.00
000603 Grape Jelly	1 ea	3	35	0.00	0	8.00	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990470 Fresh Orange	1 ea	40	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			490	7.85	824	33.71	*0.25	15.61	*0.00	55	64.49	6.47	28.47	*0	761.3	*99.12	1.62
% of Calories				14.42 %		27.52%	*0.00%	28.7%	*0.0%		52.6%		23.2%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

### Monday - 12/01/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990984 Large Cinnamon Chex	1 ea	40	230	0.50	320	12.00	12.00	5.00	0.00	0	46.00	3.00	3.00	*N/A*	325.0	23.00	27.00
000673 Fresh Whole Apple	1 ea	40	95	0.05	2	18.91	*N/A*	0.31	0.00	0	25.13	4.37	0.47	*N/A*	10.9	8.37	0.22
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			425	1.47	446	43.82	*12.25	6.83	*0.00	9	83.86	7.42	12.18	*0	755.4	*32.61	27.33
% of Calories				3.11%		41.24%	*11.29 %	14.5%	*0.0%		78.9%		11.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Tuesday - 12/02/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel	1 ea	40	170	0.00	190	4.00	*N/A*	0.50	0.00	0	37.00	3.00	7.00	*N/A*	0.0	0.00	0.00
990427 Light Cream Cheese	1 ea	40	51	3.04	142	1.01	*N/A*	4.56	0.00	15	2.02	0.00	0.38	*N/A*	*N/A*	0.00	0.00
000603 Grape Jelly	1 ea	40	35	0.00	0	8.00	*N/A*	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990470 Fresh Orange	1 ea	40	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			442	3.98	456	43.12	*0.25	6.80	*0.00	24	82.37	7.47	17.82	*0	*493.0	*99.12	0.30
% of Calories				8.10%		39.02%	*N/A*	13.8%	*0.0%		74.5%		16.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Wednesday - 12/03/2025

### Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000448 Whole Wheat English Muffin	1 ea	40	120	0.00	150	1.00	1.00	1.50	0.00	0	25.00	3.00	6.00	*N/A*	*N/A*	*N/A*	*N/A*
000886 Strawberry Jelly	1 ea	40	35	0.00	0	9.00	8.00	0.00	0.00	0	9.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
999091 Colby Jack Cheese Stick	1 ea	40	110	6.00	190	0.00	0.00	9.00	0.00	25	0.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00
990421 Cantaloupe	8 oz	40	120	0.18	56	27.63	*N/A*	0.67	0.00	0	28.69	3.16	2.95	*N/A*	31.6	129.01	0.74
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			484	7.10	520	50.54	*9.25	12.69	*0.00	34	75.41	6.21	24.66	*0	*651.1	*130.25	*0.85
% of Calories				13.20 %		41.77%	*0.83%	23.6%	*0.0%		62.3%		20.4%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

# Planned Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Dec 5, 2025

## Thursday - 12/04/2025

Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990034 Pumpkin Spice Bread	2 wt oz	40	157	0.70	110	*14.53	*13.97	4.26	*0.00	13	27.61	1.81	2.63	*N/A*	*33.2	*0.70	*1.12
000882 Hard Boiled Egg	1 ea	40	78	1.63	62	0.56	*N/A*	5.30	*N/A*	186	0.56	0.00	6.29	*N/A*	25.0	0.00	0.60
000604 Hot Sauce	1 ea	40	2	0.00	92	0.00	0.00	0.00	0.00	0	0.00	0.30	0.00	*N/A*	0.0	0.00	0.00
990470 Fresh Orange	1 ea	40	86	0.03	0	17.20	*N/A*	0.22	0.00	0	21.62	4.42	1.73	*N/A*	73.6	97.89	0.18
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soy milk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			423	3.27	387	*45.20	*14.22	11.30	*0.00	208	62.52	6.58	19.36	*0	*551.2	*99.83	*2.01
% of Calories				6.96%		*42.74 %	*13.21 %	24.0%	*0.0%		59.1%		18.3%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

## Friday - 12/05/2025

Reimbursable Meal Total 40

	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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990964 3 COMPARTMENT	1 tray	40	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
999098 Large FROZEN Blueberry Parfait	1 ea	40	337	0.74	117	*25.97	*19.97	7.29	0.00	7	63.07	5.82	8.33	*N/A*	200.3	177.34	1.34

# Planned Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Dec 5, 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 <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	20	86	0.29	128	11.98	*N/A*	0.44	*N/A*	5	11.98	0.00	8.40	*N/A*	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	20	102	1.54	107	12.69	*N/A*	2.37	*N/A*	12	12.18	0.00	8.22	*N/A*	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	1	90	0.00	130	12.00	*N/A*	0.00	0.00	5	13.00	0.00	8.00	*N/A*	300.0	0.00	0.00
999093 Original Soymilk	8 oz	1	130	0.00	110	11.00	10.00	4.50	0.00	0	13.00	2.00	8.00	*N/A*	300.0	*N/A*	1.10
Weighted Daily Average			*437	*1.66	*241	*38.88	*20.22	*8.81	*0.00	*15	*75.79	*5.87	*17.04	*0	*619.8	*178.57	*1.45
% of Calories				*3.42%		*35.59 %	*N/A*	*18.1%	*0.0%		*69.4%		*15.6%				
Weekly Nutrient Guideline			450 - 500	<10	540		<10	<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (RAE)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	*408	*3.29	*395	*41.51	*9.95	*8.56	*0.00	*55	*69.91	*6.09	*17.15	*0	*550.4	*86.53	*4.87
% of Calories		*7.26%		*40.70 %	*11.76%	*18.9%	*0.0%		*68.5%		*16.8%				

\*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

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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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