Dec 2, 2019 thru Dec 20, 2019

Middle Breakfast 2019-2020

Base Menu Spreadsheet Portion Values - Detailed

Page 1

Generated on: 11/21/2019 3:28:28 PM

Mon - 12/02/2019		Reimb	Cals	Sodm	Sugars	Protn	Carb	T-Fat
Mon - 12/02/2019	Size	Qty	(kcal)	(mg)	(g)	(g)	(g)	(g)
Middle Breakfast 2019-2020	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	12.
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.0
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.1
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.0
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.
FRUIT, FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.2
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.1
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0
Tue - 12/03/2019								
Middle Breakfast 2019-2020	Total	1						
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage	Total 1 each	1 1	210	480	9	9.0	26.0	7
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage Cinnamon Roll		1 1 1	271	136	9	9.0 5.48	58.98	7 2.6
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage Cinnamon Roll Crispito (Secondary Breakfast)	1 each	1 1 1 1	- 1		30 3		58.98 25.85	
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage Cinnamon Roll Crispito (Secondary Breakfast) Cereal, Assorted - Secondary	1 each 1 each 1 each 1 each	1 1 1 1 1	271 276 223	136 571 293	30 3 13	5.48 11.4 3.0	58.98 25.85 45.33	2.6 13 4.1
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage Cinnamon Roll Crispito (Secondary Breakfast) Cereal, Assorted - Secondary Fruit, Canned - Assorted	1 each 1 each 1 each 1 each 1/2 cup	1 1 1 1 1 1 1	271 276 223 51	136 571	30 3 13 11	5.48 11.4	58.98 25.85 45.33 12.39	2.6 13 4.1 0
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage Cinnamon Roll Crispito (Secondary Breakfast) Cereal, Assorted - Secondary	1 each 1 each 1 each 1 each 1/2 cup 1 EACH	1 1 1 1 1 1 1 1	271 276 223	136 571 293	30 3 13	5.48 11.4 3.0	58.98 25.85 45.33	2.6 13 4.1 0
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage Cinnamon Roll Crispito (Secondary Breakfast) Cereal, Assorted - Secondary Fruit, Canned - Assorted FRUIT,FRESH ASSORTED Raisins	1 each 1 each 1 each 1 each 1/2 cup	1 1 1 1 1 1 1 1 1 1	271 276 223 51 55 125	136 571 293 7 1	30 3 13 11	5.48 11.4 3.0 0.44	58.98 25.85 45.33 12.39	2.6 13 4.1 0 0.2 0.1
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage Cinnamon Roll Crispito (Secondary Breakfast) Cereal, Assorted - Secondary Fruit, Canned - Assorted FRUIT,FRESH ASSORTED Raisins Milk, 1% White	1 each 1 each 1 each 1 each 1 each 1/2 cup 1 EACH 1/4 cup carton	1 1 1 1 1 1 1 1 1 1 1	271 276 223 51 55 125 130	136 571 293 7 1 4 160	30 3 13 11 *9 *N/A*	5.48 11.4 3.0 0.44 0.67 1.16 10.0	58.98 25.85 45.33 12.39 14.14 29.86 16.0	2.6 13 4.1 0 0.2 0.1 2
Middle Breakfast 2019-2020 Breakfast Pizza, Sausage Cinnamon Roll Crispito (Secondary Breakfast) Cereal, Assorted - Secondary Fruit, Canned - Assorted FRUIT,FRESH ASSORTED Raisins	1 each 1 each 1 each 1 each 1/2 cup 1 EACH 1/4 cup	1 1 1 1 1 1 1 1 1 1 1 1 1	271 276 223 51 55 125	136 571 293 7 1	30 3 13 11 *9 *N/A*	5.48 11.4 3.0 0.44 0.67 1.16	58.98 25.85 45.33 12.39 14.14 29.86	2.6 13 4.1 0 0.2 0.1

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Dec 2, 2019 thru Dec 20, 2019

Middle Breakfast 2019-2020

Generated on: 11/21/2019 3:28:28 PM

Base Menu Spreadsheet Portion Values - Detailed

Page 2

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (a)	Carb (g)	T-Fat (g)
Wed - 12/04/2019			(**************************************	(****3/	\3/	\3/	\3/	(3/
Middle Breakfast 2019-2020	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	9.5
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

Thu - 12/05/2019								
Middle Breakfast 2019-2020	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	13.2
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Middle Breakfast 2019-2020

Generated on: 11/21/2019 3:28:28 PM

Base Menu Spreadsheet Portion Values - Detailed

Page 3

Portion Cals Sugars Protn Carb T-Fat Reimb Sodm Size Qty (kcal) (mg) (g) (g) (g) (g) Fri - 12/06/2019 Middle Breakfast 2019-2020 Total **Breakfast Bowl** 1 bowl 417 886 17.54 31.25 24.31 31 Muffin (Fresh Baked) Fat Cat muffin 347 188 4.51 57.37 12.03 Crispito (Secondary Breakfast) 276 571 3 25.85 1 each 11.4 13.3 Cereal, Assorted - Secondary 223 293 13 1 each 3.0 45.33 4.17 *N/A* Raisins 1/4 cup 125 1.16 29.86 0.17 51 7 Fruit. Canned - Assorted 1/2 cup 11 0.44 12.39 0.0 *9 FRUIT, FRESH ASSORTED 1 EACH 55 1 0.67 14.14 0.24 Milk, 1% White 130 160 15 10.0 16.0 2.5 carton 13 Milk, Non Fat, White carton 90 130 9.0 13.0 0.0 Milk, Lactaid Fat Free 125 12 carton 8.0 13.0 0.0

Mon - 12/09/2019								
Middle Breakfast 2019-2020	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	12.1
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Middle Breakfast 2019-2020

Base Menu Spreadsheet Portion Values - Detailed

Page 4

Generated on: 11/21/2019 3:28:28 PM

	Portion	Reimb	Cals	Sodm	Sugars	Protn	Carb	T-Fat
Tue 40/40/0040	Size	Qty	(kcal)	(mg)	(g)	(g)	(g)	(g)
Tue - 12/10/2019 Middle Breakfast 2019-2020	Total	1						
	Total	1 1	210	480	0	0.0	26.0	7.0
Breakfast Pizza, Sausage Cinnamon Roll	1 each				9	9.0		
	1 each	1	271	136	30	5.48	58.98	2.62
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Wed - 12/11/2019								
Middle Breakfast 2019-2020	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	9.5
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
	36		30	0	•	3.0	. 5.0	

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Dec 2, 2019 thru Dec 20, 2019

Middle Breakfast 2019-2020

Generated on: 11/21/2019 3:28:28 PM

Base Menu Spreadsheet Portion Values - Detailed

Page 5

Portion Cals Sugars Protn Carb T-Fat Reimb Sodm Size Qty (kcal) (mg) (g) (g) (g) (g) Thu - 12/12/2019 Middle Breakfast 2019-2020 Total Breakfast Chicken Slider 2 each 356 1092 6 25.2 32.8 13.2 271 30 Cinnamon Roll 1 each 136 5.48 58.98 2.62 Crispito (Secondary Breakfast) 276 571 25.85 13.3 1 each 11.4 223 293 13 Cereal, Assorted - Secondary 1 each 3.0 45.33 4.17 *N/A* Raisins 1/4 cup 125 1.16 29.86 0.17 51 7 Fruit. Canned - Assorted 1/2 cup 11 0.44 12.39 0.0 *9 FRUIT, FRESH ASSORTED 1 EACH 55 1 0.67 14.14 0.24 Milk, 1% White 130 160 15 10.0 16.0 2.5 carton 13 Milk, Non Fat, White carton 90 130 9.0 13.0 0.0 Milk, Lactaid Fat Free 125 12 carton 8.0 13.0 0.0

Fri - 12/13/2019								
Middle Breakfast 2019-2020	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	24.31
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Middle Breakfast 2019-2020

Base Menu Spreadsheet Portion Values - Detailed

Page 6 Generated on: 11/21/2019 3:28:28 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/16/2019								
Middle Breakfast 2019-2020	Total	1						
English Muffin Egg & Sausage	Sandwich	1	293	681	1	16.1	29.4	12.1
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Tuo 42/47/2040								
Tue - 12/17/2019 Middle Breakfast 2019-2020	Total	1						
Breakfast Pizza, Sausage	1 each		210	480	9	9.0	26.0	7.0

Tue - 12/17/2019								
Middle Breakfast 2019-2020	Total	1						
Breakfast Pizza, Sausage	1 each	1	210	480	9	9.0	26.0	7.0
Cinnamon Roll	1 each	1	271	136	30	5.48	58.98	2.62
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Middle Breakfast 2019-2020

Base Menu Spreadsheet Portion Values - Detailed

Page 7 Generated on: 11/21/2019 3:28:28 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (ma)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/18/2019					.37	(3)	\3/	\3/
Middle Breakfast 2019-2020	Total	1						
Ham and Egg Sandwich	Sandwich	1	290	1165	2	19.0	29.0	9.5
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Orange Juice, frozen	1 each	1	56	1	10	0.85	13.41	0.07
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0
Thu - 12/19/2019								
Middle Breakfast 2019-2020	Total	1						
Breakfast Chicken Slider	2 each	1	356	1092	6	25.2	32.8	13.2
Cinnamon Roll	1 each	1 1	271	136	30	5.48	58.98	2.62
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT, FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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Dec 2, 2019 thru Dec 20, 2019

Middle Breakfast 2019-2020

Base Menu Spreadsheet Portion Values - Detailed

Page 8 Generated on: 11/21/2019 3:28:29 PM

	Portion	Reimb	Cals	Sodm	Sugars	Protn	Carb	T-Fat
	Size	Qty	(kcal)	(mg)	(g)	(g)	(g)	(g)
Fri - 12/20/2019								
Middle Breakfast 2019-2020	Total	1						
Breakfast Bowl	1 bowl	1	417	886	1	17.54	31.25	24.31
Muffin (Fresh Baked) Fat Cat	muffin	1	347	188	31	4.51	57.37	12.03
Crispito (Secondary Breakfast)	1 each	1	276	571	3	11.4	25.85	13.3
Cereal, Assorted - Secondary	1 each	1	223	293	13	3.0	45.33	4.17
Raisins	1/4 cup	1	125	4	*N/A*	1.16	29.86	0.17
Fruit, Canned - Assorted	1/2 cup	1	51	7	11	0.44	12.39	0.0
FRUIT,FRESH ASSORTED	1 EACH	1	55	1	*9	0.67	14.14	0.24
Milk, 1% White	carton	1	130	160	15	10.0	16.0	2.5
Milk, Non Fat, White	carton	1	90	130	13	9.0	13.0	0.0
Milk, Lactaid Fat Free	carton	1	90	125	12	8.0	13.0	0.0

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