

# Planned Menu Spreadsheet

Meriwether Godsey Inc

## Weighted Values

Mar 11, 2024 thru Mar 15, 2024

<b>Menu Name:</b>	2023-2024 Breakfast 9-12	<b>Include Cost:</b>	No
<b>Site:</b>	1 - Seed School DC	<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

### Monday - 03/11/2024

Reimbursable Meal Total 250

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990757 Egg Biscuit Sandwich	1 Each	200	227	6.41	312	2	2	12.05	0.00	190	19.10	3.18	9.70
990738 Yogurt, Greek, Chobani, Assortment	1 each	50	22	0.00	10	3	2	0.00	0.00	1	3.00	0.20	2.20
990572 Whole Grain Cereal, General Mills	1 oz	50	22	0.00	30	2	2	0.30	0.00	0	4.40	0.40	0.40
990430 Diced Peaches	1/2 cup	250	50	0.00	0	10	0	0.00	0.00	0	12.00	1.00	1.00
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32
<b>Weighted Daily Average</b>			<b>516</b>	<b>7.89</b>	<b>488</b>	<b>43</b>	<b>5</b>	<b>15.02</b>	<b>0.00</b>	<b>206</b>	<b>72.68</b>	<b>7.74</b>	<b>22.82</b>
% of Calories				13.76 %		33.3%	3.9%	26.2%	0.0%		56.3%		17.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

### Tuesday - 03/12/2024

Reimbursable Meal Total 250

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990446 Bagel, Whole Wheat, SEED	1 each	200	229	7.23	341	10	6	11.25	0.00	16	28.02	1.60	4.82

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## Weighted Values

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990663 Apple Butter Cup	1 each	200	16	0.00	0	4	2	0.00	0.00	0	4.80	0.00	0.00
990124 SEED Whole Grain Cereal	23 grams	50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66
990475 SEED Greek Strawberry Yogurt	3/4 cup	50	25	0.00	8	3	0	0.02	0.00	1	3.79	0.17	2.46
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32
<b>Weighted Daily Average</b>			<b>589</b>	<b>8.77</b>	<b>501</b>	<b>63</b>	<b>8</b>	<b>14.58</b>	<b>0.00</b>	<b>32</b>	<b>99.83</b>	<b>9.40</b>	<b>17.92</b>
% of Calories				13.40 %		42.8%	5.4%	22.3%	0.0%		67.8%		12.2%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

### Wednesday - 03/13/2024

Reimbursable Meal Total 250

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990666 Warm Maple French Toast	1 piece	125	125	1.31	85	5	2	3.57	0.00	115	16.12	0.51	5.90
990708 Breakfast Bars WG	1 Each	50	13	0.08	8	1	1	0.32	0.00	0	2.33	0.16	0.16
990124 SEED Whole Grain Cereal	23 grams	75	26	0.00	20	0	0	0.49	0.00	0	5.18	0.74	0.99
990635 Yogurt, Greek, Chobani, Assortment	1 Each	125	55	0.00	25	7	4	0.00	0.00	2	7.50	0.50	5.50
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56

# Planned Menu Spreadsheet

Meriwether Godsey Inc

Mar 11, 2024 thru Mar 15, 2024

## Weighted Values

	Portion Size	Reimb Qty	Cals* (kcal)	S-Fat* (g)	Sodm* (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat* (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990664 Orange Juice Cup	4 fl oz	250	50	0.00	15	10	0	0.00	0.00	0	12.00	1.00	1.00
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32
<b>Weighted Daily Average</b>			<b>464</b>	<b>2.87</b>	<b>290</b>	<b>50</b>	<b>8</b>	<b>7.05</b>	<b>0.00</b>	<b>132</b>	<b>77.31</b>	<b>5.86</b>	<b>23.06</b>
% of Calories				5.57%		43.1%	6.9%	13.7%	0.0%		66.6%		19.9%
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>			<b>&lt;=0</b>					

### Thursday - 03/14/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals* (kcal)	S-Fat* (g)	Sodm* (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat* (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990669 MYO Yogurt Parfait	1.25 cups	150	255	0.69	155	22	15	6.10	0.00	3	41.59	3.19	9.65
990636 Pop Tart	1 each	50	34	0.20	23	3	3	0.50	0.00	0	7.20	0.60	0.40
990322 String cheese	1 each	50	16	0.60	40	0	0	1.20	0.00	4	0.20	0.00	1.20
990124 SEED Whole Grain Cereal	23 grams	50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66
990635 Yogurt, Greek, Chobani, Assortment	1 Each	50	22	0.00	10	3	2	0.00	0.00	1	3.00	0.20	2.20
990620 Fresh Berries	1/2 cup	100	13	0.01	0	2	0	0.13	0.00	0	2.85	0.89	0.25
990632 Fresh Fruit	1/2 cup	200	69	0.03	1	12	0	0.22	0.00	0	16.94	2.36	0.44
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64

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Weighted Values

Mar 11, 2024 thru Mar 15, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32
<b>Weighted Daily Average</b>			<b>534</b>	<b>2.97</b>	<b>378</b>	<b>54</b>	<b>19</b>	<b>10.87</b>	<b>0.00</b>	<b>22</b>	<b>88.24</b>	<b>7.73</b>	<b>23.76</b>
% of Calories				5.01%		40.4%	14.2%	18.3%	0.0%		66.1%		17.8%
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>			<b>&lt;=0</b>					

Friday - 03/15/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990671 Chicken Biscuit Breakfast Sandwich	1 each	200	220	5.43	307	4	2	9.33	0.00	45	24.53	3.64	10.01
990635 Yogurt, Greek, Chobani, Assortment	1 Each	50	22	0.00	10	3	2	0.00	0.00	1	3.00	0.20	2.20
990124 SEED Whole Grain Cereal	23 grams	50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66
990057 Banana, Raw, med	1/2 cup	250	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990440 SEED 1% Low Fat Milk, PC	1 Each	140	62	0.84	76	7	0	1.40	0.00	8	7.28	0.00	5.04
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32
<b>Weighted Daily Average</b>			<b>500</b>	<b>6.42</b>	<b>413</b>	<b>41</b>	<b>4</b>	<b>11.66</b>	<b>0.00</b>	<b>54</b>	<b>83.03</b>	<b>9.92</b>	<b>19.88</b>
% of Calories				11.56 %		32.8%	3.2%	21.0%	0.0%		66.4%		15.9%
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>			<b>&lt;=0</b>					

# Planned Menu Spreadsheet

Meriwether Godsey Inc

## Weighted Values

Mar 11, 2024 thru Mar 15, 2024

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	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)
Weighted Averages	521	6	414	50	9	11.84	0.00	89	84.22	8.13	21.49
% of Calories		9.98%		38.4%	6.9%	20.5%	0.0%		64.7%		16.5%
Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)			
Calories	521		450-600	100%							
Saturated Fat	5.78 g	9.98%	<10.000%								
Sodium	414 mg		640.000	65%							
Total Sugars	50 g	38.4%									
Added Sugars	9 g	6.9%									
Total Fat	11.84 g	20.5%									
Trans Fat	0.00 g	0.0%									
Cholesterol	89 mg										
Carbohydrate	84.22 g	64.7%									
Fiber	8.13 g										
Protein	21.49 g	16.5%									

\*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

<sup>2</sup> - 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.

# Planned Menu Spreadsheet

Meriwether Godsey Inc

Mar 11, 2024 thru Mar 15, 2024

## Weighted Values

<b>Menu Name:</b>	2023-2024 Lunch 9-12	<b>Include Cost:</b>	No
<b>Site:</b>	1 - Seed School DC	<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

### Monday - 03/11/2024

Reimbursable Meal Total 250

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990386 Flatbread Cheese Pizza	1 each	100	155	2.59	471	2	0	7.18	0.00	9	15.72	2.12	7.78
990280 Pepperoni Flatbread Pizza	1 each	100	150	2.74	442	2	0	6.99	0.00	12	15.65	2.12	6.92
990410 Veggie Flatbread Pizza	1 each	50	81	1.53	230	1	0	3.69	0.00	6	8.61	1.18	3.97
990691 Peaches, Diced	1/2 cup	250	54	0.00	0	13	0	0.00	0.00	0	14.32	0.00	0.90
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990102 Chopped Salad (DG)	1 cup	250	37	0.14	49	3	0	1.07	0.00	0	5.19	1.67	2.50
990259 Roasted Green Beans	1/2 cup	250	42	0.34	4	2	0	2.32	0.00	0	5.20	2.02	1.36
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89
<b>Weighted Daily Average</b>			<b>706</b>	<b>8.86</b>	<b>1306</b>	<b>53</b>	<b>1</b>	<b>23.81</b>	<b>0.00</b>	<b>39</b>	<b>97.80</b>	<b>12.07</b>	<b>32.19</b>
% of Calories				11.29 %		30.0%	0.6%	30.4%	0.0%		55.4%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

### Tuesday - 03/12/2024

Reimbursable Meal Total 250

# Planned Menu Spreadsheet

Meriwether Godsey Inc

## Weighted Values

Mar 11, 2024 thru Mar 15, 2024

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990453 Brown Rice	1 cup	150	100	0.09	0	0	0	0.65	0.00	0	20.56	1.12	2.23
990694 Tabouli	1 cup	100	103	0.14	78	1	0	2.23	0.00	0	16.71	1.95	3.30
990622 Lemon Greek Chicken	2 oz.	150	104	1.33	17	0	0	6.80	0.00	26	0.81	0.09	10.21
990744 MG Hummus M/MA	.5 cup	0	0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00
990645 Greek Bowl Toppings	1 cup	250	119	1.94	554	7	0	5.02	0.00	8	16.39	2.41	2.97
990619 Fresh Fruit Salad	1/2 cup	250	34	0.03	8	7	0	0.13	0.00	0	8.50	0.60	0.54
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89
<b>Weighted Daily Average</b>			<b>647</b>	<b>5.05</b>	<b>766</b>	<b>43</b>	<b>0</b>	<b>17.40</b>	<b>0.00</b>	<b>47</b>	<b>96.05</b>	<b>9.12</b>	<b>28.01</b>
% of Calories				7.02%		26.6%	0%	24.2%	0.0%		59.4%		17.3%
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>					

Thursday - 03/14/2024

Reimbursable Meal Total 250

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990077 Chicken & Roasted Pepper Quesadilla	1 each	200	275	5.32	571	3	0	12.05	0.00	40	27.20	1.16	14.44
990403 Cheese Quesadilla	1 each	50	87	2.35	177	0	0	5.21	0.00	13	6.60	0.20	3.51
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56

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Mar 11, 2024 thru Mar 15, 2024

## Weighted Values

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990060 Fresh Grapes	1/2 cup	250	52	0.04	2	12	0	0.12	0.00	0	13.67	0.68	0.54
990584 Black Bean and Corn Salad (Legume)	3/4 cup	250	144	0.15	187	4	0	0.89	0.00	0	27.22	5.86	7.75
990534 Herb Roasted Carrots	1/2 cup	250	78	0.36	98	0	0	2.50	0.00	0	13.79	4.06	1.37
990120 Milk, Lowfat 1%	1 cup	10	4	0.06	4	1	0	0.09	0.00	0	0.48	0.00	0.33
990154 Milk, Fat Free	1 cup	240	86	0.00	115	11	0	0.38	0.00	5	10.56	0.00	7.42
<b>Weighted Daily Average</b>			<b>812</b>	<b>8.32</b>	<b>1155</b>	<b>45</b>	<b>0</b>	<b>21.51</b>	<b>0.00</b>	<b>57</b>	<b>120.70</b>	<b>14.90</b>	<b>35.92</b>
% of Calories				9.22%		22.2%	0%	23.8%	0.0%		59.5%		17.7%
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>					

## Friday - 03/15/2024

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990611 Southwest Philly Cheesesteak	1 each	200	383	4.79	612	4	0	13.45	0.00	29	47.14	4.14	19.48
990640 Southwest Veggie Cheesesteak	1 each	50	96	1.00	149	1	0	2.77	0.00	3	11.95	1.49	5.83
990464 Cut Melon	1/2 cup	250	29	0.04	14	7	0	0.14	0.00	0	7.13	0.70	0.57
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990220 Roasted Potato Wedges	1/2 cup	250	96	0.34	13	0	0	2.29	0.00	0	16.55	3.34	3.42
990402 Cranberry Broccoli Salad	1/2 cup	250	76	0.83	35	5	2	4.79	0.01	1	7.83	1.64	1.66
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89

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Mar 11, 2024 thru Mar 15, 2024

## Weighted Values

	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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
<b>Weighted Daily Average</b>			<b>867</b>	<b>8.51</b>	<b>932</b>	<b>43</b>	<b>2</b>	<b>26.00</b>	<b>0.01</b>	<b>45</b>	<b>123.70</b>	<b>14.27</b>	<b>39.71</b>
% of Calories				8.83%		19.8%	0.9%	27.0%	0.0%		57.1%		18.3%
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>					

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	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)
Weighted Averages	758	8	1040	46	1	22.18	0.00	47	109.56	12.59	33.96
% of Calories		9.12%		24.3%	0.5%	26.3%	0.0%		57.8%		17.9%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	758		750-850	100%				
Saturated Fat	7.68 g	9.12%	<10.000%					
Sodium	1040 mg		1280.000	81%				
Total Sugars	46 g	24.3%						
Added Sugars	1 g	0.5%						
Total Fat	22.18 g	26.3%						
Trans Fat	0.00 g	0.0%						
Cholesterol	47 mg							
Carbohydrate	109.56 g	57.8%						
Fiber	12.59 g							
Protein	33.96 g	17.9%						

\*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

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

<sup>2</sup> - 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.