

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 7, 2025 thru Apr 11, 2025

**Menu Name:** Rocketship Breakfast **Include Cost:** Yes

**Site:**

**Use Alternate Menu Name:** No

### Monday - 04/07/2025

**Reimbursable Meal Total 100**

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990270 Red Rabbit O's Cereal	1 cup	100	107	0.32	181	9	0	1.47	0.00	0	24.15	1.78	1.58	0	105.0	15.75	4.72	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	*N/A*	0.21	0.00	0	17.26	3.00	0.32	68	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			266	1.31	286	35	*0	3.15	*0.00	9	53.43	4.78	10.04	549	411.4	21.50	4.95	\$0.000
% of Calories				4.43%		52.6%	*0%	10.7%	*0.0%		80.3%		15.1%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

### Tuesday - 04/08/2025

**Reimbursable Meal Total 100**

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990188 Bagels, Whole Wheat, Mini	1 ct	100	144	0.00	179	2	*N/A*	0.50	0.00	0	29.84	2.98	4.97	0	0.0	0.00	0.00	\$0.000
000345 Jelly, Assorted	1 ct	100	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03	\$0.000
000068 BANANAS	1 cup	100	200	0.25	2	28	*N/A*	0.74	0.00	0	51.39	5.85	2.45	144	11.2	19.58	0.58	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000

# Base Menu Spreadsheet

Red Rabbit

Weighted Values

Apr 7, 2025 thru Apr 11, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			475	1.22	290	50	*N/A*	2.71	*0.00	9	103.04	8.97	15.58	626	311.1	19.70	0.68	\$0.000
% of Calories				2.31%		42.1%	*N/A*	5.1%	*0.0%		86.8%		13.1%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

## Wednesday - 04/09/2025

Reimbursable Meal Total 100

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990129 Yogurt, Low Fat	1 cup	100	154	2.45	172	17	*N/A*	3.80	*N/A*	15	17.25	0.00	12.86	125	448.4	1.96	0.20	\$0.000
990585 RAISINS,GOLDEN SEEDLESS	2 oz	100	171	0.04	14	37	*N/A*	0.11	0.00	0	45.37	1.87	1.86	0	36.3	1.81	0.56	\$0.000
990032 Crunchy Granola	1/2 cup	100	196	0.42	379	*12	*0	2.35	*0.00	0	35.30	4.59	6.15	4	36.3	0.23	1.80	\$0.000
990346 PEARS,FRESH	EACH	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			716	3.91	670	*96	*0	7.98	*0.00	24	137.05	11.98	29.65	654	835.9	11.65	2.94	\$0.000
% of Calories				4.91%		*53.6%	*0%	10.0%	*0.0%		76.6%		16.6%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

## Thursday - 04/10/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 7, 2025 thru Apr 11, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990597 Breakfast Trail-Mix	1 cup	100	293	*1.16	416	*18	*0	*3.12	*0.01	*0	*39.74	4.16	4.11	*9	203.1	*15.75	14.24	\$0.000
990314 Pineapples	1 cup	100	78	0.01	2	15	*N/A*	0.19	0.00	0	20.34	2.17	0.84	90	20.2	74.09	0.45	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			464	*2.13	522	*46	*0	*4.77	*0.01	*9	*72.10	6.33	13.08	*580	522.2	*89.84	14.77	\$0.000
% of Calories				*4.13%		*39.7%	*0%	*9.3%	*0.0%		*62.2%		11.3%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

## Friday - 04/11/2025

### Reimbursable Meal Total 100

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990379 Very Berry Bread WG	1 ct	100	297	0.77	154	18	*0	4.56	*0.01	26	59.02	6.21	8.93	59	70.8	0.35	2.24	\$0.000
990547 GRAPES	1 cup	100	62	0.10	2	15	*N/A*	0.32	0.00	0	15.78	0.83	0.58	92	12.9	3.68	0.27	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			452	1.84	260	46	*0	6.36	*0.01	35	86.82	7.04	17.65	632	382.6	4.03	2.58	\$0.000
% of Calories				3.66%		40.7%	*0%	12.7%	*0.0%		76.8%		15.6%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 7, 2025 thru Apr 11, 2025

	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)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	475	*2.08	406	*55	*0	*4.99	*0.00	*17	*90.49	7.82	17.20	*608	493	*29.34	5.18	\$0.000
% of Calories		*3.94%		*46.3%	*0%	*9.5%	*0.0%		*76.2%		14.5%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	475		400-500	100%				
Saturated Fat	*2.08 g	*3.94%	<10.000%				Missing Data	
Sodium	406 mg		540.000	75%				
Total Sugars	*55 g	*46.3%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	*4.99 g	*9.5%					Missing Data	
Trans Fat	*0.00 g	*0.0%					Missing Data	
Cholesterol	*17 mg						Missing Data	
Carbohydrate	*90.49 g	*76.2%					Missing Data	
Fiber	7.82 g							
Protein	17.20 g	14.5%						
Vitamin A	*608 IU						Missing Data	
Calcium	492.6 mg							
Vitamin C	*29.34 mg						Missing Data	
Iron	5.18 mg							

\*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.**

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 21, 2025 thru Apr 25, 2025

**Menu Name:** Rocketship Breakfast **Include Cost:** Yes  
**Site:**  
**Use Alternate Menu Name:** No

### Monday - 04/21/2025 Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990270 Red Rabbit O's Cereal	1 cup	100	107	0.32	181	9	0	1.47	0.00	0	24.15	1.78	1.58	0	105.0	15.75	4.72	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	*N/A*	0.21	0.00	0	17.26	3.00	0.32	68	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			266	1.31	286	35	*0	3.15	*0.00	9	53.43	4.78	10.04	549	411.4	21.50	4.95	\$0.000
% of Calories				4.43%		52.6%	*0%	10.7%	*0.0%		80.3%		15.1%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

### Tuesday - 04/22/2025 Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990188 Bagels, Whole Wheat, Mini	1 ct	100	144	0.00	179	2	*N/A*	0.50	0.00	0	29.84	2.98	4.97	0	0.0	0.00	0.00	\$0.000
000322 CREAM CHEESE	1 TBSP	100	51	2.93	46	1	*N/A*	4.99	*N/A*	15	0.80	0.00	0.89	161	14.1	0.00	0.02	\$0.000
990346 PEARS,FRESH	EACH	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000

**Base Menu Spreadsheet**

Red Rabbit

Weighted Values

Apr 21, 2025 thru Apr 25, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			390	3.93	331	33	*N/A*	7.21	*0.00	24	69.77	8.50	14.64	687	329.0	7.65	0.41	\$0.000
% of Calories				9.07%		33.8%	*N/A*	16.6%	*0.0%		71.6%		15.0%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

**Wednesday - 04/23/2025**

**Reimbursable Meal Total 100**

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990411 Cinnamon Monkey Bread	1 ct	100	187	0.57	411	1	*0	3.75	*0.01	25	33.09	3.31	6.30	45	65.5	0.02	2.00	\$0.000
990349 GREEN APPLES,Fresh	Cup	100	65	0.04	1	13	*N/A*	0.21	0.00	0	17.26	3.00	0.32	68	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			345	1.57	517	26	*0	5.43	*0.01	35	62.37	6.31	14.76	593	371.9	5.77	2.22	\$0.000
% of Calories				4.10%		30.1%	*0%	14.2%	*0.0%		72.3%		17.1%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

**Thursday - 04/24/2025**

**Reimbursable Meal Total 100**

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990622 Mixed Berry Yogurt	1/2 cup	100	96	1.39	39	7	*1	2.18	0.07	11	7.73	0.36	11.28	*350	132.2	*0.91	0.04	\$0.000

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 21, 2025 thru Apr 25, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990032 Crunchy Granola	1/2 cup	100	196	0.42	379	*12	*0	2.35	*0.00	0	35.30	4.59	6.15	4	36.3	0.23	1.80	\$0.000
990346 PEARS,FRESH	EACH	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			486	2.82	523	*48	*1	6.25	*0.07	20	82.17	10.47	26.21	*880	483.5	*8.79	2.24	\$0.000
% of Calories				5.22%		*39.5%	*0.8%	11.6%	*0.1%		67.6%		21.6%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

## Friday - 04/25/2025

### Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990370 Chocolate Chip Bread WG	1 ct	100	389	2.76	432	*2	*1	10.37	*0.02	43	63.37	6.03	12.00	*139	76.3	*0.00	3.84	\$0.000
000068 BANANAS	1 cup	100	200	0.25	2	28	*N/A*	0.74	0.00	0	51.39	5.85	2.45	144	11.2	19.58	0.58	\$0.000
000228 MILK, Fat Free Chocolate	8 oz	50	55	0.53	56	9	*N/A*	0.95	*N/A*	4	8.70	0.09	2.97	149	110.6	0.34	0.20	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	*N/A*	0.10	*N/A*	2	6.08	0.00	4.13	250	149.4	0.00	0.04	\$0.000
Weighted Daily Average			686	3.61	542	*44	*1	12.16	*0.02	50	129.54	11.96	21.55	*682	347.6	*19.92	4.66	\$0.000
% of Calories				4.74%		*25.7%	*0.6%	16.0%	*0.0%		75.5%		12.6%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 21, 2025 thru Apr 25, 2025

	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)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	435	3	440	*37	*0	6.84	*0.02	28	79.46	8.40	17.44	*678	389	*12.73	2.90	\$0.000
% of Calories		5.48%		*34.0%	*0%	14.2%	*0.0%		73.1%		16.0%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	435		400-500	100%				
Saturated Fat	2.65 g	5.48%	<10.000%					
Sodium	440 mg		540.000	81%				
Total Sugars	*37 g	*34.0%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	6.84 g	14.2%						
Trans Fat	*0.02 g	*0.0%					Missing Data	
Cholesterol	28 mg							
Carbohydrate	79.46 g	73.1%						
Fiber	8.40 g							
Protein	17.44 g	16.0%						
Vitamin A	*678 IU						Missing Data	
Calcium	388.7 mg							
Vitamin C	*12.73 mg						Missing Data	
Iron	2.90 mg							

\*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.

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# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 28, 2025 thru Apr 30, 2025

Menu Name: Rocketship Breakfast      Include Cost: Yes  
 Site:  
 Use Alternate Menu Name: No

### Monday - 04/28/2025      Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990270 Red Rabbit O's Cereal	1 cup	100	107	0.32	181	9	0	1.47	0.00	0	24.15	1.78	1.58	0	105.0	15.75	4.72	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	*N/A*	0.21	0.00	0	17.26	3.00	0.32	68	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	*N/A*	1.16	*N/A*	6	5.97	0.00	4.03	234	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	*N/A*	0.10	*N/A*	2	6.08	0.00	4.13	250	149.4	0.00	0.04	\$0.000
Weighted Daily Average			264	1.18	286	35	*0	2.94	*0.00	8	53.45	4.78	10.06	552	411.4	21.50	4.95	\$0.000
% of Calories				4.02%		53.0%	*0%	10.0%	*0.0%		81.0%		15.2%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

### Tuesday - 04/29/2025      Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990188 Bagels, Whole Wheat, Mini	1 ct	100	144	0.00	179	2	*N/A*	0.50	0.00	0	29.84	2.98	4.97	0	0.0	0.00	0.00	\$0.000
000322 CREAM CHEESE	1 TBSP	100	51	2.93	46	1	*N/A*	4.99	*N/A*	15	0.80	0.00	0.89	161	14.1	0.00	0.02	\$0.000
990346 PEARS,FRESH	EACH	100	101	0.04	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 28, 2025 thru Apr 30, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			390	3.93	331	33	*N/A*	7.21	*0.00	24	69.77	8.50	14.64	687	329.0	7.65	0.41	\$0.000
% of Calories				9.07%		33.8%	*N/A*	16.6%	*0.0%		71.6%		15.0%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

## Wednesday - 04/30/2025

## Reimbursable Meal Total 100

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990215 Peach Yogurt	0.5 cup	100	106	1.22	86	*11	*N/A*	1.90	*0.00	7	16.53	0.30	6.60	121	224.6	2.67	0.18	\$0.000
990032 Crunchy Granola	1/2 cup	100	196	0.42	379	*12	*0	2.35	*0.00	0	35.30	4.59	6.15	4	36.3	0.23	1.80	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	*N/A*	0.21	0.00	0	17.26	3.00	0.32	68	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			461	2.64	570	*48	*0	5.93	*0.00	16	81.12	7.90	21.21	673	567.3	8.64	2.20	\$0.000
% of Calories				5.15%		*41.6%	*0%	11.6%	*0.0%		70.4%		18.4%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	372	3	396	*39	*0	5.36	*0.00	16	68.11	7.06	15.30	637	436	12.60	2.52	\$0.000
% of Calories		6.24%		*41.9%	*0%	13.0%	*0.0%		73.2%		16.5%					

Weighted Values

Apr 28, 2025 thru Apr 30, 2025

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	372		400-500	93%	28.00			Correction Required - Calories are Low
Saturated Fat	2.58 g	6.24%	<10.000%					
Sodium	396 mg		540.000	73%				
Total Sugars	*39 g	*41.9%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	5.36 g	13.0%						
Trans Fat	*0.00 g	*0.0%					Missing Data	
Cholesterol	16 mg							
Carbohydrate	68.11 g	73.2%						
Fiber	7.06 g							
Protein	15.30 g	16.5%						
Vitamin A	637 IU							
Calcium	435.9 mg							
Vitamin C	12.60 mg							
Iron	2.52 mg							

\*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

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# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 7, 2025 thru Apr 11, 2025

Menu Name: Rocketship Lunch      Include Cost: Yes  
 Site:  
 Use Alternate Menu Name: No

### Monday - 04/07/2025      Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990307 Rasta Pasta w/ Cheese	1 c	100	373	5.35	*197	*4	*N/A*	*9.04	*0.00	*20	57.16	9.43	17.79	*492	*47.9	*18.27	*2.74	\$0.000
000293 CABBAGE SAUTE	.5 CUP	100	77	0.49	52	9	*N/A*	0.91	*0.00	1	16.65	7.18	3.71	301	115.4	105.06	1.36	\$0.000
000265 CAULIFLOWER	1/4 CUP	100	17	0.03	16	1	*N/A*	0.20	0.00	0	3.38	2.43	1.45	9	15.3	28.17	0.37	\$0.000
000422 GRAPES,Fresh	.5 CUP	100	31	0.05	1	7	*N/A*	0.16	0.00	0	7.89	0.41	0.29	46	6.4	1.84	0.13	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	*N/A*	1.16	*N/A*	6	5.97	0.00	4.03	234	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	*N/A*	0.10	*N/A*	2	6.08	0.00	4.13	250	149.4	0.00	0.04	\$0.000
Weighted Daily Average			590	6.75	*371	*34	*N/A*	*11.56	*0.00	*30	97.11	19.45	31.40	*1332	*483.9	*153.34	*4.68	\$0.000
% of Calories				10.30 %		*23.1%	*N/A*	*17.6%	*0.0%		65.8%		21.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

### Tuesday - 04/08/2025      Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990412 Jerk Chicken	1/2 cup	100	178	*2.21	370	*0	*N/A*	9.34	*0.01	116	*1.51	*0.11	21.36	*3	*2.6	*4.20	*1.10	\$0.000
990035 Brown Rice	1 cup	100	216	0.35	10	0	0	1.76	0.00	0	44.79	3.61	5.04	0	20.0	0.00	0.82	\$0.000

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 7, 2025 thru Apr 11, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990596 KIDNEY BEANS	1/2 cup	100	137	1.69	142	*0	*N/A*	3.42	*0.00	*5	20.31	8.28	6.91	*77	34.1	1.48	1.67	\$0.000
990437 Plantains	0.25 cup	100	65	0.16	376	6	*0	2.37	0.01	0	11.80	0.63	0.48	417	1.1	6.81	0.20	\$0.000
990349 GREEN APPLES,Fresh	Cup	100	65	0.04	1	13	*N/A*	0.21	0.00	0	17.26	3.00	0.32	68	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	*N/A*	1.16	*N/A*	6	5.97	0.00	4.03	234	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	*N/A*	0.10	*N/A*	2	6.08	0.00	4.13	250	149.4	0.00	0.04	\$0.000
Weighted Daily Average			753	*5.28	1003	*32	*0	18.37	*0.02	*130	*107.72	*15.62	42.27	*1048	*364.2	*18.24	*4.02	\$0.000
% of Calories				*6.31%		*17.0%	*0%	22.0%	*0.0%		*57.2%		22.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

## Wednesday - 04/09/2025

Reimbursable Meal Total 100

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990090 Chopped Cheese w/ WG Bun	1 ct	100	327	7.04	565	5	*0	16.03	*0.45	55	29.60	4.29	17.80	*145	127.7	0.06	2.46	\$0.000
990488 POTATO WEDGES	1/2 cup	100	111	1.59	9	1	*N/A*	2.62	*0.00	5	20.19	2.52	2.53	82	18.2	22.34	1.02	\$0.000
990432 Sweet Corn	0.25 cup	100	69	0.09	1	3	*N/A*	0.56	0.00	0	16.38	2.09	2.17	216	3.5	6.22	0.41	\$0.000
990620 STRAWBERRIES,RAW	1/2 c	100	24	0.01	1	4	*N/A*	0.23	0.00	0	5.84	1.52	0.51	9	12.2	44.69	0.31	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	*N/A*	1.16	*N/A*	6	5.97	0.00	4.03	234	149.4	0.00	0.04	\$0.000

# Base Menu Spreadsheet

Red Rabbit

Weighted Values

Apr 7, 2025 thru Apr 11, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000231 MILK,Skim	8 oz	50	42	0.07	51	6	*N/A*	0.10	*N/A*	2	6.08	0.00	4.13	250	149.4	0.00	0.04	\$0.000
Weighted Daily Average			624	9.55	679	25	*0	20.70	*0.45	68	84.04	10.42	31.16	*937	460.4	73.31	4.28	\$0.000
% of Calories				13.77 %		16.0%	*0%	29.9%	*0.6%		53.9%		20.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 04/10/2025

Reimbursable Meal Total 100

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990045 Red Beans	0.5 cup	100	116	0.08	437	*0	*0	0.56	0.00	0	21.38	8.49	6.97	8	39.8	2.28	1.99	\$0.000
990035 Brown Rice	1 cup	100	216	0.35	10	0	0	1.76	0.00	0	44.79	3.61	5.04	0	20.0	0.00	0.82	\$0.000
990428 Garlic Spinach	0.5 cup	100	54	1.61	94	1	*N/A*	2.84	*0.00	5	5.16	3.17	4.10	13864	182.3	13.10	4.76	\$0.000
000260 CARROTS	1/4 cup	100	37	0.20	165	2	*N/A*	2.37	0.01	0	3.77	1.02	0.44	7600	17.0	1.84	0.44	\$0.000
990277 BANANAS	EACH	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			621	3.35	811	*30	*0	9.40	*0.01	14	114.06	19.36	25.97	22028	563.9	27.49	8.38	\$0.000
% of Calories				4.86%		*19.3%	*0%	13.6%	*0.0%		73.5%		16.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 04/11/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Red Rabbit

Weighted Values

Apr 7, 2025 thru Apr 11, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990105 Chimichurri Chicken Wrap	1/2 cup	100	275	2.23	260	*0	*N/A*	7.00	*N/A*	74	20.94	*0.95	30.60	3970	86.1	1.81	3.37	\$0.000
990198 Mesclun Salad	1 cup	100	32	0.04	38	*1	*0	0.26	*0.00	*0	6.65	2.68	*1.16	6232	36.2	16.19	1.32	\$0.000
990203 Cucumber & Tomato Salad	0.25 cup	100	40	0.49	73	0	*0	3.39	*0.00	*0	2.53	0.79	0.60	399	9.6	6.78	0.22	\$0.000
000090 PEARS,FRESH	Cup	100	80	0.03	1	14	*N/A*	0.20	0.00	0	21.32	4.34	0.50	35	12.6	6.02	0.25	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	*N/A*	1.16	*N/A*	6	5.97	0.00	4.03	234	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	*N/A*	0.10	*N/A*	2	6.08	0.00	4.13	250	149.4	0.00	0.04	\$0.000
Weighted Daily Average			519	3.62	477	*27	*0	12.09	*0.00	*83	63.49	*8.77	*41.02	11120	443.5	30.81	5.24	\$0.000
% of Calories				6.28%		*20.8%	*0%	21.0%	*0.0%		48.9%		*31.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	621	*5.71	*668	*30	*0	*14.42	*0.10	*65	*93.28	*14.72	*34.36	*7293	*463.2	*60.64	*5.32	\$0.000
% of Calories		*8.28%		*19.3%	*0%	*20.9%	*0.1%		*60.1%		*22.1%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	621		550-650	100%				
Saturated Fat	*5.71 g	*8.28%	<10.000%				Missing Data	
Sodium	*668 mg		1110.000	60%			Missing Data	
Total Sugars	*30 g	*19.3%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	*14.42 g	*20.9%					Missing Data	
Trans Fat	*0.10 g	*0.1%					Missing Data	

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 7, 2025 thru Apr 11, 2025

Cholesterol	*65 mg						Missing Data
Carbohydrate	*93.28 g	*60.1%					Missing Data
Fiber	*14.72 g						Missing Data
Protein	*34.36 g	*22.1%					Missing Data
Vitamin A	*7293 IU						Missing Data
Calcium	*463.2 mg						Missing Data
Vitamin C	*60.64 mg						Missing Data
Iron	*5.32 mg						Missing Data

*\*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.*

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# Base Menu Spreadsheet

Red Rabbit

Weighted Values

Apr 21, 2025 thru Apr 25, 2025

Menu Name: Rocketship Lunch Include Cost: Yes

Site:

Use Alternate Menu Name: No

## Monday - 04/21/2025

Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
990195	Homemade Pizza	1 pc	100	308	3.17	655	7	*0	*7.67	0.03	10	39.16	2.73	12.39	*2	157.1	*9.92	3.22	\$0.000
990252	Roasted Sweet Potatoes	0.5 cup	100	118	0.50	36	6	*N/A*	3.39	*0.00	0	20.67	3.29	2.01	19178	38.0	19.56	0.71	\$0.000
990594	ZUCCHINI SQUASH	1/4 cup	100	29	0.35	5	1	*N/A*	2.34	*0.00	0	1.76	0.56	0.68	113	9.1	10.11	0.22	\$0.000
990277	BANANAS	EACH	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31	\$0.000
000230	MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231	MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average				654	5.11	801	42	*0	*15.26	*0.03	19	100.55	9.66	24.50	*19849	508.9	*49.86	4.53	\$0.000
% of Calories					7.03%		25.7%	*0%	*21.0%	*0.0%		61.5%		15.0%					
Weekly Nutrient Guideline				550 - 650	<10	1110			<=0										

## Tuesday - 04/22/2025

Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
990260	Honey Old Bay Chicken	2 oz	100	182	0.92	397	*1	*N/A*	3.28	*0.00	77	8.22	0.33	28.61	213	18.1	13.70	1.16	\$0.000
990042	Whole Grain Roll	2 oz	100	132	0.66	211	5	0	1.98	0.00	0	27.69	5.27	5.27	0	0.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 21, 2025 thru Apr 25, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990321 Mashed Potatoes	1/2 c	100	120	2.83	755	1	*0	4.53	*0.09	13	18.47	1.63	1.92	165	9.8	11.84	0.29	\$0.000
990449 Sauteed Kale	1/4 cup	100	67	0.40	258	1	*0	4.24	0.01	0	5.92	5.49	3.91	6448	340.4	125.16	2.14	\$0.000
990348 Pineapples	0.5 cup	100	39	0.01	1	8	*N/A*	0.09	0.00	0	10.17	1.08	0.42	45	10.1	37.04	0.22	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	*N/A*	1.16	*N/A*	6	5.97	0.00	4.03	234	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	*N/A*	0.10	*N/A*	2	6.08	0.00	4.13	250	149.4	0.00	0.04	\$0.000
Weighted Daily Average			631	5.65	1726	*29	*0	15.38	*0.10	99	82.51	13.81	48.29	7355	677.3	187.74	3.89	\$0.000
% of Calories				8.06%		*18.4%	*0%	21.9%	*0.1%		52.3%		30.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

## Wednesday - 04/23/2025

Reimbursable Meal Total 100

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990150 Beef Bolognese, Spaghetti	1/2 cup	100	376	4.37	136	*6	*N/A*	12.06	0.00	*61	43.24	8.12	24.06	*16136	54.9	*7.83	3.62	\$0.000
990428 Garlic Spinach	0.5 cup	100	54	1.61	94	1	*N/A*	2.84	*0.00	5	5.16	3.17	4.10	13864	182.3	13.10	4.76	\$0.000
990463 MUSHROOMS	.25 cup	100	53	0.46	22	0	*N/A*	1.22	*0.00	1	7.33	3.27	6.53	19	7.8	0.00	0.47	\$0.000
990277 BANANAS	EACH	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 21, 2025 thru Apr 25, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			681	7.54	357	*33	*N/A*	17.99	*0.00	*76	94.70	17.62	44.11	*30576	549.8	*31.20	9.22	\$0.000
% of Calories				9.96%		*19.4%	*N/A*	23.8%	*0.0%		55.6%		25.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

### Thursday - 04/24/2025

Reimbursable Meal Total 100

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990487 FRIED RICE	1 cup	100	296	3.39	315	*1	*0	15.84	*0.02	211	27.19	2.77	11.71	3150	48.0	3.64	2.01	\$0.000
990465 CHICKEN BREAST, Boneless, Skinless	2 oz	100	108	1.25	25	*0	*N/A*	4.69	*0.00	41	0.00	0.00	15.80	13	9.5	0.00	0.67	\$0.000
990034 Edamame	0.5 cup	100	110	0.56	5	2	*N/A*	4.72	0.01	0	8.08	4.72	10.80	270	57.2	5.53	2.06	\$0.000
000432 MIXED VEGETABLES	1/4 cup	100	32	0.16	31	2	*N/A*	0.81	*0.00	0	5.63	2.05	1.90	2584	32.6	54.16	0.49	\$0.000
000101 WATERMELON, CHUNKS	0.5 cup	100	34	0.02	1	7	*N/A*	0.17	0.00	0	8.56	0.45	0.69	645	7.9	9.18	0.27	\$0.000
000230 MILK, 1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK, Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			673	6.33	482	*24	*0	27.69	*0.03	261	61.49	9.98	49.05	7144	454.1	72.52	5.57	\$0.000
% of Calories				8.47%		*14.3%	*0%	37.0%	*0.0%		36.5%		29.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

### Friday - 04/25/2025

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Red Rabbit

Weighted Values

Apr 21, 2025 thru Apr 25, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000368 FRENCH TOAST STICKS	1 SERVING	100	251	1.81	584	*N/A*	*N/A*	7.20	*N/A*	97	37.88	1.30	8.73	221	126.3	0.35	2.61	\$0.000
990244 Homestyle Potatoes	0.5 cup	100	108	0.20	379	2	*0	2.38	0.01	0	20.33	1.58	1.90	188	6.2	15.05	0.40	\$0.000
990501 Cheese, Cheddar, Reduced Fat	1 oz	100	64	3.20	160	0	*N/A*	4.80	0.00	16	0.80	0.00	5.60	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990401 Onions & Peppers	0.25 cup	100	51	0.08	6	7	*N/A*	0.34	0.00	0	11.83	3.06	1.65	2842	22.0	120.88	0.53	\$0.000
000422 GRAPES,Fresh	.5 CUP	100	31	0.05	1	7	*N/A*	0.16	0.00	0	7.89	0.41	0.29	46	6.4	1.84	0.13	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			598	6.30	1235	*28	*0	16.34	*0.01	122	90.74	6.35	26.30	*3778	*459.8	*138.13	*3.74	\$0.000
% of Calories				9.48%		*18.7%	*0%	24.6%	*0.0%		60.7%		17.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	647	6	920	*31	*0	*18.53	*0.03	*115	86.00	11.48	38.45	*13740	*530.0	*95.89	*5.39	\$0.000
% of Calories		8.61%		*19.2%	*0%	*25.8%	*0.0%		53.2%		23.8%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	647		550-650	100%				
Saturated Fat	6.19 g	8.61%	<10.000%					
Sodium	920 mg		1110.000	83%				
Total Sugars	*31 g	*19.2%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 21, 2025 thru Apr 25, 2025

Total Fat	*18.53 g	*25.8%					Missing Data	
Trans Fat	*0.03 g	*0.0%					Missing Data	
Cholesterol	*115 mg						Missing Data	
Carbohydrate	86.00 g	53.2%						
Fiber	11.48 g							
Protein	38.45 g	23.8%						
Vitamin A	*13740 IU						Missing Data	
Calcium	*530.0 mg						Missing Data	
Vitamin C	*95.89 mg						Missing Data	
Iron	*5.39 mg						Missing Data	

\*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.

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# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 28, 2025 thru Apr 30, 2025

Menu Name: Rocketship Lunch

Include Cost: Yes

Site:

Use Alternate Menu Name: No

### Monday - 04/28/2025

Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990139 Spaghetti Pie	1 serving	100	266	7.03	393	5	*N/A*	11.86	*0.00	*40	24.91	5.56	16.50	*464	350.9	*18.16	1.53	\$0.000
990377 WG Baguette Slices	1 serving	100	68	0.00	106	0	*N/A*	0.29	0.00	0	13.92	1.19	2.36	1	11.9	0.00	0.21	\$0.000
990039 Garlic Broccoli	0.5 cup	100	81	0.57	48	2	*N/A*	4.90	*0.01	0	8.63	3.88	2.83	1811	48.0	76.14	0.80	\$0.000
990266 Tomatoes & Peppers	.25 cup	100	28	0.05	6	2	*0	0.32	0.00	0	6.27	2.05	1.25	2190	12.2	71.07	0.44	\$0.000
990277 BANANAS	EACH	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			641	8.74	659	36	*0	19.23	*0.01	*49	92.70	15.74	32.36	*5023	727.9	*175.64	3.36	\$0.000
% of Calories				12.27 %		22.5%	*0%	27.0%	*0.0%		57.8%		20.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

### Tuesday - 04/29/2025

Reimbursable Meal Total 100

	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990268 Turkey Tacos	1 ea	100	270	4.94	553	*1	*0	*12.39	0.15	68	16.68	2.56	19.38	*390	178.0	*0.76	2.24	\$0.000

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 28, 2025 thru Apr 30, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000007 PINTO BEANS	.5 c	100	132	0.13	2	1	*0	0.65	0.00	0	24.32	8.27	8.27	3	45.1	1.08	2.07	\$0.000
990393 Elote Corn	0.5 cup	100	75	0.48	328	3	*N/A*	1.20	*0.00	1	16.63	2.07	2.24	191	3.1	3.02	0.42	\$0.000
000101 WATERMELON,CHUNKS	0.5 cup	100	34	0.02	1	7	*N/A*	0.17	0.00	0	8.56	0.45	0.69	645	7.9	9.18	0.27	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	*N/A*	1.16	*N/A*	6	5.97	0.00	4.03	234	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	*N/A*	0.10	*N/A*	2	6.08	0.00	4.13	250	149.4	0.00	0.04	\$0.000
Weighted Daily Average			603	6.39	988	*23	*0	*15.67	*0.15	78	78.24	13.35	38.73	*1714	533.1	*14.04	5.07	\$0.000
% of Calories				9.54%		*15.3%	*0%	*23.4%	*0.2%		51.9%		25.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

## Wednesday - 04/30/2025

Reimbursable Meal Total 100

	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990099 Cajun Chicken	1 ct	100	134	1.90	46	*0	*N/A*	6.30	0.06	53	0.00	0.00	18.40	53	10.2	0.00	0.69	\$0.000
000331 GRITS	1 CUP	100	171	5.65	80	2	*N/A*	9.31	*0.00	26	16.14	0.76	5.40	*213	*52.2	*0.04	*0.61	\$0.000
990059 Homefries	ct	100	32	0.02	50	2	*N/A*	0.10	0.00	0	7.45	1.45	0.73	*888	7.7	*36.94	0.59	\$0.000
990401 Onions & Peppers	0.25 cup	100	51	0.08	6	7	*N/A*	0.34	0.00	0	11.83	3.06	1.65	2842	22.0	120.88	0.53	\$0.000
000422 GRAPES,Fresh	.5 CUP	100	31	0.05	1	7	*N/A*	0.16	0.00	0	7.89	0.41	0.29	46	6.4	1.84	0.13	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	*N/A*	1.39	*N/A*	7	7.16	0.00	4.83	281	179.3	0.00	0.04	\$0.000

# Base Menu Spreadsheet

Red Rabbit

## Weighted Values

Apr 28, 2025 thru Apr 30, 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 (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000231 MILK,Skim	8 oz	40	33	0.05	41	5	*N/A*	0.08	*N/A*	2	4.86	0.00	3.30	200	119.6	0.00	0.03	\$0.000
Weighted Daily Average			513	8.68	288	*31	*N/A*	17.67	*0.06	89	55.33	5.69	34.62	*4522	*397.4	*159.71	*2.63	\$0.000
% of Calories				15.23 %		*24.2%	*N/A*	31.0%	*0.1%		43.1%		27.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

	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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	586	8	645	*30	*0	*17.52	*0.07	*72	75.42	11.59	35.24	*3753	*552.8	*116.46	*3.69	\$0.000
% of Calories		12.19%		*20.5%	*0%	*26.9%	*0.1%		51.5%		24.1%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	586		550-650	100%				
Saturated Fat	7.94 g	12.19%	<10.000%			2.20%		Correction Required - Sat. Fat too High
Sodium	645 mg		1110.000	58%				
Total Sugars	*30 g	*20.5%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	*17.52 g	*26.9%					Missing Data	
Trans Fat	*0.07 g	*0.1%					Missing Data	
Cholesterol	*72 mg						Missing Data	
Carbohydrate	75.42 g	51.5%						
Fiber	11.59 g							
Protein	35.24 g	24.1%						
Vitamin A	*3753 IU						Missing Data	
Calcium	*552.8 mg						Missing Data	
Vitamin C	*116.46 mg						Missing Data	
Iron	*3.69 mg						Missing Data	



*\*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.*