



MAY ROCKETSHIP

Breakfast Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Maple Cinnamon Monkey Bread Bananas 1% & Fat-Free Milk	2 Breakfast Cereal w/ Raisins, Dried Cranberries Honey Oats & Chocolate Chips Grapes 1% & Fat-Free Milk
5 Red Rabbit O's Apples* 1% & Fat-Free Milk	6 WG Mini Bagel w/ Assorted Jelly Pears 1% & Fat-Free Milk	7 Breakfast Cereal w/ Raisins, Dried Cranberries Honey Oats & Chocolate Chips Pineapple 1% & Fat-Free Milk	8 Mixed Berry Crumble* Pears 1% & Fat-Free Milk	9 Brown Sugar & Cinnamon Yogurt w/ Granola Apples* 1% & Fat-Free Milk
12 Red Rabbit O's Apples* 1% & Fat-Free Milk	13 WG Mini Bagel w/ Cream Cheese Bananas 1% & Fat-Free Milk	14 Homemade Granola w/ Vanilla Yogurt Pears 1% & Fat-Free Milk	15 Breakfast Cereal w/ Raisins, Dried Cranberries Honey Oats & Chocolate Chips Pineapple 1% & Fat-Free Milk	16 Chocolate Chip Monkey Bread Green Apples* 1% & Fat-Free Milk
19 Red Rabbit O's Apples* 1% & Fat-Free Milk	20 Mixed Berry Crumble Bananas 1% & Fat-Free Milk	21 WG Mini Bagel w/ Cream Cheese Green Apples* 1% & Fat-Free Milk	22 Maple Cinnamon Monkey Bread Pears 1% & Fat-Free Milk	23 Mixed Berry Yogurt w/ Granola Bran Crunch Bananas 1% & Fat-Free Milk
26	27 Red Rabbit O's Apples* 1% & Fat-Free Milk	28 Homemade Granola w/ Vanilla Yogurt Bananas 1% & Fat-Free Milk	29 Mango Crumble Pears 1% & Fat-Free Milk	30 WG Mini Bagel w/ Assorted Jelly Apples* 1% & Fat-Free Milk



MAY ROCKETSHIP

Lunch Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Broccoli Cheddar Rice (VG) Cheddar Cheese Sauce WG Seasoned Brown Rice Roasted Broccoli Sweet Potato Wedges* Watermelon 1% & Fat-Free Milk	2 BBQ Chicken* Pasta BBQ Tofu Pasta (V) WG Penne Pasta Roasted Carrots Tomatoes, Peppers, Onions Grapes 1% & Fat-Free Milk
5 Penne Alla Rosa (VG) Mozzarella Cheese Vegan Penne Alla Rosa (V) Sautéed Spinach* Roasted Red Peppers Bananas 1% & Fat-Free Milk	6 Pollo Guisado (Chicken* Stew) Lentils (V) Seasoned Brown Rice Roasted Potatoes & Carrots Sautéed Peppers & Onions Cantaloupe 1% & Fat-Free Milk	7 Carne Molida Torta (Beef Cake) Chipotle Tofu (V) WG Roll Black Beans Elote Corn Apples* 1% & Fat-Free Milk	8 Loaded Potato Breakfast Tacos Homemade Cheese Sauce Vegan Cheese Sauce (V) WG Tortilla Diced Potatoes Roasted Broccoli Red Peppers*, Tomatoes, Onions Strawberries 1% & Fat-Free Milk	9 Suya Chicken* Seasoned Tofu (V) Jollof Rice Sautéed Spinach* Green Beans w/ Shallots Pears 1% & Fat-Free Milk
12 Red Beans & Dirty Rice (V) Seasoned Brown Rice Sautéed Spinach* Honey Carrots Grapes 1% & Fat-Free Milk	13 Chopped Cheese & Beef Lentil Sliders (V) WG Roll Potato Wedges Sautéed Corn w/ Red Peppers* Strawberries 1% & Fat-Free Milk	14 Jerk Chicken* Jerk Tofu (V) Seasoned Brown Rice Kidney Beans Roasted Plantains Honeydew 1% & Fat-Free Milk	15 Baked Ziti (VG) Mozzarella Cheese Roasted Broccoli Roasted Tomatoes w/ Peppers* Pineapple 1% & Fat-Free Milk	16 Chicken* Fried Rice Tofu Fried Rice (V) Edamame Sautéed Broccoli w/ Carrots Sautéed Peppers & Onions Apples* 1% & Fat-Free Milk
19 Pizza Melt Mozzarella Cheese Vegan Pizza Melt (V) Sweet Potato Wedges* Roasted Zucchini & Mushrooms* Grapes 1% & Fat-Free Milk	20 Chicken* Fajita Bowl Veggie Fajita Bowl (V) Seasoned Red Rice Black Beans Sautéed Peppers & Onions Strawberries 1% & Fat-Free Milk	21 Beef Bolognese White Bean & Mushroom* Bolognese (V) WG Spaghetti Sautéed Spinach* Sautéed Mushrooms* Cantaloupe 1% & Fat-Free Milk	22 Cheesy Cheddar Potato Hash Maple Baked French Toast Tofu Scramble (V) Roasted Potatoes Sautéed Peppers* & Onions Pineapple 1% & Fat-Free Milk	23 Chimi Churri Chicken* Wrap Chimi Churri Tofu Wrap (V) WG Wrap Mixed Greens* Roasted Tomato & Cucumber Salad Watermelon 1% & Fat-Free Milk
26	27 Sicilian Spaghetti Pie Mozzarella, Parmesan, Ricotta Vegan Timballo (V) Roasted Broccoli Sautéed Tomatoes, Zucchini, Red Peppers* Strawberries 1% & Fat-Free Milk	28 Turkey* Tacos Black Bean Tacos (V) Hard Shell Corn Tortilla Pinto Beans w/ Peppers & Onions Elote Corn Sour Cream & Cheddar Cheese Watermelon 1% & Fat-Free Milk	29 Chicken* & Grits Bowl Cheese Grits w/ Red Eye Gravy Lentils (V) Roasted Potatoes Sautéed Peppers & Onions Grapes 1% & Fat-Free Milk	30 Macaroni BLT Penne Pasta Salad Turkey* Bacon & Cheddar Cheese Black Bean Pasta Salad (V) Mixed Greens* Tomato & Cucumber Salad Watermelon 1% & Fat-Free Milk



MAY ROCKETSHIP

Supper Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Buffalo Chicken Wrap WG Tortilla Cucumbers Lettuce w/ Ranch Honeydew Low-fat (1%) / Fat-free Milk	2 Turkey Bacon Sandwich WG Bread Lettuce & Tomatoes Potato Salad Pineapple Low-fat (1%) / Fat-free Milk
5 Black Bean Taco Salad w/ Cheddar Cheese WG Tortilla Strips Spring Mix, Spinach, Tomatoes, Sour Cream Strawberries Low-fat (1%) / Fat-free Milk	6 Make Your Own WG Pizza Mozzarella Cheese Cut Carrots Celery w/ Ranch Dressing Grapes Low-fat (1%) / Fat-free Milk	7 Seasoned Chicken Taco WG Tortilla Lettuce & Tomatoes Cheddar Cheese Watermelon Low-fat (1%) / Fat-free Milk	8 Buffalo Chicken Wrap WG Tortilla Cucumbers Lettuce w/ Ranch Honeydew Low-fat (1%) / Fat-free Milk	9 Turkey Bacon Sandwich WG Bread Lettuce & Tomatoes Potato Salad Pineapple Low-fat (1%) / Fat-free Milk
12 Black Bean Taco Salad w/ Cheddar Cheese WG Tortilla Strips Spring Mix, Spinach, Tomatoes, Sour Cream Strawberries Low-fat (1%) / Fat-free Milk	13 Make Your Own WG Pizza Mozzarella Cheese Cut Carrots Celery w/ Ranch Dressing Grapes Low-fat (1%) / Fat-free Milk	14 Seasoned Chicken Taco WG Tortilla Lettuce & Tomatoes Cheddar Cheese Watermelon Low-fat (1%) / Fat-free Milk	15 Buffalo Chicken Wrap WG Tortilla Cucumbers Lettuce w/ Ranch Honeydew Low-fat (1%) / Fat-free Milk	16 Turkey Bacon Sandwich WG Bread Lettuce & Tomatoes Potato Salad Pineapple Low-fat (1%) / Fat-free Milk
19 Black Bean Taco Salad w/ Cheddar Cheese WG Tortilla Strips Spring Mix, Spinach, Tomatoes, Sour Cream Strawberries Low-fat (1%) / Fat-free Milk	20 Make Your Own WG Pizza Mozzarella Cheese Cut Carrots Celery w/ Ranch Dressing Grapes Low-fat (1%) / Fat-free Milk	21 Seasoned Chicken Taco WG Tortilla Lettuce & Tomatoes Cheddar Cheese Watermelon Low-fat (1%) / Fat-free Milk	22 Buffalo Chicken Wrap WG Tortilla Cucumbers Lettuce w/ Ranch Honeydew Low-fat (1%) / Fat-free Milk	23 Turkey Bacon Sandwich WG Bread Lettuce & Tomatoes Potato Salad Pineapple Low-fat (1%) / Fat-free Milk
26	27 Make Your Own WG Pizza Mozzarella Cheese Cut Carrots Celery w/ Ranch Dressing Grapes Low-fat (1%) / Fat-free Milk	28 Seasoned Chicken Taco WG Tortilla Lettuce & Tomatoes Cheddar Cheese Watermelon Low-fat (1%) / Fat-free Milk	29 Buffalo Chicken Wrap WG Tortilla Cucumbers Lettuce w/ Ranch Honeydew Low-fat (1%) / Fat-free Milk	30 Turkey Bacon Sandwich WG Bread Lettuce & Tomatoes Potato Salad Pineapple Low-fat (1%) / Fat-free Milk

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

Monday - 05/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (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 - 05/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (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
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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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			377	1.00	289	39	*N/A*	2.22	*0.00	9	78.76	8.64	13.77	526	315.9	7.78	0.42	\$0.000
% of Calories				2.39%		41.4%	*N/A*	5.3%	*0.0%		83.6%		14.6%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Wednesday - 05/07/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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
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			587	*2.37	522	*58	*0	*5.33	*0.01	*9	*103.15	10.01	14.70	*634	513.3	*35.32	14.90	\$0.000
% of Calories				*3.63%		*39.5%	*0%	*8.2%	*0.0%		*70.3%		10.0%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Thursday - 05/08/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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

Base Menu Spreadsheet

Red Rabbit

Weighted Values

May 5, 2025 thru May 9, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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			492	1.77	260	48	*0	6.28	*0.01	35	98.15	11.73	17.71	585	385.7	8.00	2.63	\$0.000
% of Calories				3.24%		39.0%	*0%	11.5%	*0.0%		79.8%		14.4%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Friday - 05/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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
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			508	3.87	656	*54	*0	7.83	*0.00	24	81.83	7.59	27.48	677	791.1	7.94	2.22	\$0.000
% of Calories				6.86%		*42.5%	*0%	13.9%	*0.0%		64.4%		21.6%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		446	*2.06	403	*47	*0	*4.96	*0.00	*17	*83.06	8.55	16.74	*594	484	*16.11	5.02	\$0.000
% of Calories			*4.16%		*42.2%	*0%	*10.0%	*0.0%		*74.5%		15.0%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	446		400-500	100%				
Saturated Fat	*2.06 g	*4.16%	<10.000%				Missing Data	
Sodium	403 mg		540.000	75%				
Total Sugars	*47 g	*42.2%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	*4.96 g	*10.0%					Missing Data	
Trans Fat	*0.00 g	*0.0%					Missing Data	
Cholesterol	*17 mg						Missing Data	
Carbohydrate	*83.06 g	*74.5%					Missing Data	
Fiber	8.55 g							
Protein	16.74 g	15.0%						
Vitamin A	*594 IU						Missing Data	
Calcium	483.5 mg							
Vitamin C	*16.11 mg						Missing Data	
Iron	5.02 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
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Menu Name:

Rocketship Lunch

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 05/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990072 Penne Alla Rosa	1 serving	100	377	4.21	248	6	*N/A*	8.18	*0.06	*24	60.24	*8.59	17.29	*162	269.7	*0.03	2.75	\$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
990459 Red Peppers	1/4 cup	100	8	0.02	1	1	*N/A*	0.10	0.00	0	1.91	0.67	0.31	994	2.2	40.55	0.14	\$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			638	6.94	448	35	*N/A*	12.98	*0.06	*38	106.28	*15.49	31.13	*15577	759.0	*63.94	8.03	\$0.000
% of Calories				9.79%		21.9%	*N/A*	18.3%	*0.1%		66.6%		19.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 05/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990341 Pollo Guisado w/ Brown Rice	1 ct	100	361	2.10	122	*1	*0	10.93	*0.04	69	47.18	4.24	19.19	361	92.5	9.10	1.84	\$0.000
990515 Herb Roasted Potatoes	1/2 cup	100	104	2.32	148	1	*N/A*	3.80	*0.00	10	16.16	2.06	2.03	497	18.3	23.90	1.02	\$0.000

Base Menu Spreadsheet

Red Rabbit

Weighted Values

May 5, 2025 thru May 9, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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
990347 Melons, Cantaloupe	0.5 cup	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16	\$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
000229 MILK,2% Lowfat	HALF PINT	50	61	1.53	57	6	*N/A*	2.42	0.10	10	5.86	0.00	4.03	232	146.4	0.24	0.02	\$0.000
Weighted Daily Average			653	6.83	399	*27	*0	18.79	*0.15	95	93.35	10.06	31.58	6804	435.7	182.76	3.61	\$0.000
% of Calories				9.41%		*16.5%	*0%	25.9%	*0.2%		57.2%		19.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 05/07/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990363 Carne Molida	1 serving	100	134	2.15	220	2	*0	5.59	*0.00	50	3.35	0.81	17.08	709	76.0	23.54	1.40	\$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
990440 Black Beans	0.25 cup	100	25	0.00	32	0	*N/A*	0.00	0.00	0	4.53	1.81	1.59	0	9.1	0.00	0.61	\$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
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	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

May 5, 2025 thru May 9, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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			484	4.26	895	26	*0	10.46	*0.00	60	70.06	11.48	34.82	1390	399.3	71.24	2.82	\$0.000
% of Calories				7.92%		21.5%	*0%	19.5%	*0.0%		57.9%		28.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 05/08/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990426 Breakfast Tacos	1 ct	100	277	1.83	552	*0	*0	3.69	0.00	0	48.19	11.86	12.59	70	244.6	0.51	4.11	\$0.000
990599 CHEESE SAUCE	2 oz	100	111	4.86	409	1	*N/A*	8.47	0.00	26	1.65	0.00	6.43	*N/A*	197.9	0.00	0.00	\$0.000
990326 Roasted Potatoes	.5 cup	100	85	0.39	36	1	*0	2.77	*0.00	0	13.91	1.68	1.63	2	9.8	15.64	0.66	\$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
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			711	8.51	1150	*29	*0	21.29	*0.01	34	101.68	20.41	31.96	*2435	806.7	98.05	5.79	\$0.000
% of Calories				10.77 %		*16.3%	*0%	26.9%	*0.0%		57.2%		18.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 05/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990170 Suya Chicken & Jollof Rice	1 serving	100	420	2.54	132	2	*0	9.64	*0.00	79	53.37	6.21	29.61	993	50.0	33.51	3.38	\$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
000425 GREEN BEANS	.25 CUP	100	24	0.04	1	2	*N/A*	0.19	0.00	0	5.36	2.18	1.29	431	29.9	6.60	0.44	\$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			669	5.05	332	31	*0	14.13	*0.00	92	97.25	15.90	43.66	15807	573.7	59.23	8.90	\$0.000
% of Calories				6.79%		18.5%	*0%	19.0%	*0.0%		58.1%		26.1%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		631	6	645	*30	*0	15.53	*0.04	*64	93.72	*14.67	34.63	*8403	595	*95.04	5.83	\$0.000
% of Calories			9.01%		*19.0%	*0%	22.2%	*0.1%		59.4%		22.0%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	631		550-650	100%				
Saturated Fat	6.32 g	9.01%	<10.000%					
Sodium	645 mg		1110.000	58%				
Total Sugars	*30 g	*19.0%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	15.53 g	22.2%						
Trans Fat	*0.04 g	*0.1%					Missing Data	

Weighted Values

May 5, 2025 thru May 9, 2025

Cholesterol	*64 mg						Missing Data	
Carbohydrate	93.72 g	59.4%						
Fiber	*14.67 g						Missing Data	
Protein	34.63 g	22.0%						
Vitamin A	*8403 IU						Missing Data	
Calcium	594.9 mg							
Vitamin C	*95.04 mg						Missing Data	
Iron	5.83 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*
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Menu Name:

Rocketship Breakfast

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 05/12/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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 - 05/13/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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

Weighted Values

May 12, 2025 thru May 16, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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			489	4.15	331	43	*N/A*	7.70	*0.00	24	94.05	8.83	16.46	786	324.2	19.58	0.67	\$0.000
% of Calories				7.64%		35.2%	*N/A*	14.2%	*0.0%		76.9%		13.5%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Wednesday - 05/14/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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			545	3.87	656	*59	*0	7.87	*0.00	24	91.68	10.11	27.79	654	799.6	9.84	2.39	\$0.000
% of Calories				6.39%		*43.3%	*0%	13.0%	*0.0%		67.3%		20.4%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Thursday - 05/15/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Red Rabbit

Weighted Values

May 12, 2025 thru May 16, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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			492	*2.25	521	*45	*0	*4.98	*0.01	*9	*78.71	7.22	13.53	*566	507.9	*26.02	14.62	\$0.000
% of Calories				*4.12%		*36.6%	*0%	*9.1%	*0.0%		*64.0%		11.0%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Friday - 05/16/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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
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			551	3.39	541	*30	*1	11.63	*0.02	50	95.41	9.11	19.42	*606	343.9	*6.09	4.22	\$0.000
% of Calories				5.54%		*21.8%	*0.7%	19.0%	*0.0%		69.3%		14.1%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		469	*2.99	467	*42	*0	*7.07	*0.01	*23	*82.66	8.01	17.45	*632	477	*16.61	5.37	\$0.000
% of Calories			*5.74%		*35.8%	*0%	*13.6%	*0.0%		*70.5%		14.9%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	469		400-500	100%				
Saturated Fat	*2.99 g	*5.74%	<10.000%				Missing Data	
Sodium	467 mg		540.000	86%				
Total Sugars	*42 g	*35.8%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	*7.07 g	*13.6%					Missing Data	
Trans Fat	*0.01 g	*0.0%					Missing Data	
Cholesterol	*23 mg						Missing Data	
Carbohydrate	*82.66 g	*70.5%					Missing Data	
Fiber	8.01 g							
Protein	17.45 g	14.9%						
Vitamin A	*632 IU						Missing Data	
Calcium	477.4 mg							
Vitamin C	*16.61 mg						Missing Data	
Iron	5.37 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

¹ - denotes required nutrient values

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

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Menu Name: Rocketship Lunch

Include Cost: Yes

Site:

Use Alternate Menu Name: No

Monday - 05/12/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vlt-A (IU)	Calcm (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
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			547	3.27	811	*23	*0	9.17	*0.01	14	95.00	16.70	24.97	21999	564.5	19.06	8.21	\$0.000
% of Calories				5.38%		*16.8%	*0%	15.1%	*0.0%		69.5%		18.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 05/13/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vlt-A (IU)	Calcm (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

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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
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										

Wednesday - 05/14/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990412 Jerk Chicken	1/4 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
990596 KIDNEY BEANS w/ PEPPERS	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
990343 Melons, Honeydew	0.5 cup	100	67	0.07	33	15	*N/A*	0.26	0.00	0	16.90	1.49	1.00	93	11.2	33.48	0.32	\$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

Weighted Values

May 12, 2025 thru May 16, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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			755	*5.31	1035	*34	*0	18.42	*0.02	*130	*107.36	*14.11	42.95	*1074	*367.9	*45.96	*4.19	\$0.000
% of Calories				*6.33%		*18.0%	*0%	22.0%	*0.0%		*56.9%		22.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 05/15/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990435 3 Cheese Baked Ziti	1 cup	100	320	3.94	195	*2	*N/A*	7.18	*0.00	*20	50.97	7.78	14.42	*269	*101.7	*1.03	*2.53	\$0.000
990436 Roasted Broccoli	0.5 cup	100	40	0.09	47	2	*N/A*	0.47	0.00	0	8.25	3.75	2.72	1755	46.0	73.70	0.77	\$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
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
000229 MILK,2% Lowfat	HALF PINT	50	61	1.53	57	6	*N/A*	2.42	0.10	10	5.86	0.00	4.03	232	146.4	0.24	0.02	\$0.000
Weighted Daily Average			538	6.38	359	*26	*0	11.63	*0.11	*36	87.49	14.66	26.86	*4725	*465.8	*183.09	*4.02	\$0.000
% of Calories				10.67 %		*19.3%	*0%	19.5%	*0.2%		65.0%		20.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 05/16/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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			704	6.35	482	*30	*0	27.73	*0.03	261	70.19	12.53	48.68	6566	453.6	69.08	5.45	\$0.000
% of Calories				8.12%		*17.0%	*0%	35.5%	*0.0%		39.9%		27.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		634	*6.17	673	*28	*0	17.53	*0.12	*102	*88.82	*13.68	34.92	*7060	*462.4	*78.10	*5.23	\$0.000
% of Calories			*8.76%		*17.7%	*0%	24.9%	*0.2%		*56.0%		22.0%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	634		550-650	100%				
Saturated Fat	*6.17 g	*8.76%	<10.000%				Missing Data	
Sodium	673 mg		1110.000	61%				
Total Sugars	*28 g	*17.7%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	17.53 g	24.9%						

Weighted Values

May 12, 2025 thru May 16, 2025

Trans Fat	*0.12 g	*0.2%					Missing Data	
Cholesterol	*102 mg						Missing Data	
Carbohydrate	*88.82 g	*56.0%					Missing Data	
Fiber	*13.68 g						Missing Data	
Protein	34.92 g	22.0%						
Vitamin A	*7060 IU						Missing Data	
Calcium	*462.4 mg						Missing Data	
Vitamin C	*78.10 mg						Missing Data	
Iron	*5.23 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*
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Menu Name:

Rocketship Breakfast

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 05/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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 - 05/20/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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

May 19, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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			591	1.99	260	58	*0	6.78	*0.01	35	122.43	12.06	19.52	684	381.0	19.92	2.89	\$0.000
% of Calories				3.03%		39.3%	*0%	10.3%	*0.0%		82.9%		13.2%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Wednesday - 05/21/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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			354	3.93	330	28	*N/A*	7.17	*0.00	24	59.92	5.98	14.33	710	320.5	5.75	0.24	\$0.000
% of Calories				9.99%		31.6%	*N/A*	18.2%	*0.0%		67.7%		16.2%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Thursday - 05/22/2025

Reimbursable Meal Total 100

Weighted Values

May 19, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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	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			360	1.56	517	27	*0	5.41	*0.01	35	66.43	7.65	14.94	561	377.0	6.04	2.32	\$0.000
% of Calories				3.90%		30.0%	*0%	13.5%	*0.0%		73.8%		16.6%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Friday - 05/23/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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
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
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			585	3.03	524	*58	*1	6.74	*0.07	20	106.45	10.80	28.02	*979	478.7	*20.71	2.50	\$0.000
% of Calories				4.66%		*39.7%	*0.7%	10.4%	*0.1%		72.8%		19.2%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Weighted Values

May 19, 2025 thru May 23, 2025

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		431	2	383	*41	*0	5.85	*0.02	25	81.73	8.25	17.37	*697	394	*14.78	2.58	\$0.000
% of Calories			4.93%		*38.1%	*0%	12.2%	*0.0%		75.9%		16.1%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	431		400-500	100%				
Saturated Fat	2.36 g	4.93%	<10.000%					
Sodium	383 mg		540.000	71%				
Total Sugars	*41 g	*38.1%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	5.85 g	12.2%						
Trans Fat	*0.02 g	*0.0%					Missing Data	
Cholesterol	25 mg							
Carbohydrate	81.73 g	75.9%						
Fiber	8.25 g							
Protein	17.37 g	16.1%						
Vitamin A	*697 IU						Missing Data	
Calcium	393.7 mg							
Vitamin C	*14.78 mg						Missing Data	
Iron	2.58 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
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Menu Name:

Rocketship Lunch

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 05/19/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990195 Homemade Pizza	1 pc	100	236	2.91	494	6	*0	*5.40	0.03	10	28.84	2.21	9.86	*1	147.0	*9.92	2.31	\$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
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			508	4.77	639	34	*0	*12.76	*0.03	19	71.17	6.48	20.98	*19819	499.3	*41.44	3.44	\$0.000
% of Calories				8.45%		26.8%	*0%	*22.6%	*0.1%		56.0%		16.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 05/20/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990008 CHICKEN FAJITAS	2 oz	100	201	1.98	301	*2	*N/A*	6.92	*0.02	37	18.70	1.61	15.16	33	64.9	2.52	1.89	\$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

Weighted Values

May 19, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990387 Black Beans	0.5 cup	100	109	0.00	138	0	*0	0.06	0.00	0	19.95	7.89	6.96	3	41.8	0.08	2.82	\$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
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
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			692	3.26	559	*25	*0	10.57	*0.02	45	113.14	17.69	37.47	3371	459.7	168.16	6.45	\$0.000
% of Calories				4.24%		*14.5%	*0%	13.7%	*0.0%		65.4%		21.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 05/21/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
990347 Melons, Cantaloupe	0.5 cup	100	27	0.04	12	6	*N/A*	0.15	0.00	0	6.36	0.70	0.66	2638	7.0	28.63	0.16	\$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

Weighted Values

May 19, 2025 thru May 23, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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			602	7.45	369	*25	*N/A*	17.75	*0.00	*76	74.11	15.26	43.48	*33138	550.9	*49.56	9.08	\$0.000
% of Calories				11.14 %		*16.6%	*N/A*	26.5%	*0.0%		49.2%		28.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 05/22/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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
990326 Roasted Potatoes	.5 cup	100	85	0.39	36	1	*0	2.77	*0.00	0	13.91	1.68	1.63	2	9.8	15.64	0.66	\$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
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	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			584	6.45	892	*27	*0	16.67	*0.00	122	86.60	7.12	26.17	*3590	*467.0	*173.92	*4.10	\$0.000
% of Calories				9.94%		*18.5%	*0%	25.7%	*0.0%		59.3%		17.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 05/23/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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
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			473	3.60	476	*21	*0	12.07	*0.00	*83	50.73	*4.88	*41.21	11730	438.8	33.97	5.26	\$0.000
% of Calories				6.85%		*17.8%	*0%	23.0%	*0.0%		42.9%		*34.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		572	5	587	*26	*0	*13.96	*0.01	*69	79.15	*10.29	*33.86	*14330	*483.1	*93.41	*5.67	\$0.000
% of Calories			8.04%		*18.2%	*0%	*22.0%	*0.0%		55.3%		*23.7%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	572		550-650	100%				
Saturated Fat	5.11 g	8.04%	<10.000%					
Sodium	587 mg		1110.000	53%				
Total Sugars	*26 g	*18.2%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	*13.96 g	*22.0%					Missing Data	
Trans Fat	*0.01 g	*0.0%					Missing Data	

Weighted Values

May 19, 2025 thru May 23, 2025

Cholesterol	*69 mg						Missing Data	
Carbohydrate	79.15 g	55.3%						
Fiber	*10.29 g						Missing Data	
Protein	*33.86 g	*23.7%					Missing Data	
Vitamin A	*14330 IU						Missing Data	
Calcium	*483.1 mg						Missing Data	
Vitamin C	*93.41 mg						Missing Data	
Iron	*5.67 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*
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Menu Name:

Rocketship Breakfast

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Tuesday - 05/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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										

Wednesday - 05/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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
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

May 26, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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			644	4.08	657	*69	*0	8.36	*0.00	24	115.96	10.44	29.60	754	794.8	21.76	2.65	\$0.000
% of Calories				5.70%		*42.9%	*0%	11.7%	*0.0%		72.0%		18.4%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Thursday - 05/29/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990021 PEACH-MANGO CRUMBLE	1/2 cup	100	273	1.63	22	*14	*N/A*	5.42	*0.06	4	50.26	3.81	6.54	845	34.2	0.85	2.30	\$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			468	2.63	128	*44	*N/A*	7.14	*0.06	13	89.39	9.33	15.32	1370	349.1	8.51	2.69	\$0.000
% of Calories				5.06%		*37.6%	*N/A*	13.7%	*0.1%		76.4%		13.1%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Friday - 05/30/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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

Weighted Values

May 26, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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
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			354	3.93	330	28	*N/A*	7.17	*0.00	24	59.92	5.98	14.33	710	320.5	5.75	0.24	\$0.000
% of Calories				9.99%		31.6%	*N/A*	18.2%	*0.0%		67.7%		16.2%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		433	3	350	*44	*0	6.46	*0.02	18	79.68	7.63	17.32	846	469	14.38	2.63	\$0.000
% of Calories			6.21%		*40.6%	*0%	13.4%	*0.0%		73.6%		16.0%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	433		400-500	100%				
Saturated Fat	2.99 g	6.21%	<10.000%					
Sodium	350 mg		540.000	65%				
Total Sugars	*44 g	*40.6%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	6.46 g	13.4%						
Trans Fat	*0.02 g	*0.0%					Missing Data	
Cholesterol	18 mg							
Carbohydrate	79.68 g	73.6%						
Fiber	7.63 g							
Protein	17.32 g	16.0%						

Weighted Values

May 26, 2025 thru May 30, 2025

Vitamin A	846 IU							
Calcium	469.0 mg							
Vitamin C	14.38 mg							
Iron	2.63 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*
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Menu Name:

Rocketship Lunch

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Tuesday - 05/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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
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	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			561	8.62	659	25	*0	19.07	*0.01	*49	71.58	14.19	31.58	*4956	734.1	*210.06	3.37	\$0.000
% of Calories				13.83 %		17.8%	*0%	30.6%	*0.0%		51.0%		22.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 05/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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

May 26, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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										

Thursday - 05/29/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (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

Weighted Values

May 26, 2025 thru May 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-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			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										

Friday - 05/30/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000291 BLT Macaroni Salad	1 CUP	100	353	0.83	532	6	*N/A*	5.53	*0.00	0	63.61	6.98	13.31	779	54.6	64.01	3.22	\$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
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			551	2.20	749	*26	*0	10.60	*0.00	*8	93.39	10.91	*23.92	8540	407.3	96.17	5.11	\$0.000
% of Calories				3.59%		*18.9%	*0%	17.3%	*0.0%		67.8%		*17.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		557	6	671	*26	*0	*15.75	*0.06	*56	74.64	11.04	*32.21	*4933	*518.0	*120.00	*4.04	\$0.000

% of Calories			10.45%		*18.7%	*0%	*25.4%	*0.1%		53.6%		*23.1%				
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Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	557		550-650	100%				
Saturated Fat	6.47 g	10.45%	<10.000%			0.46%		Correction Required - Sat. Fat too High
Sodium	671 mg		1110.000	60%				
Total Sugars	*26 g	*18.7%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	*15.75 g	*25.4%					Missing Data	
Trans Fat	*0.06 g	*0.1%					Missing Data	
Cholesterol	*56 mg						Missing Data	
Carbohydrate	74.64 g	53.6%						
Fiber	11.04 g							
Protein	*32.21 g	*23.1%					Missing Data	
Vitamin A	*4933 IU						Missing Data	
Calcium	*518.0 mg						Missing Data	
Vitamin C	*120.00 mg						Missing Data	
Iron	*4.04 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
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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