

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Menu Name: 6-8 of HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 08/21/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	55	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990253 CHEESEBURGER	SANDWICH	45	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			738	8.59	1261	*46	22.57	0.22	63	102.27	11.85	34.48
% of Calories				10.48%		*24.9%	27.5%	0.3%		55.4%		18.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 08/22/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	60	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990251 CHICKEN, SWEET N SOUR	SERVING	40	150	1.50	160	7	6.00	0.00	9	9.00	0.00	13.00
990229 RICE, BROWN,	1 CUP	40	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			700	2.52	813	*43	15.77	0.00	42	106.07	11.53	35.71
% of Calories				3.24%		*24.6%	20.3%	0.0%		60.6%		20.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 08/23/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990120 CHICKEN, CORN PUPS	6 EACH	45	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990257 WRAP, VEGGIE	WRAP	5	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990239 JUICE, ORANGE	EACH	50	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990334 COOKIE, CHOC CHIP 2 EA	COOKIE	80	55	0.50	35	5	2.00	0.00	8	9.00	0.50	1.00
Weighted Daily Average			690	6.15	925	*56	22.81	0.00	118	95.89	9.98	26.78
% of Calories				8.02%		*32.5%	29.8%	0.0%		55.6%		15.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 08/24/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	55	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	5	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	40	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			695	6.61	1028	*46	21.39	0.00	57	89.54	10.95	37.56
% of Calories				8.56%		*26.5%	27.7%	0.0%		51.5%		21.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 08/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990138 MACARONI & CHEESE RF	2/3 CUP	45	290	6.00	980	6	11.00	0.00	30	32.00	1.00	16.00
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990111 PORK, BBQ RIB PATTY	PATTY	55	250	6.00	690	8	17.00	0.00	50	10.00	1.00	13.00
990075 BUN, HAMBURGER	BUN	55	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
990156 POTATO, TATER TOTS	3/4 CUP	35	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	50	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			701	7.55	1424	*43	23.74	0.00	51	92.93	8.30	30.29
% of Calories				9.69%		*24.5%	30.5%	0.0%		53.0%		17.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 08/28/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990332 SLOPPY JOE SECONDARY	4 OZ SERVINGS	55	334	4.37	908	13	10.75	0.00	48	44.21	7.90	20.47
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	40	150	3.00	320	2	6.00	0.00	15	17.00	1.00	8.00
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	40	150	3.00	320	2	6.00	0.00	15	17.00	1.00	8.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	40	50	0.01	309	9	0.02	0.00	0	11.23	2.16	1.15
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	50	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			699	7.06	1385	*50	20.14	0.00	54	99.48	10.62	33.70
% of Calories				9.09%		*28.6%	25.9%	0.0%		56.9%		19.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 08/29/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990132 BEEF, SALISBURY STEAK LS	PATTY	40	157	3.50	313	1	9.00	0.60	43	5.00	1.00	14.00
990049 ROLL, DINNER WG	ROLL	40	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990230 CHALUPA, BEEF N CHEESE	EACH	60	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	95	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING	95	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990334 COOKIE, CHOC CHIP 2 EA	COOKIE	95	55	0.50	35	5	2.00	0.00	8	9.00	0.50	1.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	35	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			690	6.33	1376	*41	20.21	0.24	59	93.18	8.57	30.53
% of Calories				8.26%		*23.8%	26.4%	0.3%		54.0%		17.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 08/30/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990281 TACO BOAT ELEM	EACH	30	190	3.75	349	2	9.16	0.00	29	19.59	2.85	11.24
990281 TACO BOAT ELEM	EACH	30	190	3.75	349	2	9.16	0.00	29	19.59	2.85	11.24
990112 PIZZA, CHEESE 16"	SLICE	60	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990288 PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	10	539	7.09	890	8	28.53	0.00	25	55.28	13.26	21.07
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	25	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
Weighted Daily Average			691	8.07	975	*48	22.65	0.00	51	91.92	10.34	33.05
% of Calories				10.51%		*27.8%	29.5%	0.0%		53.2%		19.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 08/31/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	55	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990255 TERIYAKI MEATBALLS	SERVINGS	45	209	5.00	491	6	12.00	0.00	45	9.72	0.00	13.00
990229 RICE, BROWN,	1 CUP	40	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	45	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			694	4.26	847	*47	18.02	0.00	63	99.04	7.38	33.37
% of Calories				5.52%		*27.1%	23.4%	0.0%		57.1%		19.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/04/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	45	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990320 MEATBALL MARINARA HOAGIE	EACH	45	428	7.84	782	8	18.43	0.00	45	37.44	3.91	26.58
990229 RICE, BROWN,	1 CUP	45	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
Weighted Daily Average			685	4.81	917	*45	15.35	0.00	54	103.08	9.06	33.51
% of Calories				6.32%		*26.3%	20.2%	0.0%		60.2%		19.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Wednesday - 09/05/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	35	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	50	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63
990257 WRAP, VEGGIE	WRAP	10	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86
990199 JELLO, CHERRY	1/2 CUP	65	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			693	8.25	1580	*46	19.43	0.00	60	97.04	8.32	32.24
% of Calories				10.71%		*26.6%	25.2%	0.0%		56.0%		18.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/06/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990249 CHICKEN POT PIE	SERVING 1 CUP	50	180	0.75	450	4	3.37	0.00	40	21.40	2.95	15.23

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990072 GARLIC TOAST	SLICE	50	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	50	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	85	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			696	5.45	1226	*61	15.85	0.00	52	108.05	11.53	32.03
% of Calories				7.05%		*35.1%	20.5%	0.0%		62.1%		18.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 09/07/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	45	398	3.27	708	8	14.04	0.00	53	41.31	6.54	28.83
990297 FRENCH DIP	SANDWICH	55	260	2.00	1360	3	8.00	0.00	35	30.00	2.00	20.00
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	55	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			697	4.27	1593	*38	21.17	0.00	52	93.04	9.39	35.75
% of Calories				5.51%		*21.8%	27.3%	0.0%		53.4%		20.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 09/10/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990253 CHEESEBURGER	SANDWICH	45	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990227 CHICKEN STRIPS, BREADED	3 EA	55	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990049 ROLL, DINNER WG	ROLL	25	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	60	223	2.02	1276	0	10.12	0.00	0	32.40	2.02	2.02
990277 FRUIT BAR	EACH	55	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	40	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			696	5.90	1625	*35	23.97	0.22	65	87.42	7.72	35.17
% of Calories				7.63%		*20.1%	31.0%	0.3%		50.2%		20.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/11/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990115 CHICKEN, BREADED PATTY SEC	PATTY	50	200	1.50	290	0	9.00	0.00	45	9.00	3.00	19.00
990075 BUN, HAMBURGER	BUN	50	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
990317 PIZZA BURGER ON BUN SEC	SERVINGS	50	416	7.65	857	9	16.84	0.00	73	42.71	7.98	28.31
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	65	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			694	5.46	1042	*54	17.88	0.00	69	99.60	11.67	37.54
% of Calories				7.08%		*31.1%	23.2%	0.0%		57.4%		21.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 09/12/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990251 CHICKEN, SWEET N SOUR	SERVING	65	150	1.50	160	7	6.00	0.00	9	9.00	0.00	13.00
990130 CHICKEN, POPCORN WG	3.3 OZ	35	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	80	170	0.00	7	0	1.50	0.00	0	36.00	2.00	4.00
Weighted Daily Average			684	3.01	718	*50	16.83	0.00	27	103.28	11.12	30.44
% of Calories				3.96%		*29.2%	22.1%	0.0%		60.4%		17.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Thursday - 09/13/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990266 NACHO'S SEC	SERVING	50	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	50	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990200 JUICE, APPLE	4 oz	35	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990277 FRUIT BAR	EACH	60	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			697	6.58	992	*42	21.93	0.00	62	91.19	10.67	34.56
% of Calories				8.50%		*24.1%	28.3%	0.0%		52.3%		19.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 09/14/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990123 BEEF, HOT DOG 6"	EACH	45	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00
990076 BUN, HOT DOG	BUN	45	110	0.00	190	4	1.50	0.00	0	21.00	2.00	4.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	55	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990156 POTATO, TATER TOTS	3/4 CUP	40	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	35	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER)	COOKIE	25	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			694	5.40	1059	*44	25.50	0.00	46	87.39	7.50	27.76
% of Calories				7.00%		*25.4%	33.1%	0.0%		50.4%		16.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 09/17/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990132 BEEF, SALISBURY STEAK LS	PATTY	50	157	3.50	313	1	9.00	0.60	43	5.00	1.00	14.00
990085 CHEESE, SLICED CHEDDAR RS/RF	SLICE	50	35	1.25	105	0	2.00	0.00	8	1.00	0.00	3.50
990075 BUN, HAMBURGER	BUN	50	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
990050 FRENCH TOAST STICKS	3 STICKS	50	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990216 PORK, SAUSAGE LINKS, COOKED	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990153 JO JO'S, 1 C SEASONED CRISP SAVORY WEDGE	SERVING	45	297	2.70	1701	0	13.50	0.00	0	43.20	2.70	2.70
990277 FRUIT BAR	EACH	35	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	35	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990225 RICE CRISPY TREAT WG	PACKAGE	30	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
Weighted Daily Average			692	7.09	1640	*39	24.20	0.30	99	89.86	7.18	30.71
% of Calories				9.22%		*22.5%	31.5%	0.4%		51.9%		17.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/18/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990255 TERIYAKI MEATBALLS	SERVINGS	65	209	5.00	491	6	12.00	0.00	45	9.72	0.00	13.00
990229 RICE, BROWN,	1 CUP	45	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00
990332 SLOPPY JOE SECONDARY	4 OZ SERVINGS	35	334	4.37	908	13	10.75	0.00	48	44.21	7.90	20.47
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	35	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			697	5.61	1033	*47	17.43	0.00	56	105.47	9.47	30.66
% of Calories				7.24%		*27.0%	22.5%	0.0%		60.5%		17.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 09/19/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	40	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48
990199 JELLO, CHERRY	1/2 CUP	75	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
990277 FRUIT BAR	EACH	55	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			700	8.11	1227	*55	20.90	0.00	50	95.52	9.46	33.54
% of Calories				10.43%		*31.4%	26.9%	0.0%		54.6%		19.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/20/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990246 COTTAGE PIE	SERVINGS	50	362	3.76	1439	2	38.32	0.00	41	48.69	5.54	14.39
990049 ROLL, DINNER WG	ROLL	50	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990138 MACARONI & CHEESE RF	2/3 CUP	45	290	6.00	980	6	11.00	0.00	30	32.00	1.00	16.00
990288 PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	5	539	7.09	890	8	28.53	0.00	25	55.28	13.26	21.07
990200 JUICE, APPLE	4 oz	55	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	20	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00
Weighted Daily Average			700	6.05	1623	*46	31.68	0.00	45	104.49	9.84	28.52
% of Calories				7.78%		*26.3%	40.7%	0.0%		59.7%		16.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 09/21/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990111 PORK, BBQ RIB PATTY	PATTY	50	250	6.00	690	8	17.00	0.00	50	10.00	1.00	13.00
990075 BUN, HAMBURGER	BUN	50	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
990304 SWISS BACON BURGER	SANDWICH	50	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00
990156 POTATO, TATER TOTS	3/4 CUP	45	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			693	7.82	1259	*40	26.67	0.25	64	83.79	7.98	32.66
% of Calories				10.16%		*23.1%	34.6%	0.3%		48.4%		18.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 09/24/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	50	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990253 CHEESEBURGER	SANDWICH	50	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			683	5.68	947	*59	19.45	0.25	58	101.77	11.49	28.53
% of Calories				7.48%		*34.6%	25.6%	0.3%		59.6%		16.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Tuesday - 09/25/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990256 PIZZA BURGER ON BUN ELEM	SERVINGS	60	321	4.87	661	8	11.50	0.00	47	38.75	6.50	20.51
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	40	398	3.27	708	8	14.04	0.00	53	41.31	6.54	28.83
990156 POTATO, TATER TOTS	3/4 CUP	60	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	40	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			693	5.86	1158	*38	21.96	0.00	58	91.77	10.95	34.98
% of Calories				7.61%		*21.9%	28.5%	0.0%		53.0%		20.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 09/26/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	45	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990257 WRAP, VEGGIE	WRAP	10	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	55	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING	55	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990277 FRUIT BAR	EACH	35	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	35	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	4	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			700	6.01	1178	*31	25.62	0.00	56	82.75	8.83	32.49
% of Calories				7.73%		*17.7%	32.9%	0.0%		47.3%		18.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990292 CHICKEN PASTA BAKE	SERVINGS	55	267	4.99	751	3	9.10	0.00	62	23.98	1.72	23.13
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	20	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	95	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	70	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			694	6.84	1097	*60	17.81	0.00	62	100.19	8.22	33.85
% of Calories				8.87%		*34.6%	23.1%	0.0%		57.7%		19.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 09/28/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990230 CHALUPA, BEEF N CHEESE	EACH	75	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28
990320 MEATBALL MARINARA HOAGIE	EACH	25	428	7.84	782	8	18.43	0.00	45	37.44	3.91	26.58
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	45	223	2.02	1276	0	10.12	0.00	0	32.40	2.02	2.02
990277 FRUIT BAR	EACH	50	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990047 COOKIE, CHOC CHIP (BAKER BOY)	COOKIE	65	110	1.00	70	10	4.00	0.00	15	18.00	1.00	2.00
Weighted Daily Average			699	8.73	1441	*40	25.72	0.00	63	84.80	6.74	31.59
% of Calories				11.24%		*22.9%	33.1%	0.0%		48.5%		18.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

**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.