

Base Menu Spreadsheet

Portion Values

Aug 20, 2018 thru Sep 28, 2018

Menu Name: 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	45	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
990248 WRAP, CHICKEN BACON RANCH	WRAP	10	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
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			758	8.73	1343	*46	24.70	0.22	66	101.48	11.51	35.67
% of Calories				10.37%		*24.3%	29.3%	0.3%		53.6%		18.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 08/22/2018

Reimbursable Meal Total 100

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)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	40	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00
990251 CHICKEN, SWEET N SOUR	SERVING	50	150	1.50	160	7	6.00	0.00	9	9.00	0.00	13.00
990229 RICE, BROWN,	1 CUP	50	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00
990278 WRAP, GREEK TURKEY	WRAP	10	350	1.54	1068	8	5.31	0.00	31	46.14	1.58	28.98
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
Weighted Daily Average			779	2.67	885	*51	16.26	0.00	38	123.70	13.02	36.93
% of Calories				3.08%		*26.2%	18.8%	0.0%		63.5%		19.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	15	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00

Base Menu Spreadsheet

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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)
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	20	322	6.10	994	7	16.25	0.00	72	22.22	6.43	23.57
990257 WRAP, VEGGIE	WRAP	15	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
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
990072 GARLIC TOAST	SLICE	30	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
Weighted Daily Average			755	7.33	1140	*56	26.41	0.00	123	101.21	11.06	31.18
% of Calories				8.74%		*29.7%	31.5%	0.0%		53.6%		16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	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	10	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)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	40	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990319 PHILLY STEAK CIABATTA	SANDWICH	25	358	5.44	1154	6	13.61	0.00	48	36.40	4.19	25.55
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
Weighted Daily Average			745	6.33	1249	*52	21.90	0.00	61	100.24	12.96	39.59
% of Calories				7.65%		*27.9%	26.5%	0.0%		53.8%		21.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	30	290	6.00	980	6	11.00	0.00	30	32.00	1.00	16.00
990049 ROLL, DINNER WG	ROLL	30	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990111 PORK, BBQ RIB PATTY	PATTY	60	250	6.00	690	8	17.00	0.00	50	10.00	1.00	13.00
990075 BUN, HAMBURGER	BUN	60	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
990278 WRAP, GREEK TURKEY	WRAP	10	350	1.54	1068	8	5.31	0.00	31	46.14	1.58	28.98

Base Menu Spreadsheet

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	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)
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	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	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
Weighted Daily Average			784	7.65	1574	*44	27.83	0.00	53	102.04	9.88	32.89
% of Calories				8.78%		*22.4%	31.9%	0.0%		52.1%		16.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	45	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
990279 WRAP, TURKEY N HAM	WRAP	15	514	9.90	2174	16	18.85	0.00	68	59.59	6.67	29.86
990155 POTATO, TATER TOTS	1/2 CUP	1	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00

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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	100	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	100	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
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			787	7.85	1651	*65	20.75	0.00	63	117.01	14.69	38.50
% of Calories				8.98%		*33.0%	23.7%	0.0%		59.5%		19.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	25	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	35	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
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	100	55	0.50	35	5	2.00	0.00	8	9.00	0.50	1.00

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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	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
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			730	6.74	1349	*41	23.83	0.24	58	96.37	9.54	29.79
% of Calories				8.31%		*22.5%	29.4%	0.3%		52.8%		16.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990112 PIZZA, CHEESE 16"	SLICE	45	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
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
990287 SALAD, SW CHICKEN PASTA	EACH	15	663	4.31	838	5	22.76	0.00	61	98.96	2.94	30.29
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	70	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

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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)
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
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	40	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
Weighted Daily Average			754	7.67	1031	*51	23.68	0.00	55	106.08	10.48	34.48
% of Calories				9.16%		*27.1%	28.3%	0.0%		56.3%		18.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	40	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
990293 SALAD, TACO	SALAD	15	505	8.32	906	9	21.98	0.00	51	55.96	10.12	20.81
990229 RICE, BROWN,	1 CUP	85	340	0.00	14	0	3.00	0.00	0	72.00	4.00	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
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

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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			853	5.24	938	*40	21.22	0.00	62	129.25	11.02	36.97
% of Calories				5.53%		*18.8%	22.4%	0.0%		60.6%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990248 WRAP, CHICKEN BACON RANCH	WRAP	10	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
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

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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	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
Weighted Daily Average			754	5.85	1099	*45	19.28	0.00	63	108.09	9.32	36.90
% of Calories				6.98%		*23.9%	23.0%	0.0%		57.3%		19.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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	35	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63
990319 PHILLY STEAK CIABATTA	SANDWICH	20	358	5.44	1154	6	13.61	0.00	48	36.40	4.19	25.55
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	90	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
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	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

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			774	8.44	1668	*56	21.43	0.00	61	111.28	10.42	35.32
% of Calories				9.81%		*28.9%	24.9%	0.0%		57.5%		18.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	45	180	0.75	450	4	3.37	0.00	40	21.40	2.95	15.23
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	45	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	10	607	9.07	1188	7	28.47	0.00	72	60.82	10.94	27.57
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	75	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

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	10	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
Weighted Daily Average			690	5.74	1226	*59	16.73	0.00	55	103.82	11.70	32.05
% of Calories				7.49%		*34.2%	21.8%	0.0%		60.2%		18.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990295 WRAP, HAM N CHEESE	WRAP	20	431	10.01	2045	4	18.63	0.00	70	40.16	0.86	25.60
990156 POTATO, TATER TOTS	3/4 CUP	75	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	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

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)
990297 FRENCH DIP	SANDWICH	35	260	2.00	1360	3	8.00	0.00	35	30.00	2.00	20.00
Weighted Daily Average			782	6.13	1799	*41	25.23	0.00	60	102.55	10.43	37.81
% of Calories				7.05%		*21.0%	29.0%	0.0%		52.5%		19.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	30	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990299 PITA, GYRO	PITA POCKET	25	301	1.75	1203	7	8.62	0.00	38	36.94	5.51	21.40
990049 ROLL, DINNER WG	ROLL	30	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	85	223	2.02	1276	0	10.12	0.00	0	32.40	2.02	2.02
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	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			778	6.35	2146	*39	25.70	0.22	60	104.92	9.90	35.49
% of Calories				7.35%		*20.1%	29.7%	0.3%		53.9%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	15	200	1.50	290	0	9.00	0.00	45	9.00	3.00	19.00
990256 PIZZA BURGER ON BUN ELEM	SERVINGS	65	321	4.87	661	8	11.50	0.00	47	38.75	6.50	20.51
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	20	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63
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	95	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	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
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)
990075 BUN, HAMBURGER	BUN	15	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
Weighted Daily Average			729	5.77	1198	*66	16.61	0.00	60	115.04	12.09	33.43
% of Calories				7.12%		*36.2%	20.5%	0.0%		63.1%		18.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990311 CHICKEN, SWEET N SOUR W/ RICE SEC	SERVING	45	490	1.50	174	7	9.00	0.00	9	81.00	4.00	21.00
990130 CHICKEN, POPCORN WG	3.3 OZ	25	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990322 BBQ BEEF HOAGIE	HOAGIE	30	264	1.00	1175	8	4.17	0.00	23	39.50	3.00	16.33
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

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)
990087 RICE, BROWN,	1/2 Cup, Prepar	65	170	0.00	7	0	1.50	0.00	0	36.00	2.00	4.00
Weighted Daily Average			836	2.76	1006	*51	16.61	0.00	30	138.83	13.22	34.24
% of Calories				2.97%		*24.4%	17.9%	0.0%		66.4%		16.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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	65	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	25	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990293 SALAD, TACO	SALAD	10	505	8.32	906	9	21.98	0.00	51	55.96	10.12	20.81
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	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	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

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			757	7.91	1034	*47	24.72	0.00	60	101.92	12.10	32.09
% of Calories				9.40%		*24.8%	29.4%	0.0%		53.9%		17.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	25	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00
990076 BUN, HOT DOG	BUN	25	110	0.00	190	4	1.50	0.00	0	21.00	2.00	4.00
990112 PIZZA, CHEESE 16"	SLICE	45	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	30	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER)	COOKIE	25	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
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	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	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			810	6.41	1217	*46	29.35	0.00	55	101.99	10.62	34.57
% of Calories				7.12%		*22.7%	32.6%	0.0%		50.4%		17.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	45	157	3.50	313	1	9.00	0.60	43	5.00	1.00	14.00
990075 BUN, HAMBURGER	BUN	45	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
990050 FRENCH TOAST STICKS	3 STICKS	30	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990216 PORK, SAUSAGE LINKS, COOKED	LINKS	30	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990318 HAM N CHEESE CIABATTA	SANDWICH	25	255	2.25	625	3	7.00	0.00	38	32.00	3.00	18.50
990153 JO JO'S, 1 C SEASONED CRISP SAVORY WEDGE	SERVING	50	297	2.70	1701	0	13.50	0.00	0	43.20	2.70	2.70
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	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

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)
990085 CHEESE, SLICED CHEDDAR RS/RF	SLICE	45	35	1.25	105	0	2.00	0.00	8	1.00	0.00	3.50
990225 RICE CRISPY TREAT WG	PACKAGE	30	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990305 FRENCH TOAST STICKS	1 STICKS	30	70	0.67	97	4	3.01	0.00	35	8.68	0.67	2.67
Weighted Daily Average			785	6.96	1868	*46	25.50	0.27	92	108.69	10.20	33.75
% of Calories				7.98%		*23.4%	29.2%	0.3%		55.4%		17.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	65	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00
990191 SLOPPY JOE ELEMENTARY	3 OZ SERVINGS	25	284	3.26	740	11	8.51	0.00	36	40.32	6.64	16.78
990287 SALAD, SW CHICKEN PASTA	EACH	10	663	4.31	838	5	22.76	0.00	61	98.96	2.94	30.29
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	75	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	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

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			842	5.33	996	*57	18.73	0.00	54	138.28	10.06	32.47
% of Calories				5.70%		*27.1%	20.0%	0.0%		65.7%		15.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	15	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990112 PIZZA, CHEESE 16"	SLICE	15	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	35	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48
990323 CLUB HOAGIE	HOAGIE	35	263	1.66	785	5	4.69	0.00	36	33.50	3.66	21.11
990199 JELLO, CHERRY	1/2 CUP	95	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
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	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

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			727	6.29	1319	*65	17.32	0.00	50	109.91	11.21	34.53
% of Calories				7.79%		*35.8%	21.4%	0.0%		60.5%		19.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	25	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	25	290	6.00	980	6	11.00	0.00	30	32.00	1.00	16.00
990297 FRENCH DIP	SANDWICH	40	260	2.00	1360	3	8.00	0.00	35	30.00	2.00	20.00
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
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0.00	0	14.00	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	95	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	25	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00
Weighted Daily Average			820	5.38	1777	*64	27.28	0.00	46	127.46	13.55	33.21
% of Calories				5.90%		*31.2%	29.9%	0.0%		62.2%		16.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	40	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00
990299 PITA, GYRO	PITA POCKET	10	301	1.75	1203	7	8.62	0.00	38	36.94	5.51	21.40
990157 POTATO, TATER TOTS	1 CUP	75	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
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	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			842	8.28	1522	*45	32.68	0.20	63	105.50	10.74	34.33
% of Calories				8.85%		*21.4%	34.9%	0.2%		50.1%		16.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	35	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990253 CHEESEBURGER	SANDWICH	35	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990248 WRAP, CHICKEN BACON RANCH	WRAP	40	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	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	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

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			794	8.28	1468	*49	29.87	0.18	77	97.66	9.34	36.20
% of Calories				9.39%		*24.7%	33.9%	0.2%		49.2%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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	45	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
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	15	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
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	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			807	6.74	1425	*43	26.45	0.00	62	107.47	12.76	37.04
% of Calories				7.52%		*21.3%	29.5%	0.0%		53.3%		18.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	25	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990227 CHICKEN STRIPS, BREADED	3 EA	35	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990322 BBQ BEEF HOAGIE	HOAGIE	30	264	1.00	1175	8	4.17	0.00	23	39.50	3.00	16.33
990257 WRAP, VEGGIE	WRAP	10	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	65	180	0.00	741	0	3.00	0.00	0	32.00	4.00	4.00
990198 GRAVY, CHICKEN	SERVING	65	23	0.00	132	1	0.47	0.00	0	3.76	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	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

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			799	4.91	1694	*41	23.33	0.00	51	110.28	12.47	34.88
% of Calories				5.53%		*20.5%	26.3%	0.0%		55.2%		17.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	35	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
990306 SALAD, CHEF	SALAD	20	430	6.23	1219	8	22.40	0.00	56	37.86	5.87	24.13
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	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	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			739	7.13	1204	*63	20.78	0.00	62	105.14	9.48	34.32
% of Calories				8.68%		*34.1%	25.3%	0.0%		56.9%		18.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	50	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
990324 TURKEY, HAM, & CHEESE CIABATTA	SANDWICH	25	250	2.00	730	3	6.25	0.00	35	32.50	3.00	18.50
990153 JO JO'S, 1 C SEASONED CRISP SAVORY WEDGE	SERVING	55	297	2.70	1701	0	13.50	0.00	0	43.20	2.70	2.70
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	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

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)
990308 COOKIE, SUGAR	COOKIE	50	150	1.50	120	12	4.50	0.00	10	28.00	2.00	2.00
Weighted Daily Average			782	8.43	1899	*43	26.36	0.00	56	105.43	8.78	32.54
% of Calories				9.70%		*22.0%	30.3%	0.0%		53.9%		16.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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.