

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

**Menu Name:** (6-8) of K-12 LUNCH

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 10/01/2018

**Reimbursable Meal Total 100**

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990252 CHICKEN SANDWICH BREADED SECONDARY | SANDWICH     | 100       | 340                      | 1.50                   | 540                    | 5          | 11.00     | 0.00                    | 38.00    | 25.00     |
| 000034 LETTUCE & TOMATO:1 leaf,2 slice    | 1 lf,2 slc   | 65        | 9                        | 0.01                   | 4                      | 1          | 0.10      | 0.00                    | 2.00     | 0.49      |
| 990035 BEANS, BAKED 1/2 CUP               | 1/2 CUP      | 45        | 140                      | 0.00                   | 550                    | 12         | 1.00      | 0.00                    | 29.00    | 6.00      |
| 990155 POTATO, TATER TOTS                 | 1/2 CUP      | 65        | 130                      | 1.00                   | 190                    | 0          | 7.00      | 0.00                    | 15.00    | 1.00      |
| 990174 PEARS, DICED EXTRA LIGHT SYRUP     | 1/2 CUP      | 65        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 16.00    | 0.00      |
| 990239 JUICE, ORANGE                      | EACH         | 65        | 50                       | 0.00                   | 0                      | 12         | 0.00      | 0.00                    | 13.00    | 0.00      |
| 990204 MILK, CHOC FF CARTON               | CARTON       | 70        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON          | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF                 | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average                    |              |           | 683                      | 2.53                   | 1108                   | 45         | 16.69     | 0.00                    | 100.25   | 36.27     |
| % of Calories                             |              |           |                          | 3.33%                  |                        | 26.4%      | 22.0%     | 0.0%                    | 58.7%    | 21.2%     |
| Weekly Nutrient Guideline                 |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Tuesday - 10/02/2018

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990309 CHEESE STICK, MOZZARELLA CN 2 STICKS     | SERVING (2)  | 100       | 300                      | 6.00                   | 640                    | 4          | 12.00     | 0.00                    | 34.01    | 16.00     |
| 990210 DIPPING SAUCE - (4 OZ)                   | 4 OZ         | 100       | 50                       | 0.01                   | 309                    | 9          | 0.02      | 0.00                    | 11.23    | 1.15      |
| 990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP | 3/4 Cup      | 100       | 20                       | 0.00                   | 175                    | 1          | 0.00      | 0.00                    | 3.74     | 1.24      |
| 990171 PEACHES DICED EXTRA LIGHT SYRUP          | 1/2 CUP      | 100       | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990316 APPLES,RAW,WITH SKIN 163 CT.             | EACH         | 100       | 55                       | 0.03                   | 1                      | 11         | 0.18      | 0.00                    | 14.64    | 0.28      |
| 990204 MILK, CHOC FF CARTON                     | CARTON       | 70        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON                | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF                       | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average                          |              |           | 603                      | 6.41                   | 1321                   | 56         | 12.83     | 0.00                    | 96.93    | 26.28     |
| % of Calories                                   |              |           |                          | 9.57%                  |                        | 37.1%      | 19.1%     | 0.0%                    | 64.3%    | 17.4%     |
| Weekly Nutrient Guideline                       |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Wednesday - 10/03/2018

Reimbursable Meal Total 100

|  | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990251 CHICKEN, SWEET N SOUR           | SERVING         | 100       | 150                      | 1.50                   | 160                    | 7          | 6.00      | 0.00                    | 9.00     | 13.00     |
| 990087 RICE, BROWN,                    | 1/2 Cup, Prepar | 90        | 170                      | 0.00                   | 7                      | 0          | 1.50      | 0.00                    | 36.00    | 4.00      |
| 990358 BABY CARROTS & PEA PODS 3/4 CUP | CUP             | 65        | 35                       | 0.02                   | 38                     | 4          | 0.09      | 0.00                    | 7.27     | 1.57      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990221 RANCH SALAD DRESSING @ 1 oz   | OZ           | 100       | 52                       | 0.59                   | 163                    | 1          | 5.16      | 0.00                    | 0.81     | 0.50      |
| 990168 PINEAPPLE TIDBITS,NAT JUICE   | 1/2 CUP      | 65        | 70                       | 0.00                   | 0                      | 13         | 0.00      | 0.00                    | 13.94    | 0.87      |
| 990163 CRANBERRIES,DRIED, INDIVIDUAL | PACKAGE      | 95        | 110                      | 0.00                   | 0                      | 24         | 0.00      | 0.00                    | 28.00    | 0.00      |
| 990204 MILK, CHOC FF CARTON          | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON     | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF            | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average               |              |           | 652                      | 2.48                   | 557                    | 61         | 13.19     | 0.00                    | 103.05   | 26.69     |
| % of Calories                        |              |           |                          | 3.42%                  |                        | 37.4%      | 18.2%     | 0.0%                    | 63.2%    | 16.4%     |
| Weekly Nutrient Guideline            |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Thursday - 10/04/2018

Reimbursable Meal Total 100

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990275 SPAGHETTI AND MEAT SAUCE | 1 CUP        | 100       | 307                      | 3.09                   | 258                    | *6         | 7.04      | *0.00                   | 44.71    | 15.88     |
| 990072 GARLIC TOAST             | SLICE        | 100       | 70                       | 0.50                   | 95                     | 0          | 2.50      | 0.00                    | 12.00    | 2.00      |
| 990149 WINTER MIX , VEG. .75    | 3/4 CUP      | 100       | 38                       | 0.00                   | 30                     | 2          | 0.00      | 0.00                    | 6.02     | 3.01      |
| 990177 MIXED FRUIT COCKTAIL     | 1/2 CUP      | 100       | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 15.00    | 0.00      |
| 990186 GRAPES FRESH             | 1/2 CUP      | 100       | 55                       | 0.00                   | 0                      | 14         | 0.50      | 0.00                    | 14.00    | 0.50      |
| 990204 MILK, CHOC FF CARTON     | CARTON       | 70        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |

# Base Menu Spreadsheet

## Portion Values

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990207 UHT MILK<br>CARTON LF        | CARTON       | 20        | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| 990205 MILK,LOW FAT<br>WHITE CARTON | CARTON       | 5         | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| Weighted Daily Average              |              |           | 646                      | 3.97                   | 577                    | *52        | 10.67     | *0.00                   | 110.88   | 28.99     |
| % of Calories                       |              |           |                          | 5.53%                  |                        | *32.2%     | 14.9%     | *0.0%                   | 68.7%    | 18.0%     |
| Weekly Nutrient Guideline           |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Friday - 10/05/2018

### Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990137 PIZZA, CHEESE<br>4X6 WG                  | 4.5 OZ       | 100       | 300                      | 5.00                   | 440                    | 10         | 11.00     | 0.00                    | 33.00    | 16.00     |
| 990269 SALAD,<br>SPINACH,CRANBERRY,<br>MANDARIN | 2 CUP        | 45        | 209                      | 0.47                   | 91                     | 30         | 6.04      | 0.00                    | 38.18    | 3.20      |
| 990069 CORN KERNEL<br>1/2 C                     | 1/2 CUP      | 80        | 65                       | 0.00                   | 15                     | 3          | 1.00      | 0.00                    | 15.00    | 2.00      |
| 990159 APPLESAUCE,<br>UNSWEETENED<br>CANNED     | 1/2 CUP      | 85        | 51                       | 0.00                   | 2                      | 11         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990200 JUICE, APPLE                             | 4 oz         | 85        | 60                       | 0.00                   | 10                     | 13         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990204 MILK, CHOC FF<br>CARTON                  | CARTON       | 70        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT<br>WHITE CARTON             | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990207 UHT MILK<br>CARTON LF | CARTON       | 10        | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average       |              |           | 663                      | 5.66                   | 700                    | 65         | 15.27     | 0.00                    | 105.88   | 27.04     |
| % of Calories                |              |           |                          | 7.68%                  |                        | 39.2%      | 20.7%     | 0.0%                    | 63.9%    | 16.3%     |
| Weekly Nutrient Guideline    |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

**Monday - 10/08/2018**

**Reimbursable Meal Total 100**

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990138 MACARONI &<br>CHEESE RF             | 2/3 CUP      | 100       | 290                      | 6.00                   | 980                    | 6          | 11.00     | 0.00                    | 32.00    | 16.00     |
| 990049 ROLL, DINNER<br>WG                  | ROLL         | 85        | 100                      | 0.50                   | 70                     | 2          | 2.00      | 0.00                    | 17.00    | 3.00      |
| 990061 BROCCOLI,<br>FROZEN CUTS 3/4 c      | 3/4 CUP      | 85        | 22                       | 0.00                   | 11                     | 1          | 0.00      | 0.00                    | 3.75     | 1.50      |
| 990164 STRAWBERRIES,<br>DICED, CUP, FROZEN | EACH         | 85        | 90                       | 0.00                   | 0                      | 18         | 0.00      | 0.00                    | 21.93    | 1.00      |
| 990163<br>CRANBERRIES,DRIED,<br>INDIVIDUAL | PACKAGE      | 50        | 110                      | 0.00                   | 0                      | 24         | 0.00      | 0.00                    | 28.00    | 0.00      |
| 990207 UHT MILK<br>CARTON LF               | CARTON       | 0         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| 990205 MILK,LOW FAT<br>WHITE CARTON        | CARTON       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990204 MILK, CHOC FF<br>CARTON             | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| Weighted Daily Average                     |              |           | 650                      | 6.80                   | 1253                   | 55         | 13.32     | 0.00                    | 102.78   | 28.67     |
| % of Calories                              |              |           |                          | 9.42%                  |                        | 33.8%      | 18.4%     | 0.0%                    | 63.2%    | 17.6%     |
| Weekly Nutrient Guideline                  |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

### Tuesday - 10/09/2018

Reimbursable Meal Total 100

|                                       | Portion Size  | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---------------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990332 SLOPPY JOE SECONDARY           | 4 OZ SERVINGS | 100       | 334                      | 4.37                   | 908                    | 13         | 10.75     | 0.00                    | 44.21    | 20.47     |
| 990069 CORN KERNEL 1/2 C              | 1/2 CUP       | 100       | 65                       | 0.00                   | 15                     | 3          | 1.00      | 0.00                    | 15.00    | 2.00      |
| 990224 CUCUMBER AND TOMATO SALAD      | 1/2 CUP       | 100       | 35                       | 0.18                   | 37                     | 2          | 2.42      | 0.00                    | 5.21     | 0.78      |
| 990159 APPLESAUCE, UNSWEETENED CANNED | 1/2 CUP       | 100       | 51                       | 0.00                   | 2                      | 11         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990207 UHT MILK CARTON LF             | CARTON        | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON      | CARTON        | 15        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990204 MILK, CHOC FF CARTON           | CARTON        | 85        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| Weighted Daily Average                |               |           | 613                      | 4.79                   | 1177                   | 50         | 14.57     | 0.00                    | 100.03   | 31.33     |
| % of Calories                         |               |           |                          | 7.03%                  |                        | 32.6%      | 21.4%     | 0.0%                    | 65.3%    | 20.4%     |
| Weekly Nutrient Guideline             |               |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Wednesday - 10/10/2018

Reimbursable Meal Total 100

|  | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990132 BEEF, SALISBURY STEAK LS          | PATTY           | 100       | 157                      | 3.50                   | 313                    | 1          | 9.00      | 0.60                    | 5.00     | 14.00     |
| 990049 ROLL, DINNER WG                   | ROLL            | 100       | 100                      | 0.50                   | 70                     | 2          | 2.00      | 0.00                    | 17.00    | 3.00      |
| 990043 POTATOES, DEHYDRATED MASHED 1/2 C | 1/2 Cup, Prepar | 95        | 90                       | 0.00                   | 370                    | 0          | 1.50      | 0.00                    | 16.00    | 2.00      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990198 GRAVY, CHICKEN              | SERVING      | 95        | 23                       | 0.00                   | 132                    | 1          | 0.47      | 0.00                    | 3.76     | 0.00      |
| 990195 CARROTS, BABY FRESH         | SERVING      | 75        | 24                       | 0.00                   | 55                     | 3          | 0.00      | 0.00                    | 5.77     | 0.45      |
| 990221 RANCH SALAD DRESSING @ 1 oz | OZ           | 75        | 52                       | 0.59                   | 163                    | 1          | 5.16      | 0.00                    | 0.81     | 0.50      |
| 990074 GOLDFISH WG CRACKER         | PACKAGE      | 80        | 90                       | 0.00                   | 200                    | 0          | 1.50      | 0.00                    | 16.00    | 2.00      |
| 990177 MIXED FRUIT COCKTAIL        | 1/2 CUP      | 85        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 15.00    | 0.00      |
| 990204 MILK, CHOC FF CARTON        | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON   | CARTON       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF          | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average             |              |           | 671                      | 4.84                   | 1391                   | 37         | 18.59     | 0.60                    | 91.88    | 29.29     |
| % of Calories                      |              |           |                          | 6.49%                  |                        | 22.1%      | 24.9%     | 0.8%                    | 54.8%    | 17.5%     |
| Weekly Nutrient Guideline          |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Thursday - 10/11/2018

Reimbursable Meal Total 100

|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990281 TACO BOAT ELEM          | EACH         | 100       | 190                      | 3.75                   | 349                    | 2          | 9.16      | 0.00                    | 19.59    | 11.24     |
| 990281 TACO BOAT ELEM          | EACH         | 100       | 190                      | 3.75                   | 349                    | 2          | 9.16      | 0.00                    | 19.59    | 11.24     |
| 990037 BEANS, REFRIED 1/2 CUP  | 1/2 CUP      | 65        | 120                      | 1.00                   | 540                    | 1          | 2.50      | 0.00                    | 18.00    | 6.00      |
| 990226 CUTTIE/ MANDARIN ORANGE | MEDIUM       | 85        | 47                       | 0.00                   | 0                      | 9          | 0.26      | 0.00                    | 11.52    | 0.52      |

# Base Menu Spreadsheet

## Portion Values

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990174 PEARS, DICED EXTRA LIGHT SYRUP | 1/2 CUP      | 70        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 16.00    | 0.00      |
| 990204 MILK, CHOC FF CARTON           | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON      | CARTON       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF             | CARTON       | 0         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| 990154 SALSA, GREEN CHILI             | 1/4 Cup      | 100       | 20                       | 0.00                   | 360                    | 2          | 0.00      | 0.00                    | 4.00     | 0.00      |
| Weighted Daily Average                |              |           | 685                      | 8.53                   | 1617                   | 43         | 20.80     | 0.00                    | 96.38    | 34.83     |
| % of Calories                         |              |           |                          | 11.21%                 |                        | 25.1%      | 27.3%     | 0.0%                    | 56.3%    | 20.3%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Friday - 10/12/2018

### Reimbursable Meal Total 100

|   | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990227 CHICKEN STRIPS, BREADED                  | 3 EA            | 100       | 285                      | 2.25                   | 465                    | 0          | 13.50     | 0.00                    | 16.50    | 24.00     |
| 990087 RICE, BROWN,                             | 1/2 Cup, Prepar | 100       | 170                      | 0.00                   | 7                      | 0          | 1.50      | 0.00                    | 36.00    | 4.00      |
| 990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP | 3/4 Cup         | 100       | 20                       | 0.00                   | 175                    | 1          | 0.00      | 0.00                    | 3.74     | 1.24      |
| 990171 PEACHES DICED EXTRA LIGHT SYRUP          | 1/2 CUP         | 100       | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990204 MILK, CHOC FF CARTON                     | CARTON          | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON                | CARTON          | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990207 UHT MILK CARTON LF | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average    |              |           | 661                      | 2.64                   | 857                    | 34         | 15.65     | 0.00                    | 90.86    | 37.32     |
| % of Calories             |              |           |                          | 3.59%                  |                        | 20.6%      | 21.3%     | 0.0%                    | 55.0%    | 22.6%     |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

**Monday - 10/15/2018**

**Reimbursable Meal Total 100**

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990050 FRENCH TOAST STICKS              | 3 STICKS     | 100       | 211                      | 2.01                   | 291                    | 11         | 9.02      | 0.00                    | 26.07    | 8.02      |
| 990216 PORK, SAUSAGE LINKS, COOKED      | LINKS        | 80        | 100                      | 3.00                   | 170                    | 0          | 7.00      | 0.00                    | 0.00     | 7.00      |
| 990156 POTATO, TATER TOTS               | 3/4 CUP      | 55        | 193                      | 1.49                   | 283                    | 0          | 10.42     | 0.00                    | 22.32    | 1.49      |
| 990165 MANDARIN ORANGE, CANNED          | 1/2 CUP      | 55        | 80                       | 0.00                   | 10                     | 18         | 0.00      | 0.00                    | 19.00    | 0.00      |
| 990164 STRAWBERRIES, DICED, CUP, FROZEN | EACH         | 55        | 90                       | 0.00                   | 0                      | 18         | 0.00      | 0.00                    | 21.93    | 1.00      |
| 990225 RICE CRISPY TREAT WG             | PACKAGE      | 35        | 99                       | 0.99                   | 49                     | 7          | 2.47      | 0.00                    | 15.78    | 0.99      |
| 990207 UHT MILK CARTON LF               | CARTON       | 0         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON        | CARTON       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990204 MILK, CHOC FF CARTON             | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990217 SRYUP CUP, LITE    | CARTON       | 100       | 50                       | 0.00                   | 70                     | 4          | 0.00      | 0.00                    | 14.00    | 0.00      |
| Weighted Daily Average    |              |           | 700                      | 5.94                   | 879                    | 57         | 21.84     | 0.00                    | 100.88   | 23.33     |
| % of Calories             |              |           |                          | 7.64%                  |                        | 32.6%      | 28.1%     | 0.0%                    | 57.6%    | 13.3%     |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Tuesday - 10/16/2018

Reimbursable Meal Total 100

|                                    | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990134 CHICKEN, TERIYAKI           | 2.85 OZ         | 100       | 146                      | 1.00                   | 414                    | 14         | 2.50      | 0.00                    | 14.00    | 15.00     |
| 990087 RICE, BROWN,                | 1/2 Cup, Prepar | 100       | 170                      | 0.00                   | 7                      | 0          | 1.50      | 0.00                    | 36.00    | 4.00      |
| 990220 SALAD, ROMAINE TOSSED       | SERVINGS        | 100       | 55                       | 0.01                   | 27                     | 7          | 0.27      | 0.00                    | 12.43    | 1.56      |
| 990221 RANCH SALAD DRESSING @ 1 oz | OZ              | 100       | 52                       | 0.59                   | 163                    | 1          | 5.16      | 0.00                    | 0.81     | 0.50      |
| 990168 PINEAPPLE TIDBITS,NAT JUICE | 1/2 CUP         | 100       | 70                       | 0.00                   | 0                      | 13         | 0.00      | 0.00                    | 13.94    | 0.87      |
| 990204 MILK, CHOC FF CARTON        | CARTON          | 80        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON   | CARTON          | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF          | CARTON          | 0         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average             |                 |           | 619                      | 1.90                   | 819                    | 55         | 9.92      | 0.00                    | 98.19    | 29.93     |
| % of Calories                      |                 |           |                          | 2.76%                  |                        | 35.5%      | 14.4%     | 0.0%                    | 63.5%    | 19.3%     |
| Weekly Nutrient Guideline          |                 |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

### Wednesday - 10/17/2018

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990128 PIZZA STICK, PEPPERONI WG                | STICK        | 100       | 240                      | 4.50                   | 500                    | 3          | 9.00      | 0.00                    | 29.00    | 11.00     |
| 990361 CHEESE, STRING STICK                     | EACH         | 100       | 80                       | 3.00                   | 190                    | 1          | 5.00      | 0.00                    | 0.00     | 7.00      |
| 990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP | 3/4 Cup      | 100       | 20                       | 0.00                   | 175                    | 1          | 0.00      | 0.00                    | 3.74     | 1.24      |
| 990171 PEACHES DICED EXTRA LIGHT SYRUP          | 1/2 CUP      | 100       | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990199 JELLO, CHERRY                            | 1/2 CUP      | 100       | 70                       | 0.00                   | 90                     | 16         | 0.00      | 0.00                    | 17.00    | 1.00      |
| 990204 MILK, CHOC FF CARTON                     | CARTON       | 95        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON                | CARTON       | 5         | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF                       | CARTON       | 0         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average                          |              |           | 599                      | 7.58                   | 1185                   | 56         | 14.12     | 0.00                    | 86.24    | 28.24     |
| % of Calories                                   |              |           |                          | 11.39%                 |                        | 37.4%      | 21.2%     | 0.0%                    | 57.6%    | 18.9%     |
| Weekly Nutrient Guideline                       |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Thursday - 10/18/2018

Reimbursable Meal Total 100

|                        | Portion Size  | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990249 CHICKEN POT PIE | SERVING 1 CUP | 100       | 188                      | 0.84                   | 517                    | 4          | 3.88      | 0.08                    | 22.15    | 15.25     |
| 990049 ROLL, DINNER WG | ROLL          | 100       | 100                      | 0.50                   | 70                     | 2          | 2.00      | 0.00                    | 17.00    | 3.00      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990195 CARROTS, BABY FRESH         | SERVING      | 100       | 24                       | 0.00                   | 55                     | 3          | 0.00      | 0.00                    | 5.77     | 0.45      |
| 990221 RANCH SALAD DRESSING @ 1 oz | OZ           | 100       | 52                       | 0.59                   | 163                    | 1          | 5.16      | 0.00                    | 0.81     | 0.50      |
| 990177 MIXED FRUIT COCKTAIL        | 1/2 CUP      | 100       | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 15.00    | 0.00      |
| 000064 APPLES,Fresh                | EACH         | 100       | 72                       | 0.04                   | 1                      | 14         | 0.23      | 0.00                    | 19.06    | 0.36      |
| 990204 MILK, CHOC FF CARTON        | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON   | CARTON       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF          | CARTON       | 0         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average             |              |           | 621                      | 2.35                   | 1014                   | 56         | 11.89     | 0.08                    | 100.29   | 27.56     |
| % of Calories                      |              |           |                          | 3.41%                  |                        | 36.1%      | 17.2%     | 0.1%                    | 64.6%    | 17.8%     |
| Weekly Nutrient Guideline          |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Friday - 10/19/2018

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990263 PARMESAN CHICKEN SANDWICH ELEMENTARY | SANDWICH     | 100       | 438                      | 4.27                   | 878                    | 9          | 18.04     | 0.00                    | 47.31    | 23.83     |
| 990035 BEANS, BAKED 1/2 CUP                 | 1/2 CUP      | 65        | 140                      | 0.00                   | 550                    | 12         | 1.00      | 0.00                    | 29.00    | 6.00      |
| 990174 PEARS, DICED EXTRA LIGHT SYRUP       | 1/2 CUP      | 45        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 16.00    | 0.00      |
| 990032 FRUITABLE , GOLD RUSH                | BOX          | 50        | 40                       | 0.00                   | 60                     | 8          | 0.00      | 0.00                    | 10.00    | 0.00      |
| 990204 MILK, CHOC FF CARTON                 | CARTON       | 70        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |

# Base Menu Spreadsheet

## Portion Values

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990205 MILK,LOW FAT WHITE CARTON | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF        | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average           |              |           | 694                      | 4.65                   | 1460                   | 44         | 19.32     | 0.00                    | 97.66    | 35.33     |
| % of Calories                    |              |           |                          | 6.03%                  |                        | 25.4%      | 25.1%     | 0.0%                    | 56.3%    | 20.4%     |
| Weekly Nutrient Guideline        |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Monday - 10/22/2018

### Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990131 BEEF, RAVIOLI                            | CUP          | 100       | 250                      | 3.50                   | 690                    | 6          | 8.00      | 0.00                    | 30.00    | 16.00     |
| 990072 GARLIC TOAST                             | SLICE        | 100       | 70                       | 0.50                   | 95                     | 0          | 2.50      | 0.00                    | 12.00    | 2.00      |
| 990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP | 3/4 Cup      | 100       | 20                       | 0.00                   | 175                    | 1          | 0.00      | 0.00                    | 3.74     | 1.24      |
| 990159 APPLESAUCE, UNSWEETENED CANNED           | 1/2 CUP      | 100       | 51                       | 0.00                   | 2                      | 11         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990163 CRANBERRIES,DRIED, INDIVIDUAL            | PACKAGE      | 100       | 110                      | 0.00                   | 0                      | 24         | 0.00      | 0.00                    | 28.00    | 0.00      |
| 990205 MILK,LOW FAT WHITE CARTON                | CARTON       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF                       | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990204 MILK, CHOC FF CARTON | CARTON       | 70        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| Weighted Daily Average      |              |           | 624                      | 4.45                   | 1160                   | 61         | 11.25     | 0.00                    | 107.69   | 27.24     |
| % of Calories               |              |           |                          | 6.42%                  |                        | 39.1%      | 16.2%     | 0.0%                    | 69.0%    | 17.5%     |
| Weekly Nutrient Guideline   |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Tuesday - 10/23/2018

Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990253 CHEESEBURGER                    | SANDWICH     | 100       | 325                      | 5.75                   | 615                    | 5          | 15.00     | 0.50                    | 30.00    | 21.50     |
| 000034 LETTUCE & TOMATO:1 leaf,2 slice | 1 lf,2 slc   | 50        | 9                        | 0.01                   | 4                      | 1          | 0.10      | 0.00                    | 2.00     | 0.49      |
| 990155 POTATO, TATER TOTS              | 1/2 CUP      | 95        | 130                      | 1.00                   | 190                    | 0          | 7.00      | 0.00                    | 15.00    | 1.00      |
| 990195 CARROTS, BABY FRESH             | SERVING      | 75        | 24                       | 0.00                   | 55                     | 3          | 0.00      | 0.00                    | 5.77     | 0.45      |
| 990221 RANCH SALAD DRESSING @ 1 oz     | OZ           | 75        | 52                       | 0.59                   | 163                    | 1          | 5.16      | 0.00                    | 0.81     | 0.50      |
| 990174 PEARS, DICED EXTRA LIGHT SYRUP  | 1/2 CUP      | 65        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 16.00    | 0.00      |
| 990204 MILK, CHOC FF CARTON            | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON       | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990207 UHT MILK<br>CARTON LF | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average       |              |           | 674                      | 7.53                   | 1166                   | 36         | 26.19     | 0.50                    | 81.04    | 31.40     |
| % of Calories                |              |           |                          | 10.05%                 |                        | 21.4%      | 35.0%     | 0.7%                    | 48.1%    | 18.6%     |
| Weekly Nutrient Guideline    |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Wednesday - 10/24/2018

Reimbursable Meal Total 100

|                                     | Portion Size       | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|-------------------------------------|--------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990130 CHICKEN,<br>POPCORN WG       | 3.3 OZ             | 100       | 250                      | 2.50                   | 380                    | 1          | 14.00     | 0.00                    | 15.00    | 15.00     |
| 990087 RICE, BROWN,<br>Prepar       | 1/2 Cup,<br>Prepar | 100       | 170                      | 0.00                   | 7                      | 0          | 1.50      | 0.00                    | 36.00    | 4.00      |
| 990068 CORN KERNEL<br>3/4 C         | 3/4 CUP            | 85        | 98                       | 0.00                   | 22                     | 4          | 1.50      | 0.00                    | 22.50    | 3.00      |
| 990165 MANDARIN<br>ORANGE, CANNED   | 1/2 CUP            | 100       | 80                       | 0.00                   | 10                     | 18         | 0.00      | 0.00                    | 19.00    | 0.00      |
| 990204 MILK, CHOC FF<br>CARTON      | CARTON             | 65        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT<br>WHITE CARTON | CARTON             | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK<br>CARTON LF        | CARTON             | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average              |                    |           | 700                      | 2.95                   | 602                    | 41         | 17.52     | 0.00                    | 107.92   | 29.15     |
| % of Calories                       |                    |           |                          | 3.79%                  |                        | 23.4%      | 22.5%     | 0.0%                    | 61.7%    | 16.7%     |
| Weekly Nutrient Guideline           |                    |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Thursday - 10/25/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990267 NACHO'S ELEM                 | SERVING      | 100       | 382                      | 6.65                   | 454                    | 0          | 18.70     | 0.00                    | 42.03    | 11.36     |
| 990037 BEANS, REFRIED<br>1/2 CUP    | 1/2 CUP      | 65        | 120                      | 1.00                   | 540                    | 1          | 2.50      | 0.00                    | 18.00    | 6.00      |
| 990187 BANANAS,RAW                  | EACH         | 65        | 121                      | 0.15                   | 1                      | 17         | 0.45      | 0.00                    | 31.06    | 1.48      |
| 990200 JUICE, APPLE                 | 4 oz         | 60        | 60                       | 0.00                   | 10                     | 13         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990204 MILK, CHOC FF<br>CARTON      | CARTON       | 65        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT<br>WHITE CARTON | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK<br>CARTON LF        | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| 990154 SALSA, GREEN<br>CHILI        | 1/4 Cup      | 45        | 20                       | 0.00                   | 360                    | 2          | 0.00      | 0.00                    | 4.00     | 0.00      |
| Weighted Daily Average              |              |           | 695                      | 7.77                   | 1154                   | 38         | 21.24     | 0.00                    | 102.27   | 23.43     |
| % of Calories                       |              |           |                          | 10.06%                 |                        | 21.9%      | 27.5%     | 0.0%                    | 58.9%    | 13.5%     |
| Weekly Nutrient Guideline           |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Friday - 10/26/2018

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990359 BEEF HOT DOG<br>SANDWICH                         | SANDWICH     | 100       | 300                      | 0.00                   | 790                    | 5          | 18.50     | 0.00                    | 22.00    | 11.00     |
| 990151 JO JO'S, 1/2 C<br>SEASONED CRISP<br>SAVORY WEDGE | SERVING      | 65        | 148                      | 1.35                   | 850                    | 0          | 6.75      | 0.00                    | 21.60    | 1.35      |
| 990269 SALAD,<br>SPINACH,CRANBERRY,<br>MANDARIN         | 2 CUP        | 25        | 209                      | 0.47                   | 91                     | 30         | 6.04      | 0.00                    | 38.18    | 3.20      |



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990171 PEACHES DICED EXTRA LIGHT SYRUP | 1/2 CUP      | 65        | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990047 COOKIE, CHOC CHIP (BAKER BOY)   | COOKIE       | 80        | 110                      | 1.00                   | 70                     | 10         | 4.00      | 0.00                    | 18.00    | 2.00      |
| 990204 MILK, CHOC FF CARTON            | CARTON       | 60        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON       | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF              | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average                 |              |           | 681                      | 2.17                   | 1593                   | 45         | 28.22     | 0.00                    | 86.08    | 21.08     |
| % of Calories                          |              |           |                          | 2.87%                  |                        | 26.4%      | 37.3%     | 0.0%                    | 50.6%    | 12.4%     |
| Weekly Nutrient Guideline              |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

**Monday - 10/29/2018**

**Reimbursable Meal Total 100**

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990132 BEEF, SALISBURY STEAK LS                 | PATTY        | 100       | 157                      | 3.50                   | 313                    | 1          | 9.00      | 0.60                    | 5.00     | 14.00     |
| 990075 BUN, HAMBURGER                           | BUN          | 100       | 140                      | 0.00                   | 250                    | 5          | 2.00      | 0.00                    | 29.00    | 6.00      |
| 990085 CHEESE, SLICED CHEDDAR RS/RF             | SLICE        | 100       | 35                       | 1.25                   | 105                    | 0          | 2.00      | 0.00                    | 1.00     | 3.50      |
| 990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP | 3/4 Cup      | 100       | 20                       | 0.00                   | 175                    | 1          | 0.00      | 0.00                    | 3.74     | 1.24      |
| 990171 PEACHES DICED EXTRA LIGHT SYRUP          | 1/2 CUP      | 100       | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 14.00    | 0.00      |
| 990316 APPLES,RAW,WITH SKIN 163 CT.             | EACH         | 100       | 55                       | 0.03                   | 1                      | 11         | 0.18      | 0.00                    | 14.64    | 0.28      |
| 990204 MILK, CHOC FF CARTON                     | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990205 MILK,LOW FAT WHITE CARTON | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK CARTON LF        | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average           |              |           | 591                      | 5.16                   | 1052                   | 51         | 13.80     | 0.60                    | 87.83    | 33.02     |
| % of Calories                    |              |           |                          | 7.86%                  |                        | 34.5%      | 21.0%     | 0.9%                    | 59.4%    | 22.3%     |
| Weekly Nutrient Guideline        |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

Tuesday - 10/30/2018

Reimbursable Meal Total 100

|                                    | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990255 TERIYAKI MEATBALLS          | SERVINGS        | 100       | 209                      | 5.00                   | 491                    | 6          | 12.00     | 0.00                    | 9.72     | 13.00     |
| 990087 RICE, BROWN,                | 1/2 Cup, Prepar | 85        | 170                      | 0.00                   | 7                      | 0          | 1.50      | 0.00                    | 36.00    | 4.00      |
| 990271 BROCCOLI, RAW FRESH         | 3/4 CUP         | 85        | 22                       | 0.03                   | 22                     | 1          | 0.24      | 0.00                    | 4.38     | 1.86      |
| 990221 RANCH SALAD DRESSING @ 1 oz | OZ              | 75        | 52                       | 0.59                   | 163                    | 1          | 5.16      | 0.00                    | 0.81     | 0.50      |
| 990168 PINEAPPLE TIDBITS,NAT JUICE | 1/2 CUP         | 75        | 70                       | 0.00                   | 0                      | 13         | 0.00      | 0.00                    | 13.94    | 0.87      |
| 990225 RICE CRISPY TREAT WG        | PACKAGE         | 90        | 99                       | 0.99                   | 49                     | 7          | 2.47      | 0.00                    | 15.78    | 0.99      |
| 990204 MILK, CHOC FF CARTON        | CARTON          | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT WHITE CARTON   | CARTON          | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2018 thru Oct 31, 2018

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990207 UHT MILK<br>CARTON LF | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average       |              |           | 677                      | 6.73                   | 885                    | 43         | 20.19     | 0.00                    | 89.76    | 27.90     |
| % of Calories                |              |           |                          | 8.95%                  |                        | 25.4%      | 26.8%     | 0.0%                    | 53.0%    | 16.5%     |
| Weekly Nutrient Guideline    |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

### Wednesday - 10/31/2018

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Carb (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|----------|-----------|
| 990137 PIZZA, CHEESE<br>4X6 WG      | 4.5 OZ       | 100       | 300                      | 5.00                   | 440                    | 10         | 11.00     | 0.00                    | 33.00    | 16.00     |
| 990069 CORN KERNEL<br>1/2 C         | 1/2 CUP      | 100       | 65                       | 0.00                   | 15                     | 3          | 1.00      | 0.00                    | 15.00    | 2.00      |
| 990032 FRUITABLE ,<br>GOLD RUSH     | BOX          | 100       | 40                       | 0.00                   | 60                     | 8          | 0.00      | 0.00                    | 10.00    | 0.00      |
| 990177 MIXED FRUIT<br>COCKTAIL      | 1/2 CUP      | 100       | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 15.00    | 0.00      |
| 990204 MILK, CHOC FF<br>CARTON      | CARTON       | 85        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 23.00    | 8.00      |
| 990205 MILK,LOW FAT<br>WHITE CARTON | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 13.00    | 8.00      |
| 990207 UHT MILK<br>CARTON LF        | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12.00    | 8.00      |
| Weighted Daily Average              |              |           | 602                      | 5.38                   | 746                    | 55         | 12.62     | 0.00                    | 95.75    | 26.80     |
| % of Calories                       |              |           |                          | 8.04%                  |                        | 36.5%      | 18.9%     | 0.0%                    | 63.6%    | 17.8%     |
| Weekly Nutrient Guideline           |              |           | 600 - 700                | <10                    | 1360                   |            | <=0       |                         |          |           |

# Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Oct 1, 2018 thru Oct 31, 2018

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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

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

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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