

Base Menu Spreadsheet

Portion Values

Oct 1, 2018 thru Oct 31, 2018

Menu Name: (9-12) of K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 10/01/2018

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)	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	55	140	0.00	550	12	1.00	0.00	29.00	6.00
990155 POTATO, TATER TOTS	1/2 CUP	85	130	1.00	190	0	7.00	0.00	15.00	1.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	12	0.00	0.00	16.00	0.00
990239 JUICE, ORANGE	EACH	100	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			753	2.73	1202	53	18.19	0.00	113.90	37.07
% of Calories				3.26%		28.2%	21.7%	0.0%	60.5%	19.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			750 - 850	<10	1420		<=0			

Wednesday - 10/03/2018

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)	Carb (g)	Protn (g)
990251 CHICKEN, SWEET N SOUR	SERVING	100	150	1.50	160	7	6.00	0.00	9.00	13.00
990229 RICE, BROWN,	1 CUP	100	340	0.00	14	0	3.00	0.00	72.00	8.00
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	85	39	0.01	56	5	0.07	0.00	8.34	1.40

Base Menu Spreadsheet

Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990221 RANCH SALAD DRESSING @ 1 oz	OZ	85	52	0.59	163	1	5.16	0.00	0.81	0.50
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	85	70	0.00	0	13	0.00	0.00	13.94	0.87
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	85	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			844	2.39	563	63	14.07	0.00	144.88	31.36
% of Calories				2.55%		29.9%	15.0%	0.0%	68.7%	14.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 10/04/2018

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)	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
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	24.00	4.00
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	13.00	8.00
Weighted Daily Average			716	4.47	672	*52	13.17	*0.00	122.88	30.99
% of Calories				5.62%		*29.1%	16.6%	*0.0%	68.6%	17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 10/05/2018

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)	Carb (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35.00	21.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	80	209	0.47	91	30	6.04	0.00	38.18	3.20
990068 CORN KERNEL 3/4 C	3/4 CUP	80	98	0.00	22	4	1.50	0.00	22.50	3.00
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	80	51	0.00	2	11	0.00	0.00	14.00	0.00
990200 JUICE, APPLE	4 oz	80	60	0.00	10	13	0.00	0.00	14.00	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			827	7.83	788	74	22.78	0.00	125.84	33.96
% of Calories				8.52%		35.8%	24.8%	0.0%	60.9%	16.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 10/08/2018

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)	Carb (g)	Protn (g)
990139 MACARONI & CHEESE RF	CUP	100	435	9.00	1470	9	16.50	0.00	48.00	24.00
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	17.00	3.00
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	75	30	0.00	15	1	0.00	0.00	5.00	2.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	90	0.00	0	18	0.00	0.00	21.93	1.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	20	110	0.00	0	24	0.00	0.00	28.00	0.00
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
Weighted Daily Average			790	9.88	1755	53	19.12	0.00	115.68	37.45
% of Calories				11.26%		26.8%	21.8%	0.0%	58.6%	19.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	30.00	4.00
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	100	35	0.18	37	2	2.42	0.00	5.21	0.78
990161 APPLESAUCE, UNSWEETENED CANNED	1 Cup	100	102	0.00	4	22	0.00	0.00	28.00	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	14	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			728	4.78	1193	64	15.54	0.00	128.90	33.25
% of Calories				5.91%		35.2%	19.2%	0.0%	70.8%	18.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 10/10/2018

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)	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
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	95	135	0.00	555	0	2.25	0.00	24.00	3.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	95	24	0.00	55	3	0.00	0.00	5.77	0.45
990221 RANCH SALAD DRESSING @ 1 oz	OZ	95	52	0.59	163	1	5.16	0.00	0.81	0.50
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	18.10	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
990074 GOLDFISH WG CRACKER	PACKAGE	90	90	0.00	200	0	1.50	0.00	16.00	2.00
Weighted Daily Average			758	4.94	1631	42	20.46	0.60	107.62	30.55
% of Calories				5.87%		22.2%	24.3%	0.7%	56.8%	16.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 10/11/2018

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)	Carb (g)	Protn (g)
990326 TACO BOAT SECONDARY	EACH	100	374	7.49	697	4	18.26	0.00	37.86	22.18
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	100	120	1.00	540	1	2.50	0.00	18.00	6.00
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	100	47	0.00	0	9	0.26	0.00	11.52	0.52
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0.00	16.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	85	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	15	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			748	8.72	1816	49	21.39	0.00	108.88	36.70
% of Calories				10.49%		26.2%	25.7%	0.0%	58.2%	19.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 10/12/2018

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)	Carb (g)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	13.50	0.00	16.50	24.00
990229 RICE, BROWN,	1 CUP	85	340	0.00	14	0	3.00	0.00	72.00	8.00
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	95	32	0.00	280	2	0.00	0.00	5.99	1.99
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	26	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	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			844	2.64	957	46	16.70	0.00	130.61	40.77
% of Calories				2.82%		21.8%	17.8%	0.0%	61.9%	19.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 10/15/2018

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)	Carb (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	34.73	10.69
990216 PORK, SAUSAGE LINKS, COOKED	LINKS	90	100	3.00	170	0	7.00	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	60	258	1.98	377	0	13.89	0.00	29.76	1.98
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	60	90	0.00	0	18	0.00	0.00	21.93	1.00
990225 RICE CRISPY TREAT WG	PACKAGE	50	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	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			849	7.28	1081	63	28.26	0.00	119.58	27.27
% of Calories				7.72%		29.7%	30.0%	0.0%	56.3%	12.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 10/16/2018

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)	Carb (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	14.00	15.00
990229 RICE, BROWN,	1 CUP	95	340	0.00	14	0	3.00	0.00	72.00	8.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	95	55	0.01	27	7	0.27	0.00	12.43	1.56
990221 RANCH SALAD DRESSING @ 1 oz	OZ	95	52	0.59	163	1	5.16	0.00	0.81	0.50
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	95	139	0.00	0	26	0.00	0.00	27.89	1.74
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			829	1.87	816	66	11.00	0.00	142.48	34.22
% of Calories				2.03%		31.8%	11.9%	0.0%	68.7%	16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	5.99	1.99
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0.00	28.00	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	90	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	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			670	7.65	1289	69	14.25	0.00	101.99	28.99
% of Calories				10.28%		41.2%	19.1%	0.0%	60.9%	17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 10/18/2018

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)	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	18.10	0.00
990197 CARROTS, BABY FRESH	CUP (12 ea)	100	49	0.00	109	7	0.00	0.00	11.54	0.90
990221 RANCH SALAD DRESSING @ 1 oz	OZ	100	52	0.59	163	1	5.16	0.00	0.81	0.50
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			658	2.35	1070	62	11.89	0.08	109.15	28.01
% of Calories				3.21%		37.7%	16.3%	0.1%	66.4%	17.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 10/19/2018

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)	Carb (g)	Protn (g)
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	100	398	3.27	708	8	14.04	0.00	41.31	28.83
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	140	0.00	550	12	1.00	0.00	29.00	6.00
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	32.00	0.00
990032 FRUITABLE , GOLD RUSH	BOX	95	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

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			779	3.65	1379	67	15.42	0.00	123.86	40.93
% of Calories				4.22%		34.4%	17.8%	0.0%	63.6%	21.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 10/22/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990131 BEEF, RAVIOLI	CUP	100	250	3.50	690	6	8.00	0.00	30.00	16.00
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	24.00	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
990161 APPLESAUCE, UNSWEETENED CANNED	1 Cup	100	102	0.00	4	22	0.00	0.00	28.00	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	9	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2018 thru Oct 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	90	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			750	4.65	1278	74	13.25	0.00	135.73	29.24
% of Calories				5.58%		39.5%	15.9%	0.0%	72.4%	15.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 10/23/2018

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)	Carb (g)	Protn (g)
990253 CHEESEBURGER	SANDWICH	100	325	5.75	615	5	15.00	0.50	30.00	21.50
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	15.00	1.00
990195 CARROTS, BABY FRESH	SERVING	85	24	0.00	55	3	0.00	0.00	5.77	0.45
990221 RANCH SALAD DRESSING @ 1 oz	OZ	85	52	0.59	163	1	5.16	0.00	0.81	0.50
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	32.00	0.00
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	85	9	0.01	4	1	0.10	0.00	2.00	0.49
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			772	7.64	1206	53	27.09	0.50	104.74	31.72
% of Calories				8.91%		27.5%	31.6%	0.6%	54.3%	16.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 10/24/2018

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)	Carb (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	15.00	15.00
990087 RICE, BROWN, Prepar	1/2 Cup,	100	170	0.00	7	0	1.50	0.00	36.00	4.00
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	30.00	4.00
990167 MANDARIN ORANGE, CANNED	1 CUP	100	160	0.00	20	36	0.00	0.00	38.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	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	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			827	2.95	623	61	18.25	0.00	137.80	30.60
% of Calories				3.21%		29.5%	19.9%	0.0%	66.7%	14.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	44.39	16.39
990059 BEANS, REFRIED 1 CUP	1 CUP	65	240	2.00	1080	2	5.00	0.00	36.00	12.00
990187 BANANAS,RAW	EACH	65	121	0.15	1	17	0.45	0.00	31.06	1.48
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	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
990154 SALSA, GREEN CHILI	1/4 Cup	85	20	0.00	360	2	0.00	0.00	4.00	0.00
Weighted Daily Average			843	10.07	1770	40	26.24	0.00	118.63	32.35
% of Calories				10.75%		19.0%	28.0%	0.0%	56.3%	15.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 10/26/2018

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)	Carb (g)	Protn (g)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	22.00	11.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	95	148	1.35	850	0	6.75	0.00	21.60	1.35
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	65	209	0.47	91	30	6.04	0.00	38.18	3.20

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	13	0.00	0.00	14.00	0.00
990047 COOKIE, CHOC CHIP (BAKER BOY)	COOKIE	100	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			849	2.96	1901	63	33.46	0.00	115.63	23.16
% of Calories				3.14%		29.7%	35.5%	0.0%	54.5%	10.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 10/29/2018

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)	Carb (g)	Protn (g)
990360 SALISBURY CHEESEBURGER	EACH	100	332	4.75	668	6	13.00	0.60	35.00	23.50
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	5.99	1.99
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0.00	28.00	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
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			663	5.16	1162	64	13.80	0.60	104.08	33.77
% of Calories				7.00%		38.6%	18.7%	0.8%	62.8%	20.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 10/30/2018

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)	Carb (g)	Protn (g)
990255 TERIYAKI MEATBALLS	SERVINGS	100	209	5.00	491	6	12.00	0.00	9.72	13.00
990228 RICE, BROWN,	3/4 Cup, Prepar	80	255	0.00	11	0	2.25	0.00	54.00	6.00
990327 BROCCOLI, RAW FRESH	1 CUP	85	30	0.03	29	1	0.33	0.00	5.84	2.48
990221 RANCH SALAD DRESSING @ 1 oz	OZ	100	52	0.59	163	1	5.16	0.00	0.81	0.50
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	100	139	0.00	0	26	0.00	0.00	27.89	1.74
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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			843	6.89	934	60	22.08	0.00	121.23	31.04
% of Calories				7.36%		28.5%	23.6%	0.0%	57.5%	14.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 10/31/2018

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)	Carb (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35.00	21.00
990068 CORN KERNEL 3/4 C	3/4 CUP	100	98	0.00	22	4	1.50	0.00	22.50	3.00
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	10.00	0.00
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	18.10	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			704	7.38	782	55	18.12	0.00	106.05	32.00
% of Calories				9.43%		31.2%	23.2%	0.0%	60.3%	18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Oct 1, 2018 thru Oct 31, 2018

**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.*