

# Base Menu Spreadsheet

## Portion Values

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 11/05/2018

**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)	Fiber (g)	Protn (g)	Calcm (mg)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	30.00	5.00	10.00	150.0
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	85	223	2.02	1276	0	10.12	0.00	32.40	2.02	2.02	0.0
990040 BEANS GREEN, LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	85	16	0.00	140	1	0.00	0.00	3.00	1.99	0.99	20.0
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	13	0.00	0.00	14.00	1.00	0.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			651	5.60	1810	37	21.23	0.00	93.39	9.42	20.17	452.0
% of Calories				7.74%		22.7%	29.4%	0.0%	57.4%		12.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Tuesday - 11/06/2018

**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)	Fiber (g)	Protn (g)	Calcm (mg)
990317 PIZZA BURGER ON BUN SEC	SERVINGS	100	416	7.65	857	9	16.84	0.00	42.71	7.98	28.31	187.2

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	75	48	0.24	50	3	3.27	0.00	7.04	1.28	1.05	18.4
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0.0
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	75	55	0.03	1	11	0.18	0.00	14.64	2.50	0.28	10.0
990204 MILK, CHOC FF CARTON	CARTON	80	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			684	8.23	1114	52	20.05	0.00	96.56	12.81	37.71	523.4
% of Calories				10.83%		30.4%	26.4%	0.0%	56.5%		22.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Wednesday - 11/07/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	19.00	3.00	14.00	40.0
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	17.00	2.00	3.00	20.0
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	0.00	24.00	3.00	3.00	30.0
990198 GRAVY, CHICKEN	SERVING	65	23	0.00	132	1	0.47	0.00	3.76	0.00	0.00	0.0
990195 CARROTS, BABY FRESH	SERVING	20	24	0.00	55	3	0.00	0.00	5.77	2.03	0.45	22.4
990221 RANCH SALAD DRESSING @ 1 oz	OZ	20	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	18.8

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	25	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
990239 JUICE, ORANGE	EACH	50	50	0.00	0	12	0.00	0.00	13.00	0.00	0.00	10.0
Weighted Daily Average			697	7.87	1037	34	28.75	0.00	80.81	7.31	25.54	369.7
% of Calories				10.16%		19.5%	37.1%	0.0%	46.4%		14.7%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 11/08/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990292 CHICKEN PASTA BAKE	SERVINGS	100	253	4.28	747	3	8.03	0.00	23.57	1.72	22.11	258.9
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	3.75	1.50	1.50	30.0
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	100	51	0.00	2	11	0.00	0.00	14.00	1.00	0.00	0.0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	100	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			534	4.65	952	51	8.66	0.00	82.55	6.21	32.21	573.9
% of Calories				7.84%		38.2%	14.6%	0.0%	61.8%		24.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 11/09/2018

### 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)	Fiber (g)	Protn (g)	Calcm (mg)
990230 CHALUPA, BEEF N CHEESE	EACH	100	244	5.92	404	1	13.94	0.00	11.18	0.32	16.28	347.1
990058 BEANS, REFRIED 3/4 CUP	3/4 CUP	90	180	1.50	810	2	3.75	0.00	27.00	9.00	9.00	30.0
990177 MIXED FRUIT COCKTAIL	1/2 CUP	50	60	0.00	5	12	0.00	0.00	15.00	1.00	0.00	0.0
990187 BANANAS,RAW	EACH	50	121	0.15	1	17	0.45	0.00	31.06	3.54	1.48	6.8
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
990204 MILK, CHOC FF CARTON	CARTON	5	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990238 COOKIE, CHOC CHIP 2 EA	COOKIE	50	160	1.00	100	12	5.00	0.00	26.00	2.00	2.00	0.0
Weighted Daily Average			681	9.20	1307	34	22.29	0.00	84.16	11.69	33.72	662.5
% of Calories				12.16%		20.0%	29.5%	0.0%	49.4%		19.8%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

### Monday - 11/12/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	100	340	1.50	540	5	11.00	0.00	38.00	6.00	25.00	60.0
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	65	9	0.01	4	1	0.10	0.00	2.00	0.66	0.49	6.7
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	45	140	0.00	550	12	1.00	0.00	29.00	5.00	6.00	40.0
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	15.00	1.00	1.00	0.0
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0.0
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	13.00	0.00	0.00	10.0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			683	2.53	1108	45	16.69	0.00	100.25	10.63	36.27	373.9
% of Calories				3.33%		26.4%	22.0%	0.0%	58.7%		21.2%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Tuesday - 11/13/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	34.01	2.00	16.00	300.1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990210 DIPPING SAUCE - (4 OZ)	4 OZ	100	50	0.01	309	9	0.02	0.00	11.23	2.16	1.15	7.7
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	100	20	0.00	175	1	0.00	0.00	3.74	2.49	1.24	25.0
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	13	0.00	0.00	14.00	1.00	0.00	0.0
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	100	55	0.03	1	11	0.18	0.00	14.64	2.50	0.28	10.0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			603	6.41	1321	56	12.83	0.00	96.93	10.15	26.28	627.8
% of Calories				9.57%		37.1%	19.1%	0.0%	64.3%		17.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 11/14/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990251 CHICKEN, SWEET N SOUR	SERVING	100	150	1.50	160	7	6.00	0.00	9.00	0.00	13.00	0.0
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	95	170	0.00	7	0	1.50	0.00	36.00	2.00	4.00	7.1
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	95	35	0.02	38	4	0.09	0.00	7.27	2.53	1.57	34.4
990221 RANCH SALAD DRESSING @ 1 oz	OZ	95	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	18.8
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	95	70	0.00	0	13	0.00	0.00	13.94	0.87	0.87	17.4

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990044 JUICE BAR FROZEN, VERY BERRY	BAR	100	40	0.00	5	7	0.00	0.00	10.00	2.00	0.00	60.0
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			625	2.46	565	50	13.03	0.00	94.57	7.13	27.59	433.8
% of Calories				3.54%		32.0%	18.8%	0.0%	60.5%		17.7%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 11/15/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	100	307	3.09	258	*6	7.04	*0.00	44.71	5.09	15.88	50.2
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	12.00	1.00	2.00	0.0
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	6.02	3.01	3.01	30.1
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	15.00	1.00	0.00	0.0
990186 GRAPES FRESH	1/2 CUP	100	55	0.00	0	14	0.50	0.00	14.00	1.00	0.50	0.0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
Weighted Daily Average			646	3.97	577	*52	10.67	*0.00	110.88	11.10	28.99	365.3
% of Calories				5.53%		*32.2%	14.9%	*0.0%	68.7%		18.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 11/16/2018

### 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)	Fiber (g)	Protn (g)	Calcm (mg)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	33.00	4.00	16.00	0.0
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	45	209	0.47	91	30	6.04	0.00	38.18	3.83	3.20	110.9
990069 CORN KERNEL 1/2 C	1/2 CUP	80	65	0.00	15	3	1.00	0.00	15.00	2.00	2.00	0.0
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	85	51	0.00	2	11	0.00	0.00	14.00	1.00	0.00	0.0
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			663	5.66	700	65	15.27	0.00	105.88	8.17	27.04	349.9
% of Calories				7.68%		39.2%	20.7%	0.0%	63.9%		16.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

### Monday - 11/19/2018

### 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)	Fiber (g)	Protn (g)	Calcm (mg)
990138 MACARONI & CHEESE RF	2/3 CUP	100	290	6.00	980	6	11.00	0.00	32.00	1.00	16.00	400.0
990049 ROLL, DINNER WG	ROLL	85	100	0.50	70	2	2.00	0.00	17.00	2.00	3.00	20.0
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	85	22	0.00	11	1	0.00	0.00	3.75	1.50	1.50	30.0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0.0
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	50	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00	0.0
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
Weighted Daily Average			650	6.80	1253	55	13.32	0.00	102.78	7.17	28.67	742.5
% of Calories				9.42%		33.8%	18.4%	0.0%	63.2%		17.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Tuesday - 11/20/2018

### 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)	Fiber (g)	Protn (g)	Calcm (mg)
990332 SLOPPY JOE SECONDARY	4 OZ SERVINGS	100	334	4.37	908	13	10.75	0.00	44.21	7.90	20.47	60.9
990069 CORN KERNEL 1/2 C	1/2 CUP	100	65	0.00	15	3	1.00	0.00	15.00	2.00	2.00	0.0

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	100	35	0.18	37	2	2.42	0.00	5.21	0.94	0.78	13.6
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	100	51	0.00	2	11	0.00	0.00	14.00	1.00	0.00	0.0
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	15	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
Weighted Daily Average			613	4.79	1177	50	14.57	0.00	100.03	11.84	31.33	377.5
% of Calories				7.03%		32.6%	21.4%	0.0%	65.3%		20.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Wednesday - 11/21/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	15.00	3.00	15.00	0.0
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	17.00	2.00	3.00	20.0
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	2.00	20.0
990198 GRAVY, CHICKEN	SERVING	95	23	0.00	132	1	0.47	0.00	3.76	0.00	0.00	0.0
990195 CARROTS, BABY FRESH	SERVING	75	24	0.00	55	3	0.00	0.00	5.77	2.03	0.45	22.4
990221 RANCH SALAD DRESSING @ 1 oz	OZ	75	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	18.8
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	15.00	1.00	0.00	0.0

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			692	3.84	1298	37	22.39	0.00	89.08	9.27	28.69	372.9
% of Calories				4.99%		21.4%	29.1%	0.0%	51.5%		16.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 11/22/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990281 TACO BOAT ELEM	EACH	100	190	3.75	349	2	9.16	0.00	19.59	2.85	11.24	179.1
990281 TACO BOAT ELEM	EACH	100	190	3.75	349	2	9.16	0.00	19.59	2.85	11.24	179.1
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	65	120	1.00	540	1	2.50	0.00	18.00	6.00	6.00	20.0
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	85	47	0.00	0	9	0.26	0.00	11.52	1.57	0.52	31.4
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	70	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990154 SALSA, GREEN CHILI	1/4 Cup	100	20	0.00	360	2	0.00	0.00	4.00	2.00	0.00	0.0
Weighted Daily Average			685	8.53	1617	43	20.80	0.00	96.38	14.34	34.83	698.0
% of Calories				11.21%		25.1%	27.3%	0.0%	56.3%		20.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 11/23/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	13.50	0.00	16.50	1.50	24.00	0.0
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	100	170	0.00	7	0	1.50	0.00	36.00	2.00	4.00	7.1
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	100	20	0.00	175	1	0.00	0.00	3.74	2.49	1.24	25.0
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	13	0.00	0.00	14.00	1.00	0.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			661	2.64	857	34	15.65	0.00	90.86	6.99	37.32	335.1
% of Calories				3.59%		20.6%	21.3%	0.0%	55.0%		22.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Monday - 11/26/2018

Reimbursable Meal Total 100

# 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)	Fiber (g)	Protn (g)	Calcm (mg)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	26.07	2.00	8.02	59.2
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	80	100	3.00	170	0	7.00	0.00	0.00	0.00	7.00	0.0
990156 POTATO, TATER TOTS	3/4 CUP	55	193	1.49	283	0	10.42	0.00	22.32	1.49	1.49	0.0
990165 MANDARIN ORANGE, CANNED	1/2 CUP	55	80	0.00	10	18	0.00	0.00	19.00	0.00	0.00	0.0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	55	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0.0
990225 RICE CRISPY TREAT WG	PACKAGE	35	99	0.99	49	7	2.47	0.00	15.78	0.00	0.99	0.0
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990217 SRYUP CUP, LITE	CARTON	100	50	0.00	70	4	0.00	0.00	14.00	0.00	0.00	0.0
Weighted Daily Average			700	5.94	879	57	21.84	0.00	100.88	3.92	23.33	359.2
% of Calories				7.64%		32.6%	28.1%	0.0%	57.6%		13.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 11/27/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	14.00	0.00	15.00	20.0

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990087 RICE, BROWN,	1/2 Cup, Prepar	100	170	0.00	7	0	1.50	0.00	36.00	2.00	4.00	7.1
990220 SALAD, ROMAINE TOSSED	SERVINGS	100	55	0.01	27	7	0.27	0.00	12.43	2.84	1.56	32.9
990221 RANCH SALAD DRESSING @ 1 oz	OZ	100	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	18.8
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	100	70	0.00	0	13	0.00	0.00	13.94	0.87	0.87	17.4
990204 MILK, CHOC FF CARTON	CARTON	80	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			619	1.90	819	55	9.92	0.00	98.19	5.71	29.93	396.2
% of Calories				2.76%		35.5%	14.4%	0.0%	63.5%		19.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Wednesday - 11/28/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	100	480	9.00	1000	6	18.00	0.00	58.00	6.00	22.00	300.0
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	60	20	0.00	175	1	0.00	0.00	3.74	2.49	1.24	25.0
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	13	0.00	0.00	14.00	1.00	0.00	0.0
990199 JELLO, CHERRY	1/2 CUP	65	70	0.00	90	16	0.00	0.00	17.00	0.00	1.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			699	9.22	1379	45	18.38	0.00	101.10	8.10	31.40	615.0
% of Calories				11.87%		25.8%	23.7%	0.0%	57.9%		18.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Thursday - 11/29/2018

### 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)	Fiber (g)	Protn (g)	Calcm (mg)
990249 CHICKEN POT PIE	SERVING 1 CUP	100	188	0.84	517	4	3.88	0.08	22.15	2.96	15.25	26.4
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	17.00	2.00	3.00	20.0
990195 CARROTS, BABY FRESH	SERVING	100	24	0.00	55	3	0.00	0.00	5.77	2.03	0.45	22.4
990221 RANCH SALAD DRESSING @ 1 oz	OZ	100	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	18.8
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	15.00	1.00	0.00	0.0
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	19.06	3.31	0.36	8.3
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			621	2.35	1014	56	11.89	0.08	100.29	11.31	27.56	395.8
% of Calories				3.41%		36.1%	17.2%	0.1%	64.6%		17.8%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 11/30/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990263 PARMESAN CHICKEN SANDWICH ELEMENTARY	SANDWICH	100	438	4.27	878	9	18.04	0.00	47.31	6.54	23.83	205.7
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	29.00	5.00	6.00	40.0
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	45	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0.0
990032 FRUITABLE , GOLD RUSH	BOX	50	40	0.00	60	8	0.00	0.00	10.00	0.00	0.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			694	4.65	1460	44	19.32	0.00	97.66	10.69	35.33	516.7
% of Calories				6.03%		25.4%	25.1%	0.0%	56.3%		20.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					



# Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2018 thru Nov 30, 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.*