

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

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

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/05/2018

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)	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	100	223	2.02	1276	0	10.12	0.00	32.40	2.02	2.02	0.0
990065 BEANS GREEN, LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	5.99	3.99	1.99	40.0
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0.00	28.00	2.00	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			763	5.90	2167	51	22.75	0.00	115.69	13.01	21.61	475.0
% of Calories				6.96%		26.7%	26.8%	0.0%	60.7%		11.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 11/06/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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

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Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	100	48	0.24	50	3	3.27	0.00	7.04	1.28	1.05	18.4
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	32.00	4.00	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	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	15	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			764	8.22	1126	67	20.79	0.00	117.33	15.75	37.64	515.5
% of Calories				9.68%		35.1%	24.5%	0.0%	61.4%		19.7%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 11/07/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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	100	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	75	135	0.00	555	0	2.25	0.00	24.00	3.00	3.00	30.0
990198 GRAVY, CHICKEN	SERVING	75	23	0.00	132	1	0.47	0.00	3.76	0.00	0.00	0.0
990195 CARROTS, BABY FRESH	SERVING	60	24	0.00	55	3	0.00	0.00	5.77	2.03	0.45	22.4
990221 RANCH SALAD DRESSING @ 1 oz	OZ	60	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calcm (mg)
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	35	110	0.00	0	24	0.00	0.00	28.00	3.00	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
990239 JUICE, ORANGE	EACH	55	50	0.00	0	12	0.00	0.00	13.00	0.00	0.00	10.0
Weighted Daily Average			799	8.23	1227	40	31.76	0.00	97.02	9.52	27.42	397.7
% of Calories				9.27%		20.0%	35.8%	0.0%	48.6%		13.7%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 11/08/2018

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)	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
990160 APPLESAUCE, UNSWEETENED CANNED	3/4 CUP	100	76	0.00	3	16	0.00	0.00	21.00	1.50	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			559	4.65	953	56	8.66	0.00	89.55	6.71	32.21	573.9
% of Calories				7.49%		40.1%	13.9%	0.0%	64.1%		23.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 11/09/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990219 CHALUPA	EACH	100	244	5.92	404	1	13.94	0.00	11.18	0.32	16.28	347.1
990059 BEANS, REFRIED 1 CUP	1 CUP	85	240	2.00	1080	2	5.00	0.00	36.00	12.00	12.00	40.0
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
990187 BANANAS,RAW	EACH	60	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	100	160	1.00	100	12	5.00	0.00	26.00	2.00	2.00	0.0
Weighted Daily Average			845	10.06	1549	48	25.71	0.00	114.07	15.64	36.97	670.2
% of Calories				10.71%		22.7%	27.4%	0.0%	54.0%		17.5%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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	55	140	0.00	550	12	1.00	0.00	29.00	5.00	6.00	40.0
990155 POTATO, TATER TOTS	1/2 CUP	85	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	85	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0.0
990239 JUICE, ORANGE	EACH	100	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			753	2.73	1202	53	18.19	0.00	113.90	11.73	37.07	381.4
% of Calories				3.26%		28.2%	21.7%	0.0%	60.5%		19.7%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 11/13/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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

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Nov 1, 2018 thru Nov 30, 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)	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			750 - 850	<10	1420		<=0					

Wednesday - 11/14/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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
990229 RICE, BROWN,	1 CUP	100	340	0.00	14	0	3.00	0.00	72.00	4.00	8.00	14.2
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	85	39	0.01	56	5	0.07	0.00	8.34	2.91	1.40	37.0
990221 RANCH SALAD DRESSING @ 1 oz	OZ	85	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	18.8
990169 PINEAPPLE TIDBITS,NAT JUICE	3/4 CUP	100	105	0.00	0	20	0.00	0.00	20.91	1.31	1.31	26.1

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Nov 1, 2018 thru Nov 30, 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)	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			836	2.39	568	58	14.07	0.00	140.14	9.78	31.92	447.8
% of Calories				2.57%		27.8%	15.1%	0.0%	67.1%		15.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 11/15/2018

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)	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
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	24.00	2.00	4.00	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

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Portion Values

Nov 1, 2018 thru Nov 30, 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)	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			716	4.47	672	*52	13.17	*0.00	122.88	12.10	30.99	365.3
% of Calories				5.62%		*29.1%	16.6%	*0.0%	68.6%		17.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 11/16/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35.00	3.00	21.00	0.0
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	80	209	0.47	91	30	6.04	0.00	38.18	3.83	3.20	110.9
990068 CORN KERNEL 3/4 C	3/4 CUP	100	98	0.00	22	4	1.50	0.00	22.50	3.00	3.00	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	80	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			849	7.83	792	76	23.08	0.00	131.04	9.91	34.56	388.7
% of Calories				8.30%		35.8%	24.5%	0.0%	61.7%		16.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calcm (mg)
990139 MACARONI & CHEESE RF	CUP	100	435	9.00	1470	9	16.50	0.00	48.00	1.50	24.00	600.0
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	17.00	2.00	3.00	20.0
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	5.00	2.00	2.00	40.0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0.0
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	65	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			847	9.88	1759	64	19.12	0.00	129.53	9.34	37.95	960.0
% of Calories				10.50%		30.2%	20.3%	0.0%	61.2%		17.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 11/20/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	30.00	4.00	4.00	0.0

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 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)	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
990161 APPLESAUCE, UNSWEETENED CANNED	1 Cup	100	102	0.00	4	22	0.00	0.00	28.00	2.00	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	14	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			728	4.78	1193	64	15.54	0.00	128.90	14.84	33.25	374.5
% of Calories				5.91%		35.2%	19.2%	0.0%	70.8%		18.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 11/21/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	100	135	0.00	555	0	2.25	0.00	24.00	3.00	3.00	30.0
990198 GRAVY, CHICKEN	SERVING	100	23	0.00	132	1	0.47	0.00	3.76	0.00	0.00	0.0
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
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	18.10	1.21	0.00	0.0

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 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)	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
Weighted Daily Average			782	3.97	1563	42	24.50	0.00	104.93	11.24	29.95	391.2
% of Calories				4.57%		21.5%	28.2%	0.0%	53.7%		15.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 11/22/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990326 TACO BOAT SECONDARY	EACH	100	374	7.49	697	4	18.26	0.00	37.86	5.29	22.18	354.8
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	50	120	1.00	540	1	2.50	0.00	18.00	6.00	6.00	20.0
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	95	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	85	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			675	8.37	1535	45	20.38	0.00	95.90	13.48	33.68	694.7
% of Calories				11.16%		26.7%	27.2%	0.0%	56.8%		20.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 11/23/2018

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)	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
990229 RICE, BROWN,	1 CUP	100	340	0.00	14	0	3.00	0.00	72.00	4.00	8.00	14.2
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	5.99	3.99	1.99	40.0
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0.00	28.00	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	1	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0
Weighted Daily Average			903	2.64	974	48	17.15	0.00	143.11	11.49	42.07	357.2
% of Calories				2.63%		21.3%	17.1%	0.0%	63.4%		18.6%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 11/26/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 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)	Fiber (g)	Protn (g)	Calcm (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	34.73	2.67	10.69	78.8
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	90	100	3.00	170	0	7.00	0.00	0.00	0.00	7.00	0.0
990157 POTATO, TATER TOTS	1 CUP	60	258	1.98	377	0	13.89	0.00	29.76	1.98	1.98	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	60	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0.0
990225 RICE CRISPY TREAT WG	PACKAGE	50	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	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
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			849	7.28	1081	63	28.26	0.00	119.58	5.06	27.27	378.8
% of Calories				7.72%		29.7%	30.0%	0.0%	56.3%		12.8%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 11/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calcm (mg)
990229 RICE, BROWN,	1 CUP	100	340	0.00	14	0	3.00	0.00	72.00	4.00	8.00	14.2
990220 SALAD, ROMAINE TOSSED	SERVINGS	95	55	0.01	27	7	0.27	0.00	12.43	2.84	1.56	32.9
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
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	95	139	0.00	0	26	0.00	0.00	27.89	1.74	1.74	34.9
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			846	1.87	817	66	11.15	0.00	146.08	8.35	34.62	416.4
% of Calories				1.99%		31.2%	11.9%	0.0%	69.1%		16.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 11/28/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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
990067 CORN KERNEL 1 C	1 CUP	75	130	0.00	30	6	2.00	0.00	30.00	4.00	4.00	0.0
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	75	120	0.00	10	26	0.00	0.00	28.00	2.00	0.00	0.0
990199 JELLO, CHERRY	1/2 CUP	75	70	0.00	90	16	0.00	0.00	17.00	0.00	1.00	0.0
990204 MILK, CHOC FF CARTON	CARTON	90	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calcm (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	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			848	9.15	1317	63	19.75	0.00	136.25	10.50	33.75	600.0
% of Calories				9.71%		29.7%	21.0%	0.0%	64.3%		15.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 11/29/2018

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)	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
990196 CARROTS, BABY FRESH	3/4 CUP	100	37	0.00	82	5	0.00	0.00	8.65	3.04	0.67	33.6
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
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	18.10	1.21	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			646	2.35	1043	61	11.89	0.08	106.27	12.53	27.78	407.0
% of Calories				3.27%		37.8%	16.6%	0.1%	65.8%		17.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 11/30/2018

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)	Fiber (g)	Protn (g)	Calcm (mg)
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	100	398	3.27	708	8	14.04	0.00	41.31	6.54	28.83	165.7
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	100	140	0.00	550	12	1.00	0.00	29.00	5.00	6.00	40.0
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	32.00	4.00	0.00	0.0
990032 FRUITABLE , GOLD RUSH	BOX	85	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			810	3.65	1511	69	15.67	0.00	130.11	15.54	42.43	490.7
% of Calories				4.06%		34.1%	17.4%	0.0%	64.3%		21.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2018 thru Nov 30, 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.