

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

**Menu Name:** 6-8 of HS 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	50	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990253 CHEESEBURGER	SANDWICH	50	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			683	5.68	947	*59	19.45	0.25	58	101.77	11.49	28.53
% of Calories				7.48%		*34.6%	25.6%	0.3%		59.6%		16.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Tuesday - 11/06/2018

**Reimbursable Meal Total 100**

# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990256 PIZZA BURGER ON BUN ELEM	SERVINGS	60	321	4.87	661	8	11.50	0.00	47	38.75	6.50	20.51
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	40	398	3.27	708	8	14.04	0.00	53	41.31	6.54	28.83
990156 POTATO, TATER TOTS	3/4 CUP	60	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	40	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			693	5.86	1158	*38	21.96	0.00	58	91.77	10.95	34.98
% of Calories				7.61%		*21.9%	28.5%	0.0%		53.0%		20.2%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	45	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990257 WRAP, VEGGIE	WRAP	10	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86

# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	55	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING	55	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990277 FRUIT BAR	EACH	35	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	35	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	4	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			700	6.01	1178	*31	25.62	0.00	56	82.75	8.83	32.49
% of Calories				7.73%		*17.7%	32.9%	0.0%		47.3%		18.6%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990292 CHICKEN PASTA BAKE	SERVINGS	55	253	4.28	747	3	8.03	0.00	54	23.57	1.72	22.11
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	20	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	95	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76

# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990276 VEGETABLE/ SALAD BAR	SERVINGS	70	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			686	6.45	1095	*60	17.22	0.00	58	99.97	8.22	33.29
% of Calories				8.46%		*35.0%	22.6%	0.0%		58.3%		19.4%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990230 CHALUPA, BEEF N CHEESE	EACH	75	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28
990320 MEATBALL MARINARA HOAGIE	EACH	25	473	10.34	771	7	24.77	0.00	50	36.94	3.91	25.24
990087 RICE, BROWN,	1/2 Cup, Prepar	25	170	0.00	7	0	1.50	0.00	0	36.00	2.00	4.00
990277 FRUIT BAR	EACH	50	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990047 COOKIE, CHOC CHIP (BAKER BOY)	COOKIE	65	110	1.00	70	10	4.00	0.00	15	18.00	1.00	2.00
Weighted Daily Average			652	8.45	866	*40	23.12	0.00	64	79.09	6.33	31.35
% of Calories				11.66%		*24.5%	31.9%	0.0%		48.5%		19.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	65	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00
990141 PIZZA STICK, PEPPERONI WG	2 STICK	35	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	45	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	60	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			697	4.93	1068	*49	17.74	0.00	56	101.54	11.23	34.91
% of Calories				6.37%		*28.1%	22.9%	0.0%		58.3%		20.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

# Base Menu Spreadsheet

Portion Values

**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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	50	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	50	50	0.01	309	9	0.02	0.00	0	11.23	2.16	1.15
990123 BEEF, HOT DOG 6"	EACH	50	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00
990076 BUN, HOT DOG	BUN	50	110	0.00	190	4	1.50	0.00	0	21.00	2.00	4.00
990225 RICE CRISPY TREAT WG	PACKAGE	80	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	70	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			695	4.74	1301	*51	22.24	0.00	43	96.60	9.01	26.74
% of Calories				6.14%		*29.4%	28.8%	0.0%		55.6%		15.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

**Wednesday - 11/14/2018**

**Reimbursable Meal Total 100**

# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990311 CHICKEN, SWEET N SOUR W/ RICE SEC	SERVING	50	490	1.50	174	7	9.00	0.00	9	81.00	4.00	21.00
990087 RICE, BROWN,	1/2 Cup, Prepar	30	170	0.00	7	0	1.50	0.00	0	36.00	2.00	4.00
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	50	358	5.44	1224	5	14.11	0.00	48	33.40	3.19	26.55
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	35	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			692	4.17	996	*36	14.91	0.00	37	105.65	7.46	34.99
% of Calories				5.42%		*20.8%	19.4%	0.0%		61.1%		20.2%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	50	307	3.09	258	*6	7.04	*0.00	34	44.71	5.09	15.88
990072 GARLIC TOAST	SLICE	35	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	45	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00
990288 PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	5	539	7.09	890	8	28.53	0.00	25	55.28	13.26	21.07

# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990277 FRUIT BAR	EACH	60	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	60	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			696	4.64	896	*49	17.42	*0.00	55	101.75	11.34	34.96
% of Calories				6.00%		*28.2%	22.5%	*0.0%		58.5%		20.1%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	65	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990111 PORK, BBQ RIB PATTY	PATTY	25	250	6.00	690	8	17.00	0.00	50	10.00	1.00	13.00
990075 BUN, HAMBURGER	BUN	25	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	45	223	2.02	1276	0	10.12	0.00	0	32.40	2.02	2.02
990277 FRUIT BAR	EACH	60	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78



# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			698	7.80	1477	*43	23.81	0.00	45	92.14	8.67	30.39
% of Calories				10.06%		*24.6%	30.7%	0.0%		52.8%		17.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

**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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990139 MACARONI & CHEESE RF	CUP	35	435	9.00	1470	9	16.50	0.00	45	48.00	1.50	24.00
990049 ROLL, DINNER WG	ROLL	15	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	65	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990156 POTATO, TATER TOTS	3/4 CUP	35	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	30	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	40	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	60	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			701	6.84	1387	*34	22.49	0.00	64	85.98	8.33	39.69
% of Calories				8.78%		*19.4%	28.9%	0.0%		49.1%		22.6%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990332 SLOPPY JOE SECONDARY	4 OZ SERVINGS	55	334	4.37	908	13	10.75	0.00	48	44.21	7.90	20.47
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	45	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	45	50	0.01	309	9	0.02	0.00	0	11.23	2.16	1.15
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			699	6.92	1392	*58	18.01	0.00	57	103.75	12.56	35.53
% of Calories				8.91%		*33.2%	23.2%	0.0%		59.4%		20.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

### 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990132 BEEF, SALISBURY STEAK LS	PATTY	40	157	3.50	313	1	9.00	0.60	43	5.00	1.00	14.00
990049 ROLL, DINNER WG	ROLL	40	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990230 CHALUPA, BEEF N CHEESE	EACH	60	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	95	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING	95	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990334 COOKIE, CHOC CHIP 2 EA	COOKIE	95	55	0.50	35	5	2.00	0.00	8	9.00	0.50	1.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	35	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			690	6.33	1376	*41	20.21	0.24	59	93.18	8.57	30.53
% of Calories				8.26%		*23.8%	26.4%	0.3%		54.0%		17.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990050 FRENCH TOAST STICKS	3 STICKS	50	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990120 CHICKEN, CORN PUPS	6 EACH	50	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	45	223	2.02	1276	0	10.12	0.00	0	32.40	2.02	2.02
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990225 RICE CRISPY TREAT WG	PACKAGE	50	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	24	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990217 SRYUP CUP, LITE	CARTON	50	50	0.00	70	4	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			698	6.35	1398	*45	23.16	0.00	94	97.54	8.22	24.41
% of Calories				8.19%		*25.8%	29.9%	0.0%		55.9%		14.0%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	45	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00

# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990283 MEATBALL MARINARA SUB	EACH	55	473	10.84	801	5	27.27	0.00	50	34.94	2.91	24.24
990228 RICE, BROWN,	3/4 Cup, Prepar	45	255	0.00	11	0	2.25	0.00	0	54.00	3.00	6.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			742	7.39	1058	*46	22.87	0.00	62	100.93	9.55	34.94
% of Calories				8.96%		*24.8%	27.7%	0.0%		54.4%		18.8%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	35	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	50	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63
990257 WRAP, VEGGIE	WRAP	10	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86
990199 JELLO, CHERRY	1/2 CUP	65	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76

# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			693	8.25	1580	*46	19.43	0.00	60	97.04	8.32	32.24
% of Calories				10.71%		*26.6%	25.2%	0.0%		56.0%		18.6%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990249 CHICKEN POT PIE	SERVING 1 CUP	50	188	0.84	517	4	3.88	0.08	40	22.15	2.96	15.25
990072 GARLIC TOAST	SLICE	50	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	50	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	85	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

# 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			700	5.50	1259	*61	16.11	0.04	52	108.43	11.54	32.04
% of Calories				7.07%		*34.9%	20.7%	0.1%		62.0%		18.3%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	45	398	3.27	708	8	14.04	0.00	53	41.31	6.54	28.83
990297 FRENCH DIP	SANDWICH	55	260	2.00	1360	3	8.00	0.00	35	30.00	2.00	20.00
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	55	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			697	4.27	1593	*38	21.17	0.00	52	93.04	9.39	35.75
% of Calories				5.51%		*21.8%	27.3%	0.0%		53.4%		20.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

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

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

*<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.*