

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

Menu Name: HS 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	35	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990253 CHEESEBURGER	SANDWICH	35	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990248 WRAP, CHICKEN BACON RANCH	WRAP	40	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	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	65	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			794	8.28	1468	*49	29.87	0.18	77	97.66	9.34	36.20
% of Calories				9.39%		*24.7%	33.9%	0.2%		49.2%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 11/06/2018

Reimbursable Meal Total 100

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990256 PIZZA BURGER ON BUN ELEM	SERVINGS	45	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
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	15	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63
990156 POTATO, TATER TOTS	3/4 CUP	75	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
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	65	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			785	6.57	1392	*43	25.24	0.00	62	104.86	12.59	36.87
% of Calories				7.53%		*21.9%	28.9%	0.0%		53.4%		18.8%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	25	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990227 CHICKEN STRIPS, BREADED	3 EA	35	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

Base Menu Spreadsheet

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990322 BBQ BEEF HOAGIE	HOAGIE	30	264	1.00	1175	8	4.17	0.00	23	39.50	3.00	16.33
990257 WRAP, VEGGIE	WRAP	10	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	65	180	0.00	741	0	3.00	0.00	0	32.00	4.00	4.00
990198 GRAVY, CHICKEN	SERVING	65	23	0.00	132	1	0.47	0.00	0	3.76	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	65	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			799	4.91	1694	*41	23.33	0.00	51	110.28	12.47	34.88
% of Calories				5.53%		*20.5%	26.3%	0.0%		55.2%		17.5%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990292 CHICKEN PASTA BAKE	SERVINGS	35	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

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990306 SALAD, CHEF	SALAD	20	430	6.23	1219	8	22.40	0.00	56	37.86	5.87	24.13
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	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	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			734	6.88	1203	*63	20.40	0.00	59	105.00	9.48	33.97
% of Calories				8.44%		*34.3%	25.0%	0.0%		57.2%		18.5%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990230 CHALUPA, BEEF N CHEESE	EACH	50	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
990134 CHICKEN, TERIYAKI	2.85 OZ	25	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	35	170	0.00	7	0	1.50	0.00	0	36.00	2.00	4.00
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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	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
990238 COOKIE, CHOC CHIP 2 EA	COOKIE	85	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00
Weighted Daily Average			847	8.30	1007	*57	26.59	0.00	74	115.52	9.32	33.73
% of Calories				8.82%		*26.9%	28.3%	0.0%		54.6%		15.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	45	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00
990141 PIZZA STICK, PEPPERONI WG	2 STICK	45	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990303 CLUB SUB	SANDWICH	10	263	2.16	815	3	7.19	0.00	36	31.50	2.66	20.11
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	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	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

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			832	6.07	1255	*67	20.29	0.00	58	128.46	13.71	36.42
% of Calories				6.57%		*32.2%	21.9%	0.0%		61.8%		17.5%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	20	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	20	50	0.01	309	9	0.02	0.00	0	11.23	2.16	1.15
990123 BEEF, HOT DOG 6"	EACH	20	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00
990076 BUN, HOT DOG	BUN	20	110	0.00	190	4	1.50	0.00	0	21.00	2.00	4.00
990266 NACHO'S SEC	SERVING	60	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39
990225 RICE CRISPY TREAT WG	PACKAGE	95	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
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	95	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

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)	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
Weighted Daily Average			840	8.24	1201	*54	28.22	0.00	53	116.28	13.05	29.66
% of Calories				8.83%		*25.7%	30.2%	0.0%		55.4%		14.1%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990311 CHICKEN, SWEET N SOUR W/ RICE SEC	SERVING	35	490	1.50	174	7	9.00	0.00	9	81.00	4.00	21.00
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	30	358	5.44	1224	5	14.11	0.00	48	33.40	3.19	26.55
990130 CHICKEN, POPCORN WG	3.3 OZ	35	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	65	170	0.00	7	0	1.50	0.00	0	36.00	2.00	4.00
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	95	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

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			828	4.16	1027	*48	19.78	0.00	38	128.18	12.75	36.42
% of Calories				4.52%		*23.2%	21.5%	0.0%		61.9%		17.6%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	35	307	3.09	258	*6	7.04	*0.00	34	44.71	5.09	15.88
990073 GARLIC TOAST -2	2 OZ	35	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	45	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	10	322	6.10	994	7	16.25	0.00	72	22.22	6.43	23.57
990288 PITA, VEGGIE W/CUCUMBER SAUCE	PITA POCKET	10	539	7.09	890	8	28.53	0.00	25	55.28	13.26	21.07
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
990200 JUICE, APPLE	4 oz	95	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

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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)	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			821	5.50	1107	*61	21.84	*0.00	60	121.84	14.64	38.15
% of Calories				6.03%		*29.7%	23.9%	*0.0%		59.4%		18.6%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	55	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990111 PORK, BBQ RIB PATTY	PATTY	35	250	6.00	690	8	17.00	0.00	50	10.00	1.00	13.00
990075 BUN, HAMBURGER	BUN	35	140	0.00	250	5	2.00	0.00	0	29.00	3.00	6.00
990324 TURKEY, HAM, & CHEESE CIABATTA	SANDWICH	10	250	2.00	730	3	6.25	0.00	35	32.50	3.00	18.50
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	80	223	2.02	1276	0	10.12	0.00	0	32.40	2.02	2.02
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	65	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

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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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			822	8.68	2070	*46	28.88	0.00	51	110.20	10.47	33.27
% of Calories				9.50%		*22.4%	31.6%	0.0%		53.6%		16.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990139 MACARONI & CHEESE RF	CUP	30	435	9.00	1470	9	16.50	0.00	45	48.00	1.50	24.00
990049 ROLL, DINNER WG	ROLL	30	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	60	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990278 WRAP, GREEK TURKEY	WRAP	10	350	1.54	1068	8	5.31	0.00	31	46.14	1.58	28.98
990156 POTATO, TATER TOTS	3/4 CUP	70	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
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	75	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

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			849	7.06	1602	*41	27.26	0.00	64	109.09	11.45	42.63
% of Calories				7.48%		*19.3%	28.9%	0.0%		51.4%		20.1%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990332 SLOPPY JOE SECONDARY	4 OZ SERVINGS	45	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)	40	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	40	50	0.01	309	9	0.02	0.00	0	11.23	2.16	1.15
990352 CHEESEBURGER	SANDWICH	25	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	100	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

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			784	7.42	1477	*64	20.85	0.00	64	115.42	14.43	39.39
% of Calories				8.52%		*32.7%	23.9%	0.0%		58.9%		20.1%
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)	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	25	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	35	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
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
990238 COOKIE, CHOC CHIP 2 EA	COOKIE	60	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00
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	45	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

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			846	7.43	1433	*47	27.77	0.24	63	113.47	10.84	31.03
% of Calories				7.90%		*22.2%	29.5%	0.3%		53.7%		14.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 11/26/2018

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	60	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	60	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990120 CHICKEN, CORN PUPS	6 EACH	25	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990303 CLUB SUB	SANDWICH	15	263	2.16	815	3	7.19	0.00	36	31.50	2.66	20.11
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
990276 VEGETABLE/ SALAD BAR	SERVINGS	70	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990225 RICE CRISPY TREAT WG	PACKAGE	75	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

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990217 SRYUP CUP, LITE	CARTON	60	50	0.00	70	4	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			848	7.13	1611	*59	26.82	0.00	125	122.60	10.54	29.77
% of Calories				7.57%		*27.8%	28.5%	0.0%		57.8%		14.0%
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)	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
990283 MEATBALL MARINARA SUB	EACH	45	473	10.84	801	5	27.27	0.00	50	34.94	2.91	24.24
990248 WRAP, CHICKEN BACON RANCH	WRAP	10	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
990229 RICE, BROWN,	1 CUP	45	340	0.00	14	0	3.00	0.00	0	72.00	4.00	8.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	95	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

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)	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			846	7.41	1191	*52	25.08	0.00	67	119.99	11.41	37.51
% of Calories				7.88%		*24.6%	26.7%	0.0%		56.7%		17.7%
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)	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	25	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63
990319 PHILLY STEAK CIABATTA	SANDWICH	30	358	5.44	1154	6	13.61	0.00	48	36.40	4.19	25.55
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	95	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
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	95	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

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)	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			848	8.51	1723	*64	23.33	0.00	62	124.82	13.10	37.32
% of Calories				9.03%		*30.2%	24.8%	0.0%		58.9%		17.6%
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990249 CHICKEN POT PIE	SERVING 1 CUP	45	188	0.84	517	4	3.88	0.08	40	22.15	2.96	15.25
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	45	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	10	607	9.07	1188	7	28.47	0.00	72	60.82	10.94	27.57
990073 GARLIC TOAST -2	2 OZ	55	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78
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	95	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			843	6.49	1438	*68	21.25	0.04	57	131.04	14.95	35.65
% of Calories				6.93%		*32.3%	22.7%	0.0%		62.2%		16.9%
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)	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	35	260	2.00	1360	3	8.00	0.00	35	30.00	2.00	20.00
990295 WRAP, HAM N CHEESE	WRAP	20	431	10.01	2045	4	18.63	0.00	70	40.16	0.86	25.60
990156 POTATO, TATER TOTS	3/4 CUP	75	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
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	65	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

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)	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			782	6.13	1799	*41	25.23	0.00	60	102.55	10.43	37.81
% of Calories				7.05%		*21.0%	29.0%	0.0%		52.5%		19.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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*

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.