

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

Menu Name: HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990298 FRENCH DIP	SANDWICH	40	288	3.50	1282	3	10.33	0.00	39	30.00	2.00	21.67
990359 BEEF HOT DOG SANDWICH	SANDWICH	15	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	95	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
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			836	5.04	1565	*50	25.81	0.00	68	115.11	11.58	36.82
% of Calories				5.43%		*23.9%	27.8%	0.0%		55.1%		17.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

Tuesday - 12/04/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990253 CHEESEBURGER	SANDWICH	25	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990141 PIZZA STICK, PEPPERONI WG	2 STICK	25	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990266 NACHO'S SEC	SERVING	40	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39
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
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	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
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	9.67	1298	*39	31.93	0.12	57	109.04	12.63	32.18
% of Calories				10.29%		*18.4%	34.0%	0.1%		51.6%		15.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 12/05/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	40	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990049 ROLL, DINNER WG	ROLL	40	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990304 SWISS BACON BURGER	SANDWICH	40	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00
990299 PITA, GYRO	PITA POCKET	20	301	1.75	1203	7	8.62	0.00	38	36.94	5.51	21.40
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
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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			838	7.04	1725	*44	27.22	0.20	58	112.43	13.50	35.68
% of Calories				7.56%		*21.0%	29.2%	0.2%		53.7%		17.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 12/06/2018

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	40	307	3.09	258	*6	7.04	*0.00	34	44.71	5.09	15.88

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	45	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990306 SALAD, CHEF	SALAD	15	430	6.23	1219	8	22.40	0.00	56	37.86	5.87	24.13
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			845	5.76	1234	*49	23.61	*0.00	60	124.42	15.11	40.72
% of Calories				6.13%		*23.2%	25.1%	*0.0%		58.9%		19.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 12/07/2018

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)
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
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990283 MEATBALL MARINARA SUB	EACH	40	473	10.84	801	5	27.27	0.00	50	34.94	2.91	24.24
990278 WRAP, GREEK TURKEY	WRAP	15	350	1.54	1068	8	5.31	0.00	31	46.14	1.58	28.98

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
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
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	8.84	1224	*63	26.03	0.00	54	111.16	10.79	36.55
% of Calories				9.69%		*30.7%	28.5%	0.0%		54.2%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 12/10/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	45	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	45	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	10	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	85	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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			835	6.28	1324	*46	28.66	0.00	63	110.60	13.69	34.68
% of Calories				6.77%		*22.0%	30.9%	0.0%		53.0%		16.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 12/11/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990317 PIZZA BURGER ON BUN SEC	SERVINGS	25	416	7.65	857	9	16.84	0.00	73	42.71	7.98	28.31
990139 MACARONI & CHEESE RF	CUP	45	435	9.00	1470	9	16.50	0.00	45	48.00	1.50	24.00
990072 GARLIC TOAST	SLICE	45	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	30	358	5.44	1224	5	14.11	0.00	48	33.40	3.19	26.55
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

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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			790	8.95	1746	*51	23.52	0.00	65	108.86	12.12	40.00
% of Calories				10.20%		*25.8%	26.8%	0.0%		55.1%		20.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 12/12/2018

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)
990134 CHICKEN, TERIYAKI	2.85 OZ	25	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990251 CHICKEN, SWEET N SOUR	SERVING	25	150	1.50	160	7	6.00	0.00	9	9.00	0.00	13.00
990229 RICE, BROWN,	1 Cup, Prepar	55	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990303 CLUB SUB	SANDWICH	30	263	2.16	815	3	7.19	0.00	36	31.50	2.66	20.11
990257 WRAP, VEGGIE	WRAP	20	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86
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	85	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

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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			691	3.97	1041	*48	17.32	0.00	42	104.18	11.10	31.76
% of Calories				5.17%		*27.8%	22.6%	0.0%		60.3%		18.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 12/13/2018

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)
990246 COTTAGE PIE	SERVINGS	25	362	3.76	1439	2	38.32	0.00	41	48.69	5.54	14.39
990253 CHEESEBURGER	SANDWICH	50	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	25	607	9.07	1188	7	28.47	0.00	72	60.82	10.94	27.57
990336 ROLL, DINNER WHITE WG @2	ROLLS	25	140	0.50	250	3	2.00	0.00	0	26.00	2.00	4.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990350 GRAVY, BEEF LS	2 oz servings	65	18	0.00	128	0	4.51	0.00	0	3.61	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	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

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Portion Values

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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			842	7.19	1876	*44	34.40	0.25	65	119.30	14.42	36.34
% of Calories				7.69%		*20.9%	36.8%	0.3%		56.7%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 12/14/2018

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)
990230 CHALUPA, BEEF N CHEESE	EACH	25	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28
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
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	65	173	1.33	400	0	6.00	0.00	0	28.02	4.00	2.67
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76
990366 COOKIE, CHOC CHIP (OTIS SPUNKMEYER)2 EA	COOKIE	75	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
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

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Portion Values

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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			845	8.91	1318	*52	28.48	0.00	60	114.53	11.51	33.22
% of Calories				9.49%		*24.6%	30.3%	0.0%		54.2%		15.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 12/17/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	25	398	3.27	708	8	14.04	0.00	53	41.31	6.54	28.83
990367 HOT HAM N CHEESE SUB	SANDWICH	25	255	2.25	695	2	7.50	0.00	38	29.00	2.00	19.50
990157 POTATO, TATER TOTS	1 CUP	60	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990276 VEGETABLE/ SALAD BAR	SERVINGS	40	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	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			849	6.57	1232	*54	27.64	0.00	114	117.04	9.39	33.17
% of Calories				6.96%		*25.4%	29.3%	0.0%		55.1%		15.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 12/18/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
990227 CHICKEN STRIPS, BREADED	3 EA	35	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990335 ROLL, DINNER WHITE WG	ROLL	35	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990248 WRAP, CHICKEN BACON RANCH	WRAP	20	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
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	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

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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			797	7.59	1535	*49	26.84	0.00	70	101.23	12.81	39.71
% of Calories				8.57%		*24.6%	30.3%	0.0%		50.8%		19.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 12/19/2018

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)
990130 CHICKEN, POPCORN WG	3.3 OZ	35	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990255 TERIYAKI MEATBALLS	SERVINGS	35	254	7.50	479	6	18.33	0.00	50	9.22	0.00	11.67
990298 FRENCH DIP	SANDWICH	15	288	3.50	1282	3	10.33	0.00	39	30.00	2.00	21.67
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
990229 RICE, BROWN,	1 Cup, Prepar	65	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990277 FRUIT BAR	EACH	85	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	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

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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			715	5.72	1026	*45	22.51	0.00	46	99.76	11.20	30.05
% of Calories				7.20%		*25.2%	28.3%	0.0%		55.8%		16.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 12/20/2018

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)
990123 BEEF, HOT DOG 6"	EACH	25	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00
990076 BUN, HOT DOG	BUN	25	110	0.00	190	4	1.50	0.00	0	21.00	2.00	4.00
990112 PIZZA, CHEESE 16"	SLICE	35	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	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990300 BEEF, BBQ SUB	SUB	15	264	1.50	1205	6	6.67	0.00	23	37.50	2.00	15.33
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	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			842	6.84	1396	*53	27.85	0.00	55	116.07	11.75	32.00
% of Calories				7.31%		*25.2%	29.8%	0.0%		55.1%		15.2%
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.