

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

Menu Name: (9-12) of K-12 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	100	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	85	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
990148 WINTER MIX , VEG.	1/2 CUP	85	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	65	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
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	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
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
Weighted Daily Average			826	4.85	1071	52	24.58	0.00	80	109.66	9.65	38.00
% of Calories				5.28%		25.2%	26.8%	0.0%		53.1%		18.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 12/04/2018

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)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	100	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990195 CARROTS, BABY FRESH	SERVING	95	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45
990221 RANCH SALAD DRESSING @ 1 oz	OZ	95	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	85	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
Weighted Daily Average			755	6.18	1517	59	20.23	0.00	63	112.75	14.49	36.81
% of Calories				7.37%		31.3%	24.1%	0.0%		59.7%		19.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 12/05/2018

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)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	100	180	0.00	741	0	3.00	0.00	0	32.00	4.00	4.00

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)
990350 GRAVY, BEEF LS	2 oz servings	85	18	0.00	128	0	4.51	0.00	0	3.61	0.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	85	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			823	8.63	1433	35	34.23	0.00	50	106.06	10.98	28.24
% of Calories				9.44%		17.0%	37.4%	0.0%		51.5%		13.7%
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	100	307	3.09	258	*6	7.04	*0.00	34	44.71	5.09	15.88
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	100	20	0.00	175	1	0.00	0.00	0	3.74	2.49	1.24
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	100	48	0.24	50	3	3.27	0.00	0	7.04	1.28	1.05
990187 BANANAS,RAW	EACH	100	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	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	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			745	5.84	807	*39	18.01	*0.00	44	124.35	14.39	31.65
% of Calories				7.06%		*20.9%	21.8%	*0.0%		66.8%		17.0%
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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	85	209	0.47	91	30	6.04	0.00	0	38.18	3.83	3.20
990069 CORN KERNEL 1/2 C	1/2 CUP	85	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	85	70	0.00	0	13	0.00	0.00	0	13.94	0.87	0.87
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	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)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	85	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
Weighted Daily Average			848	8.75	730	77	24.23	0.00	45	124.55	8.70	34.16
% of Calories				9.29%		36.3%	25.7%	0.0%		58.8%		16.1%
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	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990157 POTATO, TATER TOTS	1 CUP	100	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	100	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
990200 JUICE, APPLE	4 oz	100	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	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			778	5.93	1136	49	26.64	0.00	47	110.66	9.98	20.98
% of Calories				6.86%		25.2%	30.8%	0.0%		56.9%		10.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

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	100	416	7.65	857	9	16.84	0.00	73	42.71	7.98	28.31
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	85	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	70	35	0.02	38	4	0.09	0.00	0	7.27	2.53	1.57
990221 RANCH SALAD DRESSING @ 1 oz	OZ	70	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	70	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
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	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
990200 JUICE, APPLE	4 oz	80	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			822	9.38	1457	55	25.09	0.00	83	112.67	13.70	40.16
% of Calories				10.27%		26.8%	27.5%	0.0%		54.8%		19.5%
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)
990251 CHICKEN, SWEET N SOUR	SERVING	100	150	1.50	160	7	6.00	0.00	9	9.00	0.00	13.00

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)
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990149 WINTER MIX , VEG. .75	3/4 CUP	75	38	0.00	30	2	0.00	0.00	0	6.02	3.01	3.01
990180 ORANGE	EACH	75	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
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	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
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	75	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
Weighted Daily Average			587	1.95	402	50	8.28	0.00	16	97.92	6.55	28.09
% of Calories				2.99%		34.1%	12.7%	0.0%		66.7%		19.1%
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	100	362	3.76	1439	2	38.32	0.00	41	48.69	5.54	14.39
990336 ROLL, DINNER WHITE WG @2	ROLLS	100	140	0.50	250	3	2.00	0.00	0	26.00	2.00	4.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	75	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990221 RANCH SALAD DRESSING @ 1 oz	OZ	75	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00

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)
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	0	10.00	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	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
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			848	5.17	2090	60	45.14	0.00	52	140.62	10.62	27.93
% of Calories				5.49%		28.3%	47.9%	0.0%		66.3%		13.2%
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	100	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	65	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
990069 CORN KERNEL 1/2 C	1/2 CUP	65	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00
000064 APPLES,Fresh	EACH	65	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	35	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
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
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

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)
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
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
Weighted Daily Average			845	8.74	1133	60	25.62	0.00	68	118.92	12.12	33.11
% of Calories				9.31%		28.4%	27.3%	0.0%		56.3%		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	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990239 JUICE, ORANGE	EACH	60	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
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

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	85	50	0.00	70	4	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			847	8.05	1094	57	30.40	0.00	172	113.03	4.61	27.62
% of Calories				8.55%		26.9%	32.3%	0.0%		53.4%		13.0%
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	100	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48
990195 CARROTS, BABY FRESH	SERVING	100	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45
990221 RANCH SALAD DRESSING @ 1 oz	OZ	100	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50
990175 PEARS, DICED EXTRA LIGHT SYRUP	3/4 CUP	100	90	0.00	8	18	0.00	0.00	0	24.00	3.00	0.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	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	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			751	8.72	1547	64	22.04	0.00	55	108.32	12.54	32.43
% of Calories				10.45%		34.1%	26.4%	0.0%		57.7%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

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	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	100	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING	100	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	85	15	0.00	8	0	0.00	0.00	0	2.50	1.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	100	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
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	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
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			764	3.20	1405	54	18.47	0.00	32	113.71	9.84	29.85
% of Calories				3.77%		28.3%	21.8%	0.0%		59.5%		15.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 12/20/2018

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)
990123 BEEF, HOT DOG 6"	EACH	100	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00
990076 BUN, HOT DOG	BUN	100	110	0.00	190	4	1.50	0.00	0	21.00	2.00	4.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
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
990167 MANDARIN ORANGE, CANNED	1 CUP	55	160	0.00	20	36	0.00	0.00	0	38.00	0.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	90	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
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	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			831	2.00	1641	62	27.33	0.00	51	118.71	9.00	26.00
% of Calories				2.17%		29.8%	29.6%	0.0%		57.1%		12.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 12/24/2018

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)
990131 BEEF, RAVIOLI	CUP	100	250	3.50	690	6	8.00	0.00	30	30.00	5.00	16.00
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00

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)
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	0	32.00	4.00	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	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			779	5.95	1417	50	20.75	0.00	37	123.90	13.99	29.99
% of Calories				6.87%		25.7%	24.0%	0.0%		63.6%		15.4%
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.