

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

Menu Name: K-5 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	55	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
990148 WINTER MIX , VEG.	1/2 CUP	45	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	70	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			639	3.95	909	36	20.23	0.00	74	76.36	6.05	35.40
% of Calories				5.56%		22.5%	28.5%	0.0%		47.8%		22.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	80	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990195 CARROTS, BABY FRESH	SERVING	75	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45
990221 RANCH SALAD DRESSING @ 1 oz	OZ	75	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	16.00	2.00	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	45	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
Weighted Daily Average			627	6.05	1355	39	18.96	0.00	62	83.24	10.12	35.23
% of Calories				8.68%		24.9%	27.2%	0.0%		53.1%		22.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	60	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	55	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00

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	50	18	0.00	128	0	4.51	0.00	0	3.61	0.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	60	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	45	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			646	8.51	900	27	30.42	0.00	50	71.19	6.98	24.98
% of Calories				11.86%		16.7%	42.4%	0.0%		44.1%		15.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	75	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	65	35	0.18	37	2	2.42	0.00	0	5.21	0.94	0.78
990187 BANANAS,RAW	EACH	85	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			624	5.19	616	*35	13.75	*0.00	44	102.54	11.20	28.39
% of Calories				7.49%		*22.4%	19.8%	*0.0%		65.7%		18.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	55	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
Weighted Daily Average			639	6.61	635	53	17.42	0.00	35	92.40	8.55	28.20
% of Calories				9.31%		33.2%	24.5%	0.0%		57.8%		17.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Dec 1, 2018 thru Dec 31, 2018

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
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
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			650	4.95	949	49	19.75	0.00	47	95.90	8.99	19.99
% of Calories				6.85%		30.2%	27.3%	0.0%		59.0%		12.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
990256 PIZZA BURGER ON BUN ELEM	SERVINGS	100	321	4.87	661	8	11.50	0.00	47	38.75	6.50	20.51
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	55	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00

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)
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
Weighted Daily Average			640	6.29	1163	43	18.40	0.00	58	91.21	11.32	31.75
% of Calories				8.85%		26.9%	25.9%	0.0%		57.0%		19.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990228 RICE, BROWN, 3/4 Cup, Prepar	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	0	6.02	3.01	3.01
990180 ORANGE	EACH	100	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

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			498	1.95	398	40	7.88	0.00	16	76.92	7.51	28.01
% of Calories				3.52%		32.1%	14.2%	0.0%		61.8%		22.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990335 ROLL, DINNER WHITE WG	ROLL	85	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	45	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990221 RANCH SALAD DRESSING @ 1 oz	OZ	45	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50
990177 MIXED FRUIT COCKTAIL	1/2 CUP	60	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990032 FRUITABLE , GOLD RUSH	BOX	50	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

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			649	4.70	1861	37	42.36	0.00	51	99.60	8.27	25.02
% of Calories				6.52%		22.8%	58.7%	0.0%		61.4%		15.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	35	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	25	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	75	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

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			646	7.49	876	46	20.12	0.00	58	86.02	8.12	29.41
% of Calories				10.43%		28.5%	28.0%	0.0%		53.3%		18.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	40	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990239 JUICE, ORANGE	EACH	40	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	45	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	100	50	0.00	70	4	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			648	5.37	851	47	21.15	0.00	124	92.38	3.37	20.93
% of Calories				7.46%		29.0%	29.4%	0.0%		57.0%		12.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
990286 CHEESY BREAD W/ DUNKER SAUCE ELEM.	SERVINGS	100	281	6.54	783	7	12.50	0.00	36	25.69	4.63	17.44
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
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	16.00	2.00	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			591	7.59	1202	54	18.40	0.00	48	81.17	8.66	26.39
% of Calories				11.56%		36.5%	28.0%	0.0%		54.9%		17.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	100	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
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	65	15	0.00	8	0	0.00	0.00	0	2.50	1.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	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
Weighted Daily Average			625	3.20	1208	34	17.72	0.00	32	83.53	7.95	28.30
% of Calories				4.61%		21.8%	25.5%	0.0%		53.5%		18.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	100	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00

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)
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	35	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	45	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
990165 MANDARIN ORANGE, CANNED	1/2 CUP	45	80	0.00	10	18	0.00	0.00	0	19.00	0.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	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			639	1.35	1364	42	23.88	0.00	46	81.76	6.00	22.90
% of Calories				1.90%		26.3%	33.6%	0.0%		51.2%		14.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
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
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	16.00	2.00	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			649	5.45	1317	38	18.25	0.00	37	95.90	10.99	27.99
% of Calories				7.56%		23.4%	25.3%	0.0%		59.1%		17.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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.