

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

Menu Name: (6-8) of K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/07/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990131 BEEF, RAVIOLI	CUP	100	250	3.50	690	6	8.00	0.00	30	30.00	5.00	16.00	200	20.0	0.00	2.70
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
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	100	20.0	0.00	0.35
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	0	0.0	1.20	0.36
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			649	5.45	1317	38	18.25	0.00	37	95.90	10.99	27.99	800	340.0	5.12	4.39
% of Calories				7.56%		23.4%	25.3%	0.0%		59.1%		17.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 01/08/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990138 MACARONI & CHEESE RF	2/3 CUP	100	290	6.00	980	6	11.00	0.00	30	32.00	1.00	16.00	750	400.0	0.00	1.08
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	45	63	0.00	248	5	0.45	0.00	0	13.05	2.25	2.70	0	18.0	0.00	0.81
990032 FRUITABLE , GOLD RUSH	BOX	45	18	0.00	27	4	0.00	0.00	0	4.50	0.00	0.00	2250	0.0	27.00	0.00
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	65	33	0.00	1	7	0.00	0.00	0	9.10	0.65	0.00	0	0.0	0.00	0.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	45	50	0.00	0	11	0.00	0.00	0	12.60	1.35	0.00	0	0.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			647	6.70	1578	53	13.20	0.00	37	104.15	6.25	28.70	3500	728.0	31.92	2.68
% of Calories				9.32%		32.8%	18.4%	0.0%		64.4%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 01/09/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
Weighted Daily Average			615	1.45	654	66	4.78	0.00	60	110.40	4.54	28.58	1700	357.1	139.12	1.97
% of Calories				2.12%		42.9%	7.0%	0.0%		71.8%		18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 01/10/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990335 ROLL, DINNER WHITE WG	ROLL	95	66	0.24	119	1	0.95	0.00	0	12.35	0.95	1.90	0	9.5	2.85	0.51
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	80	108	0.00	444	0	1.80	0.00	0	19.20	2.40	2.40	0	24.0	2.88	0.43
990198 GRAVY, CHICKEN	SERVING	75	18	0.00	99	1	0.35	0.00	0	2.82	0.00	0.00	0	0.0	0.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	75	45	0.00	4	9	0.00	0.00	0	11.25	0.75	0.00	150	0.0	0.90	0.00
990200 JUICE, APPLE	4 oz	65	39	0.00	6	8	0.00	0.00	0	9.10	0.00	0.00	0	0.0	39.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25

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Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			649	3.19	1249	40	17.85	0.00	32	89.62	7.10	27.30	750	333.5	47.55	3.00
% of Calories				4.42%		24.7%	24.8%	0.0%		55.2%		16.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 01/11/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	100	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990069 CORN KERNEL 1/2 C	1/2 CUP	45	29	0.00	7	1	0.45	0.00	0	6.75	0.90	0.90	0	0.0	0.00	0.32
990195 CARROTS, BABY FRESH	SERVING	35	9	0.00	19	1	0.00	0.00	0	2.02	0.71	0.16	3379	7.8	0.64	0.22
990221 RANCH SALAD DRESSING @ 1 oz	OZ	35	18	0.21	57	0	1.80	0.00	2	0.28	0.00	0.18	11	6.6	0.03	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	40	0.00	0	8	0.00	0.00	0	9.87	0.90	0.45	0	0.0	16.82	0.13
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	45	25	0.01	0	5	0.08	0.00	0	6.59	1.12	0.13	22	4.5	0.27	0.08
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			724	9.67	1280	41	21.09	0.00	59	103.41	9.63	31.81	4712	618.9	26.87	4.60
% of Calories				12.02%		22.7%	26.2%	0.0%		57.1%		17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 01/14/2019

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)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	55	72	0.55	165	0	2.48	0.00	0	11.56	1.65	1.10	0	0.0	2.20	2.20
990148 WINTER MIX , VEG.	1/2 CUP	45	11	0.00	9	0	0.00	0.00	0	1.80	0.90	0.90	102	9.0	16.20	0.18
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	60	36	0.00	3	8	0.00	0.00	0	8.40	0.60	0.00	180	0.0	0.72	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	70	112	0.70	70	8	3.50	0.00	7	18.20	1.40	1.40	7	0.0	0.00	10.50
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			639	3.95	909	36	20.23	0.00	74	76.36	6.05	35.40	789	309.0	24.04	22.13
% of Calories				5.56%		22.5%	28.5%	0.0%		47.8%		22.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

Tuesday - 01/15/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	45	4	0.01	2	1	0.05	0.00	0	0.90	0.30	0.22	184	3.0	2.66	0.08
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	80	112	0.00	440	10	0.80	0.00	0	23.20	4.00	4.80	0	32.0	0.00	1.44
990195 CARROTS, BABY FRESH	SERVING	75	18	0.00	41	2	0.00	0.00	0	4.33	1.52	0.34	7240	16.8	1.36	0.47
990221 RANCH SALAD DRESSING @ 1 oz	OZ	75	39	0.45	122	1	3.87	0.00	4	0.61	0.00	0.38	23	14.1	0.06	0.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	39	0.00	3	8	0.00	0.00	0	10.40	1.30	0.00	0	0.0	0.78	0.23
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	77	1.05	88	8	1.75	0.00	7	9.10	0.00	5.60	350	210.0	0.84	0.00
990207 UHT MILK CARTON LF	CARTON	20	20	0.30	22	2	0.50	0.00	2	2.40	0.00	1.60	100	60.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	10	13	0.00	23	2	0.00	0.00	0	2.30	0.00	0.80	50	30.0	0.24	0.04
Weighted Daily Average			627	6.05	1355	39	18.96	0.00	62	83.24	10.12	35.23	7947	534.4	5.94	5.67
% of Calories				8.68%		24.9%	27.2%	0.0%		53.1%		22.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 01/16/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80

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Jan 1, 2019 thru Jan 31, 2019

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990335 ROLL, DINNER WHITE WG	ROLL	60	42	0.15	75	1	0.60	0.00	0	7.80	0.60	1.20	0	6.0	1.80	0.32
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	55	74	0.00	305	0	1.24	0.00	0	13.20	1.65	1.65	0	16.5	1.98	0.30
990350 GRAVY, BEEF LS	2 oz servings	50	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	60	36	0.00	3	7	0.00	0.00	0	9.00	0.60	0.00	120	0.0	0.72	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	45	25	0.01	0	5	0.08	0.00	0	6.59	1.12	0.13	22	4.5	0.27	0.08
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	77	1.05	88	8	1.75	0.00	7	9.10	0.00	5.60	350	210.0	0.84	0.00
990207 UHT MILK CARTON LF	CARTON	20	20	0.30	22	2	0.50	0.00	2	2.40	0.00	1.60	100	60.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	10	13	0.00	23	2	0.00	0.00	0	2.30	0.00	0.80	50	30.0	0.24	0.04
Weighted Daily Average			646	8.51	900	27	30.42	0.00	50	71.19	6.98	24.98	642	367.8	5.85	2.54
% of Calories				11.86%		16.7%	42.4%	0.0%		44.1%		15.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 01/17/2019

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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990351 LASAGNA W/GROUND BEEF	2" x 3 3/4"	100	287	8.05	545	6	13.34	0.00	46	22.69	3.25	19.62	430	464.2	10.34	1.68
990073 GARLIC TOAST -2	2 OZ	85	119	0.85	162	0	4.25	0.00	0	20.40	1.70	3.40	0	0.0	0.00	1.22
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	95	15	0.00	133	1	0.00	0.00	0	2.85	1.89	0.94	95	19.0	0.00	0.34

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	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	65	23	0.12	24	1	1.58	0.00	0	3.39	0.61	0.51	225	8.8	4.59	0.18
990187 BANANAS,RAW	EACH	85	103	0.13	1	14	0.38	0.00	0	26.40	3.01	1.26	74	5.8	10.06	0.30
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	77	1.05	88	8	1.75	0.00	7	9.10	0.00	5.60	350	210.0	0.84	0.00
990207 UHT MILK CARTON LF	CARTON	20	20	0.30	22	2	0.50	0.00	2	2.40	0.00	1.60	100	60.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	10	13	0.00	23	2	0.00	0.00	0	2.30	0.00	0.80	50	30.0	0.24	0.04
Weighted Daily Average			656	10.50	997	36	21.80	0.00	56	89.52	10.46	33.73	1324	797.8	26.07	3.75
% of Calories				14.41%		22.0%	29.9%	0.0%		54.6%		20.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 01/18/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	0	0.0	0.00	0.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	55	115	0.26	50	16	3.32	0.00	0	21.00	2.11	1.76	5807	61.0	22.94	2.00
990069 CORN KERNEL 1/2 C	1/2 CUP	85	55	0.00	13	3	0.85	0.00	0	12.75	1.70	1.70	0	0.0	0.00	0.61
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	85	59	0.00	0	11	0.00	0.00	0	11.85	0.74	0.74	0	14.8	5.78	0.27
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	77	1.05	88	8	1.75	0.00	7	9.10	0.00	5.60	350	210.0	0.84	0.00
990207 UHT MILK CARTON LF	CARTON	20	20	0.30	22	2	0.50	0.00	2	2.40	0.00	1.60	100	60.0	0.00	0.00

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990204 MILK, CHOC FF CARTON	CARTON	10	13	0.00	23	2	0.00	0.00	0	2.30	0.00	0.80	50	30.0	0.24	0.04
Weighted Daily Average			639	6.61	635	53	17.42	0.00	35	92.40	8.55	28.20	6307	375.8	29.80	2.91
% of Calories				9.31%		33.2%	24.5%	0.0%		57.8%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 01/22/2019

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)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0	150.0	0.00	1.80
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
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	100	20.0	0.00	0.35
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	100	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			650	4.95	949	49	19.75	0.00	47	95.90	8.99	19.99	600	470.0	63.92	2.41
% of Calories				6.85%		30.2%	27.3%	0.0%		59.0%		12.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

Wednesday - 01/23/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990251 CHICKEN, SWEET N SOUR	SERVING	100	150	1.50	160	7	6.00	0.00	9	9.00	0.00	13.00	0	0.0	0.00	0.80
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
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	341	30.1	54.20	0.59
990180 ORANGE	EACH	100	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300	60.0	72.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
Weighted Daily Average			634	1.95	414	59	8.28	0.00	16	108.67	8.05	29.09	1641	397.2	228.12	2.01
% of Calories				2.77%		37.2%	11.8%	0.0%		68.6%		18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 01/24/2019

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990292 CHICKEN PASTA BAKE	SERVINGS	100	253	4.28	747	3	8.03	0.00	54	23.57	1.72	22.11	534	258.9	3.05	1.98
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000256 BROCCOLI, RAW FRESH	1/2 CUP	100	15	0.02	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
990221 RANCH SALAD DRESSING @ 1 oz	OZ	100	52	0.59	163	1	5.16	0.00	6	0.81	0.00	0.50	31	18.8	0.08	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			613	5.59	1311	45	15.10	0.00	66	85.20	4.86	33.85	6540	608.3	108.49	3.09
% of Calories				8.21%		29.4%	22.2%	0.0%		55.6%		22.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 01/25/2019

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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990230 CHALUPA, BEEF N CHEESE	EACH	100	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28	296	347.1	0.24	0.84
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	35	42	0.35	189	0	0.88	0.00	0	6.30	2.10	2.10	0	7.0	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	35	23	0.00	5	1	0.35	0.00	0	5.25	0.70	0.70	0	0.0	0.00	0.25
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	45	27	0.00	2	5	0.00	0.00	0	7.20	0.90	0.00	0	0.0	0.54	0.16
000064 APPLES,Fresh	EACH	55	39	0.02	1	8	0.13	0.00	0	10.48	1.82	0.20	41	4.6	3.49	0.09

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990154 SALSA, GREEN CHILI	1/4 Cup	45	9	0.00	162	1	0.00	0.00	0	1.80	0.90	0.00	180	0.0	2.16	0.00
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	60	192	1.20	120	14	6.00	0.00	12	31.20	2.40	2.40	12	0.0	0.00	18.00
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			700	7.94	1080	50	22.04	0.00	63	93.31	9.14	29.68	1029	658.7	8.35	19.60
% of Calories				10.21%		28.6%	28.3%	0.0%		53.3%		17.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 01/28/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02	2	59.2	0.60	1.00
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50	0	0.0	0.00	1.00
990156 POTATO, TATER TOTS	3/4 CUP	65	126	0.97	184	0	6.77	0.00	0	14.51	0.97	0.97	0	0.0	1.93	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	40	24	0.00	2	5	0.00	0.00	0	5.60	0.40	0.00	120	0.0	0.48	0.00
990239 JUICE, ORANGE	EACH	40	20	0.00	0	5	0.00	0.00	0	5.20	0.00	0.00	0	4.0	24.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	45	44	0.44	22	3	1.11	0.00	0	7.10	0.00	0.44	0	0.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
990217 SRYUP CUP, LITE	CARTON	100	50	0.00	70	4	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			648	5.37	851	47	21.15	0.00	124	92.38	3.37	20.93	622	363.2	28.94	2.26
% of Calories				7.46%		29.0%	29.4%	0.0%		57.0%		12.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 01/29/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	1221	391.6	12.48	8.34
990195 CARROTS, BABY FRESH	SERVING	85	21	0.00	46	3	0.00	0.00	0	4.90	1.73	0.38	8205	19.0	1.55	0.53
990221 RANCH SALAD DRESSING @ 1 oz	OZ	85	44	0.50	138	1	4.38	0.00	5	0.69	0.00	0.42	27	15.9	0.06	0.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	65	10	0.00	91	1	0.00	0.00	0	1.95	1.30	0.65	65	13.0	0.00	0.23
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	51	0.00	4	10	0.00	0.00	0	13.60	1.70	0.00	0	0.0	1.02	0.31
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00
Weighted Daily Average			661	8.63	1602	44	21.26	0.00	54	85.88	12.23	32.93	10018	739.6	17.04	9.65
% of Calories				11.75%		26.6%	28.9%	0.0%		52.0%		19.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 01/30/2019

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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	85	76	0.00	314	0	1.28	0.00	0	13.60	1.70	1.70	0	17.0	2.04	0.31
990198 GRAVY, CHICKEN	SERVING	85	20	0.00	112	1	0.40	0.00	0	3.19	0.00	0.00	0	0.0	0.00	0.00
990149 WINTER MIX , VEG. .75	3/4 CUP	65	24	0.00	20	1	0.00	0.00	0	3.91	1.96	1.96	222	19.6	35.23	0.38
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	58	0.00	0	12	0.00	0.00	0	14.25	1.30	0.65	0	0.0	24.29	0.18
990204 MILK, CHOC FF CARTON	CARTON	70	91	0.00	161	15	0.00	0.00	4	16.10	0.00	5.60	350	210.0	1.68	0.25
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990207 UHT MILK CARTON LF	CARTON	10	10	0.15	11	1	0.25	0.00	1	1.20	0.00	0.80	50	30.0	0.00	0.00

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990200 JUICE, APPLE	4 oz	85	51	0.00	8	11	0.00	0.00	0	11.90	0.00	0.00	0	0.0	51.00	0.00
Weighted Daily Average			673	3.20	1156	46	17.42	0.00	32	94.76	8.95	29.31	822	346.6	117.49	3.46
% of Calories				4.28%		27.3%	23.3%	0.0%		56.3%		17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 01/31/2019

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990220 SALAD, ROMAINE TOSSED	SERVINGS	35	19	0.00	9	2	0.09	0.00	0	4.35	0.99	0.55	4226	11.5	13.42	0.31
990221 RANCH SALAD DRESSING @ 1 oz	OZ	35	18	0.21	57	0	1.80	0.00	2	0.28	0.00	0.18	11	6.6	0.03	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	35	42	0.35	189	0	0.88	0.00	0	6.30	2.10	2.10	0	7.0	0.00	0.00
990187 BANANAS,RAW	EACH	45	54	0.07	1	7	0.20	0.00	0	13.98	1.59	0.67	39	3.1	5.32	0.16
990154 SALSA, GREEN CHILI	1/4 Cup	45	9	0.00	162	1	0.00	0.00	0	1.80	0.90	0.00	180	0.0	2.16	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	22	0.30	25	2	0.50	0.00	2	2.60	0.00	1.60	100	60.0	0.24	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	84	0.00	150	14	0.00	0.00	3	14.95	0.00	5.20	325	195.0	1.56	0.23

Base Menu Spreadsheet

Weighted Values

Jan 1, 2019 thru Jan 31, 2019

	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	5	0.08	6	1	0.12	0.00	1	0.60	0.00	0.40	25	15.0	0.00	0.00
Weighted Daily Average			696	9.30	1172	29	25.67	0.00	54	89.25	11.87	27.08	5164	414.1	23.97	3.47
% of Calories				12.03%		16.7%	33.2%	0.0%		51.3%		15.6%				
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*

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.