

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

Menu Name: HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/07/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	45	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	45	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990120 CHICKEN, CORN PUPS	6 EACH	25	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0	150.0	0.00	1.80
990112 PIZZA, CHEESE 16"	SLICE	15	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	15	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	75	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	70	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	24	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990217 SRYUP CUP, LITE	CARTON	60	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			849	7.80	1140	*58	28.13	0.00	107	118.33	10.38	29.99	8561	486.8	61.04	4.24
% of Calories				8.27%		*27.3%	29.8%	0.0%		55.8%		14.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 01/08/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990139 MACARONI & CHEESE RF	CUP	25	435	9.00	1470	9	16.50	0.00	45	48.00	1.50	24.00	1125	600.0	0.00	1.62
990335 ROLL, DINNER WHITE WG	ROLL	25	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	50	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	25	358	5.44	1224	5	14.11	0.00	48	33.40	3.19	26.55	80	215.5	3.58	7.56
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	80	173	1.33	400	0	6.00	0.00	0	28.02	4.00	2.67	0	0.0	5.34	5.34
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			803	6.40	1672	*42	22.91	0.00	56	113.14	13.13	39.37	8213	605.0	57.07	9.95
% of Calories				7.17%		*20.9%	25.7%	0.0%		56.4%		19.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 01/09/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	35	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990230 CHALUPA, BEEF N CHEESE	EACH	45	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28	296	347.1	0.24	0.84
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	10	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63	1118	383.8	4.39	2.22
990257 WRAP, VEGGIE	WRAP	10	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86	4602	409.9	31.15	12.50
990229 RICE, BROWN,	1 Cup, Prepar	45	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
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	10	0.0	0.00	15.00
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			769	6.30	1091	*54	21.84	0.00	65	109.89	10.74	32.49	10903	619.0	67.13	15.88
% of Calories				7.37%		*28.1%	25.6%	0.0%		57.2%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 01/10/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	65	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990300 BEEF, BBQ SUB	SUB	25	264	1.50	1205	6	6.67	0.00	23	37.50	2.00	15.33	0	0.0	1.89	8.85
990287 SALAD, SW CHICKEN PASTA	EACH	10	663	4.31	838	5	22.76	0.00	61	98.96	2.94	30.29	1724	156.3	14.40	4.21
990336 ROLL, DINNER WHITE WG @2	ROLLS	45	140	0.50	250	3	2.00	0.00	0	26.00	2.00	4.00	0	20.0	6.00	1.08
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	75	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990350 GRAVY, BEEF LS	2 oz servings	75	18	0.00	128	0	4.51	0.00	0	3.61	0.00	0.00	0	1.6	0.00	0.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	75	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			843	3.64	1677	*57	24.32	0.00	39	130.40	12.24	32.81	9664	427.6	141.05	6.74
% of Calories				3.89%		*27.0%	26.0%	0.0%		61.9%		15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 01/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	40	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990304 SWISS BACON BURGER	SANDWICH	55	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00	40	3248.8	126.00	2.88
990279 WRAP, TURKEY N HAM	WRAP	5	514	9.90	2174	16	18.85	0.00	68	59.59	6.67	29.86	5477	350.9	74.32	11.89
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			812	9.62	1416	*42	28.95	0.28	66	104.58	10.45	35.62	7406	2284.8	125.74	5.26
% of Calories				10.66%		*20.7%	32.1%	0.3%		51.5%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 01/14/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	40	324	1.09	1384	13	7.44	0.00	54	46.01	3.00	22.33	0	70.9	3.78	7.32
990359 BEEF HOT DOG SANDWICH	SANDWICH	15	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0	40.0	1.20	1.80
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	0	0.0	4.00	4.00
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	10	0.0	0.00	15.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			850	4.07	1606	*54	24.66	0.00	74	121.52	11.98	37.08	7921	407.5	58.21	26.15
% of Calories				4.31%		*25.4%	26.1%	0.0%		57.2%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 01/15/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990253 CHEESEBURGER	SANDWICH	25	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88
990298 FRENCH DIP	SANDWICH	25	288	3.50	1282	3	10.33	0.00	39	30.00	2.00	21.67	40	3188.8	126.00	7.20
990266 NACHO'S SEC	SERVING	40	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
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	5987	498.3	31.77	4.07
990156 POTATO, TATER TOTS	3/4 CUP	70	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			798	8.29	1369	*39	30.01	0.12	54	102.04	11.63	32.09	8624	1301.7	88.42	5.84
% of Calories				9.35%		*19.5%	33.8%	0.1%		51.1%		16.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Wednesday - 01/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	60	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990130 CHICKEN, POPCORN WG	3.3 OZ	20	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990299 PITA, GYRO	PITA POCKET	20	301	1.75	1203	7	8.62	0.00	38	36.94	5.51	21.40	168	156.7	7.81	3.36
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	0	30.0	3.60	0.54
990198 GRAVY, CHICKEN	SERVING	95	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	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	11278	89.8	47.33	1.88
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			834	6.34	1608	*43	28.02	0.00	47	110.83	13.90	32.48	9105	475.1	63.72	5.32
% of Calories				6.84%		*20.6%	30.2%	0.0%		53.2%		15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 01/17/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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"	50	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	50	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	35	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04	0	163.8	0.00	2.97
990306 SALAD, CHEF	SALAD	15	430	6.23	1219	8	22.40	0.00	56	37.86	5.87	24.13	12402	317.7	29.10	2.99
990045 BREAD STICK WG	1 OZ	15	90	0.00	120	2	2.50	0.00	0	14.00	1.00	3.00	0	20.0	0.00	0.72
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			769	7.71	1254	*50	23.90	0.00	64	104.11	13.25	39.53	12280	731.4	78.75	5.49
% of Calories				9.02%		*26.0%	28.0%	0.0%		54.2%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Friday - 01/18/2019

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	400	250.0	0.00	1.80
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990373 SANTA FE CHICKEN	3 OZ	35	186	2.49	546	4	5.12	0.00	46	19.38	5.28	16.77	241	135.9	7.47	1.81
990229 RICE, BROWN,	1 Cup, Prepar	35	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
990279 WRAP, TURKEY N HAM	WRAP	20	514	9.90	2174	16	18.85	0.00	68	59.59	6.67	29.86	5477	350.9	74.32	11.89
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990200 JUICE, APPLE	4 oz	95	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	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			808	7.13	1372	*64	20.43	0.00	59	121.83	13.29	35.78	12592	570.6	148.43	6.02
% of Calories				7.94%		*31.7%	22.8%	0.0%		60.3%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 01/22/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990120 CHICKEN, CORN PUPS	6 EACH	45	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0	150.0	0.00	1.80
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	45	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00	40	3248.8	126.00	2.88
990294 CHICKEN FAJITA WRAP/QUESADILLA	EACH	10	376	6.95	1477	5	12.89	0.00	61	39.84	2.83	22.63	1118	383.8	4.39	2.22
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			835	6.28	1324	*46	28.66	0.00	63	110.60	13.69	34.68	10322	1957.6	125.98	4.61
% of Calories				6.77%		*22.0%	30.9%	0.0%		53.0%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 01/23/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	25	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990251 CHICKEN, SWEET N SOUR	SERVING	25	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	55	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
990303 CLUB SUB	SANDWICH	30	263	2.16	815	3	7.19	0.00	36	31.50	2.66	20.11	408	105.2	5.90	6.54
990257 WRAP, VEGGIE	WRAP	20	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86	4602	409.9	31.15	12.50
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			691	3.97	1041	*48	17.32	0.00	42	104.18	11.10	31.76	11235	497.2	74.31	7.42
% of Calories				5.17%		*27.8%	22.6%	0.0%		60.3%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 01/24/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990292 CHICKEN PASTA BAKE	SERVINGS	35	253	4.28	747	3	8.03	0.00	54	23.57	1.72	22.11	534	258.9	3.05	1.98
990141 PIZZA STICK, PEPPERONI WG	2 STICK	45	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990293 SALAD, TACO	SALAD	20	505	8.32	906	9	21.98	0.00	51	55.96	10.12	20.81	1581	205.9	15.23	3.33
990336 ROLL, DINNER WHITE WG @2	ROLLS	35	140	0.50	250	3	2.00	0.00	0	26.00	2.00	4.00	0	20.0	6.00	1.08
990277 FRUIT BAR	EACH	100	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			817	8.55	1455	*51	22.84	0.00	64	117.97	14.49	36.74	12766	679.4	87.13	6.00
% of Calories				9.42%		*25.0%	25.2%	0.0%		57.8%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Friday - 01/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990230 CHALUPA, BEEF N CHEESE	EACH	25	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28	296	347.1	0.24	0.84
990283 MEATBALL MARINARA SUB	EACH	45	473	10.84	801	5	27.27	0.00	50	34.94	2.91	24.24	228	180.8	6.06	13.16
990381 PITA, CHICKEN SALAD	PITA	20	293	1.22	547	5	6.86	0.00	51	37.07	6.64	24.48	10508	226.3	62.16	5.46
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	50	173	1.33	400	0	6.00	0.00	0	28.02	4.00	2.67	0	0.0	5.34	5.34
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	50	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00
990277 FRUIT BAR	EACH	70	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			843	9.08	1208	*51	28.97	0.00	63	112.71	11.55	34.13	8515	569.4	63.43	26.44
% of Calories				9.69%		*24.2%	30.9%	0.0%		53.5%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 01/28/2019

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	45	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	45	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	40	398	3.27	708	8	14.04	0.00	53	41.31	6.54	28.83	125	165.7	0.90	3.11
990367 HOT HAM N CHEESE SUB	SANDWICH	15	255	2.25	695	2	7.50	0.00	38	29.00	2.00	19.50	0	98.5	0.00	6.36
990155 POTATO, TATER TOTS	1/2 CUP	60	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	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	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	60	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	24	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990217 SRYUP CUP, LITE	CARTON	60	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			845	6.25	1198	*58	25.47	0.00	111	119.64	10.84	35.25	7436	485.4	59.41	5.59
% of Calories				6.66%		*27.5%	27.1%	0.0%		56.6%		16.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 01/29/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	55	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48	1221	391.6	12.48	8.34
990300 BEEF, BBQ SUB	SUB	25	264	1.50	1205	6	6.67	0.00	23	37.50	2.00	15.33	0	0.0	1.89	8.85
990248 WRAP, CHICKEN BACON RANCH	WRAP	20	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93	1890	472.4	7.19	7.96
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			780	7.86	1742	*51	25.05	0.00	59	104.76	13.19	36.79	12382	710.2	82.66	10.90
% of Calories				9.07%		*26.2%	28.9%	0.0%		53.7%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

**Wednesday - 01/30/2019**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	45	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990255 TERIYAKI MEATBALLS	SERVINGS	35	254	7.50	479	6	18.33	0.00	50	9.22	0.00	11.67	2	1.7	3.33	6.67
990298 FRENCH DIP	SANDWICH	10	288	3.50	1282	3	10.33	0.00	39	30.00	2.00	21.67	40	3188.8	126.00	7.20
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	5987	498.3	31.77	4.07
990229 RICE, BROWN,	1 Cup, Prepar	80	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			761	5.79	1001	*47	23.65	0.00	46	107.82	12.00	31.15	10853	766.4	86.22	6.92
% of Calories				6.85%		*24.7%	28.0%	0.0%		56.7%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

**Thursday - 01/31/2019**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990266 NACHO'S SEC	SERVING	45	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990154 SALSA, GREEN CHILI	1/4 Cup	45	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
990227 CHICKEN STRIPS, BREADED	3 EA	30	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990287 SALAD, SW CHICKEN PASTA	EACH	25	663	4.31	838	5	22.76	0.00	61	98.96	2.94	30.29	1724	156.3	14.40	4.21
990045 BREAD STICK WG	1 OZ	55	90	0.00	120	2	2.50	0.00	0	14.00	1.00	3.00	0	20.0	0.00	0.72
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8	47.33	1.88
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			808	6.40	1214	*43	25.81	0.00	64	112.45	11.56	35.55	8664	474.1	64.12	7.31
% of Calories				7.13%		*21.3%	28.7%	0.0%		55.7%		17.6%				
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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - 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.**