

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: K-5 K-12 LUNCH
Site:

Include Cost: No
Report Style: Detailed

Friday - 02/01/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990123 BEEF, HOT DOG 6"	EACH	100	190	0.00	600	1	17.00	0.00	1.00	0.00	7.00	0
990076 BUN, HOT DOG	BUN	100	110	0.00	190	4	1.50	0.00	21.00	2.00	4.00	0
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	65	173	1.33	400	0	6.00	0.00	28.02	4.00	2.67	0
990165 MANDARIN ORANGE, CANNED	1/2 CUP	45	80	0.00	10	18	0.00	0.00	19.00	0.00	0.00	0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	160	1.00	100	12	5.00	0.00	26.00	2.00	2.00	10
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			644	1.77	1297	38	25.40	0.00	80.36	5.50	21.63	504
% of Calories				2.47%		23.6%	35.5%	0.0%	49.9%		13.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 02/04/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990138 MACARONI & CHEESE RF	2/3 CUP	100	290	6.00	980	6	11.00	0.00	32.00	1.00	16.00	750
990045 BREAD STICK WG	1 OZ	100	90	0.00	120	2	2.50	0.00	14.00	1.00	3.00	0
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	85	20	0.00	175	1	0.00	0.00	3.74	2.49	1.24	125
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	75	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	50	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00	0
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
Weighted Daily Average			644	6.38	1452	54	14.12	0.00	100.13	7.11	28.80	1356
% of Calories				8.92%		33.5%	19.7%	0.0%	62.2%		17.9%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 02/05/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990128 PIZZA STICK, PEPPERONI WG	STICK	100	240	4.50	500	3	9.00	0.00	29.00	3.00	11.00	400
990155 POTATO, TATER TOTS	1/2 CUP	95	130	1.00	190	0	7.00	0.00	15.00	1.00	1.00	0
990069 CORN KERNEL 1/2 C	1/2 CUP	100	65	0.00	15	3	1.00	0.00	15.00	2.00	2.00	0
990180 ORANGE	EACH	85	60	0.00	0	12	0.00	0.00	15.00	3.00	1.00	300

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Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990204 MILK, CHOC FF CARTON	CARTON	90	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			608	5.60	915	37	16.90	0.00	93.00	8.50	22.80	1155
% of Calories				8.29%		24.3%	25.0%	0.0%	61.2%		15.0%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 02/06/2019

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)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	14.00	0.00	15.00	100
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	13.00	1.00	2.00	0
990228 RICE, BROWN, 3/4 Cup, Prepar	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	27.00	1.50	3.00	0
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	3.75	1.50	1.50	300
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	100	70	0.00	0	13	0.00	0.00	13.94	0.87	0.87	0
990199 JELLO, CHERRY	1/2 CUP	85	70	0.00	90	16	0.00	0.00	17.00	0.00	1.00	0
990204 MILK, CHOC FF CARTON	CARTON	80	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			621	1.55	846	63	5.12	0.00	107.14	4.87	31.22	900
% of Calories				2.25%		40.6%	7.4%	0.0%	69.0%		20.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 02/11/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	13.50	0.00	16.50	1.50	24.00	0
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	55	130	1.00	300	0	4.50	0.00	21.01	3.00	2.00	0
990148 WINTER MIX , VEG.	1/2 CUP	45	25	0.00	20	1	0.00	0.00	4.00	2.00	2.00	227
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	13	0.00	0.00	14.00	1.00	0.00	300
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	70	160	1.00	100	12	5.00	0.00	26.00	2.00	2.00	10
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			639	3.95	909	36	20.23	0.00	76.36	6.05	35.40	789
% of Calories				5.56%		22.5%	28.5%	0.0%	47.8%		22.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Tuesday - 02/12/2019

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)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	30.00	3.00	21.50	0
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	80	140	0.00	550	12	1.00	0.00	29.00	5.00	6.00	0
990195 CARROTS, BABY FRESH	SERVING	75	24	0.00	55	3	0.00	0.00	5.77	2.03	0.45	9653
990221 RANCH SALAD DRESSING @ 1 oz	OZ	75	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	31
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	45	9	0.01	4	1	0.10	0.00	2.00	0.66	0.49	408
Weighted Daily Average			627	6.05	1355	39	18.96	0.00	83.24	10.12	35.23	7947
% of Calories				8.68%		24.9%	27.2%	0.0%	53.1%		22.5%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 02/13/2019

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)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	19.00	3.00	14.00	0

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Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990335 ROLL, DINNER WHITE WG	ROLL	60	70	0.25	125	2	1.00	0.00	13.00	1.00	2.00	0
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	55	135	0.00	555	0	2.25	0.00	24.00	3.00	3.00	0
990350 GRAVY, BEEF LS	2 oz servings	50	18	0.00	128	0	4.51	0.00	3.61	0.00	0.00	0
990177 MIXED FRUIT COCKTAIL	1/2 CUP	60	60	0.00	5	12	0.00	0.00	15.00	1.00	0.00	200
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	45	55	0.03	1	11	0.18	0.00	14.64	2.50	0.28	50
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
Weighted Daily Average			646	8.51	900	27	30.42	0.00	71.19	6.98	24.98	642
% of Calories				11.86%		16.7%	42.4%	0.0%	44.1%		15.5%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 02/14/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	100	307	3.09	258	*6	7.04	*0.00	44.71	5.09	15.88	631
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	12.00	1.00	2.00	0
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	75	16	0.00	140	1	0.00	0.00	3.00	1.99	0.99	100

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	65	35	0.18	37	2	2.42	0.00	5.21	0.94	0.78	347
990187 BANANAS,RAW	EACH	85	121	0.15	1	17	0.45	0.00	31.06	3.54	1.48	87
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
Weighted Daily Average			624	5.19	616	*35	13.75	*0.00	102.54	11.20	28.39	1505
% of Calories				7.49%		*22.4%	19.8%	*0.0%	65.7%		18.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 02/15/2019

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)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	33.00	4.00	16.00	0
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	55	209	0.47	91	30	6.04	0.00	38.18	3.83	3.20	10559
990069 CORN KERNEL 1/2 C	1/2 CUP	85	65	0.00	15	3	1.00	0.00	15.00	2.00	2.00	0
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	85	70	0.00	0	13	0.00	0.00	13.94	0.87	0.87	0
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
Weighted Daily Average			639	6.61	635	53	17.42	0.00	92.40	8.55	28.20	6307
% of Calories				9.31%		33.2%	24.5%	0.0%	57.8%		17.7%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 02/18/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	30.00	5.00	10.00	0
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	15.00	1.00	1.00	0
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	3.00	1.99	0.99	100
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	100	51	0.00	2	11	0.00	0.00	14.00	1.00	0.00	0
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00	0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			650	4.95	949	49	19.75	0.00	95.90	8.99	19.99	600
% of Calories				6.85%		30.2%	27.3%	0.0%	59.0%		12.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Tuesday - 02/19/2019

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)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990191 SLOPPY JOE ELEMENTARY	3 OZ SERVINGS	100	284	3.26	740	11	8.51	0.00	40.32	6.64	16.78	303
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	55	130	1.00	300	0	4.50	0.00	21.01	3.00	2.00	0
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	70	35	0.02	38	4	0.09	0.00	7.27	2.53	1.57	6930
990221 RANCH SALAD DRESSING @ 1 oz	OZ	70	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	31
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	70	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			603	4.68	1243	46	15.41	0.00	92.79	11.46	28.02	5676
% of Calories				6.99%		30.5%	23.0%	0.0%	61.6%		18.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 02/20/2019

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)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990251 CHICKEN, SWEET N SOUR	SERVING	100	150	1.50	160	7	6.00	0.00	9.00	0.00	13.00	0
990228 RICE, BROWN, 3/4 Cup, Prepar	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	27.00	1.50	3.00	0

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Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	6.02	3.01	3.01	341
990180 ORANGE	EACH	100	60	0.00	0	12	0.00	0.00	15.00	3.00	1.00	300
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			498	1.95	398	40	7.88	0.00	76.92	7.51	28.01	1141
% of Calories				3.52%		32.1%	14.2%	0.0%	61.8%		22.5%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 02/21/2019

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)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)
990249 CHICKEN POT PIE	SERVING 1 CUP	100	188	0.84	517	4	3.88	0.08	22.15	2.96	15.25	818
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	17.00	2.00	3.00	0
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	3.75	1.50	1.50	300
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	1.62	0.00	1.00	62
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	15.00	1.00	0.00	200
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	10.00	0.00	0.00	5000
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			639	2.90	1192	48	16.81	0.08	90.03	7.46	28.75	6881
% of Calories				4.08%		30.0%	23.7%	0.1%	56.4%		18.0%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 02/22/2019

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)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990230 CHALUPA, BEEF N CHEESE	EACH	100	244	5.92	404	1	13.94	0.00	11.18	0.32	16.28	296
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	35	120	1.00	540	1	2.50	0.00	18.00	6.00	6.00	0
990069 CORN KERNEL 1/2 C	1/2 CUP	55	65	0.00	15	3	1.00	0.00	15.00	2.00	2.00	0
990154 SALSA, GREEN CHILI	1/4 Cup	35	20	0.00	360	2	0.00	0.00	4.00	2.00	0.00	400
000064 APPLES,Fresh	EACH	65	72	0.04	1	14	0.23	0.00	19.06	3.31	0.36	75
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	75	160	1.00	100	12	5.00	0.00	26.00	2.00	2.00	10
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			655	7.49	1003	48	20.02	0.00	88.52	9.07	29.21	992
% of Calories				10.29%		29.3%	27.5%	0.0%	54.1%		17.8%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 02/25/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990123 BEEF, HOT DOG 6"	EACH	100	190	0.00	600	1	17.00	0.00	1.00	0.00	7.00	0
990076 BUN, HOT DOG	BUN	100	110	0.00	190	4	1.50	0.00	21.00	2.00	4.00	0
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	65	173	1.33	400	0	6.00	0.00	28.02	4.00	2.67	0
990165 MANDARIN ORANGE, CANNED	1/2 CUP	45	80	0.00	10	18	0.00	0.00	19.00	0.00	0.00	0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	160	1.00	100	12	5.00	0.00	26.00	2.00	2.00	10
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			644	1.77	1297	38	25.40	0.00	80.36	5.50	21.63	504
% of Calories				2.47%		23.6%	35.5%	0.0%	49.9%		13.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Tuesday - 02/26/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	100	412	7.67	1125	11	16.13	0.00	44.84	7.51	23.48	1221
990195 CARROTS, BABY FRESH	SERVING	65	24	0.00	55	3	0.00	0.00	5.77	2.03	0.45	9653
990221 RANCH SALAD DRESSING @ 1 oz	OZ	65	52	0.59	163	1	5.16	0.00	0.81	0.00	0.50	31
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	65	16	0.00	140	1	0.00	0.00	3.00	1.99	0.99	100
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			634	8.51	1558	41	20.23	0.00	81.36	11.42	32.74	8081
% of Calories				12.08%		25.9%	28.7%	0.0%	51.3%		20.7%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 02/27/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	15.00	3.00	15.00	100
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	13.00	1.00	2.00	0

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	100	90	0.00	370	0	1.50	0.00	16.00	2.00	2.00	0
990198 GRAVY, CHICKEN	SERVING	100	23	0.00	132	1	0.47	0.00	3.76	0.00	0.00	0
990149 WINTER MIX , VEG. .75	3/4 CUP	75	38	0.00	30	2	0.00	0.00	6.02	3.01	3.01	341
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
Weighted Daily Average			643	3.20	1226	35	17.72	0.00	86.43	9.55	29.91	856
% of Calories				4.48%		21.8%	24.8%	0.0%	53.8%		18.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 02/28/2019

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)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990267 NACHO'S ELEM	SERVING	100	382	6.65	454	0	18.70	0.00	42.03	5.14	11.36	129
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	35	120	1.00	540	1	2.50	0.00	18.00	6.00	6.00	0
990220 SALAD, ROMAINE TOSSED	SERVINGS	35	55	0.01	27	7	0.27	0.00	12.43	2.84	1.56	12075
990380 RANCH SALAD DRESSING @ 2 oz	OZ	35	104	1.19	325	2	10.31	0.00	1.62	0.00	1.00	62
990187 BANANAS,RAW	EACH	45	121	0.15	1	17	0.45	0.00	31.06	3.54	1.48	87

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
990154 SALSA, GREEN CHILI	1/4 Cup	45	20	0.00	360	2	0.00	0.00	4.00	2.00	0.00	400
Weighted Daily Average			655	7.86	1109	29	24.11	0.00	87.18	10.73	22.23	5046
% of Calories				10.80%		17.7%	33.1%	0.0%	53.2%		13.6%	
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.