

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: (9-12) of K-12 LUNCH

Include Cost: No

Site:

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)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	22.00	2.00	11.00	0
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	35	140	0.00	550	12	1.00	0.00	29.00	5.00	6.00	0
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	35	130	1.00	300	0	4.50	0.00	21.01	3.00	2.00	0
990167 MANDARIN ORANGE, CANNED	1 CUP	65	160	0.00	20	36	0.00	0.00	38.00	0.00	0.00	0
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	55	320	2.00	200	24	10.00	0.00	52.00	4.00	4.00	20
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
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	65	90	0.00	20	19	0.00	0.00	22.00	0.00	0.00	500
Weighted Daily Average			856	1.90	1421	77	26.68	0.00	127.00	7.00	24.00	836
% of Calories				2.00%		36.0%	28.1%	0.0%	59.3%		11.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990139 MACARONI & CHEESE RF	CUP	100	435	9.00	1470	9	16.50	0.00	48.00	1.50	24.00	1125
990045 BREAD STICK WG	1 OZ	65	90	0.00	120	2	2.50	0.00	14.00	1.00	3.00	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
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	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
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	65	90	0.00	20	19	0.00	0.00	22.00	0.00	0.00	500
990199 JELLO, CHERRY	1/2 CUP	65	70	0.00	90	16	0.00	0.00	17.00	0.00	1.00	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			848	9.38	1928	77	18.75	0.00	133.45	6.44	35.99	2025
% of Calories				9.96%		36.3%	19.9%	0.0%	62.9%		17.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	100	480	9.00	1000	6	18.00	0.00	58.00	6.00	22.00	800
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	15.00	1.00	1.00	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)	Vlt-A (IU)
990069 CORN KERNEL 1/2 C	1/2 CUP	90	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
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			848	10.15	1423	40	26.15	0.00	121.25	11.35	33.65	1555
% of Calories				10.77%		18.9%	27.8%	0.0%	57.2%		15.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Vlt-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
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	36.75	2.04	4.08	0
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	5.00	2.00	2.00	400
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	100	139	0.00	0	26	0.00	0.00	27.89	1.74	1.74	0
990199 JELLO, CHERRY	1/2 CUP	100	70	0.00	90	16	0.00	0.00	17.00	0.00	1.00	0
990204 MILK, CHOC FF CARTON	CARTON	90	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	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			757	1.40	871	80	5.28	0.00	135.64	6.78	33.83	1000
% of Calories				1.66%		42.3%	6.3%	0.0%	71.7%		17.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	35	130	1.00	300	0	4.50	0.00	21.01	3.00	2.00	0
990148 WINTER MIX , VEG.	1/2 CUP	85	25	0.00	20	1	0.00	0.00	4.00	2.00	2.00	227
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	65	120	0.00	10	26	0.00	0.00	28.00	2.00	0.00	600
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	90	320	2.00	200	24	10.00	0.00	52.00	4.00	4.00	20
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			841	4.85	971	58	24.83	0.00	112.15	9.15	38.00	1101
% of Calories				5.19%		27.6%	26.6%	0.0%	53.3%		18.1%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	65	210	0.00	825	18	1.50	0.00	43.50	7.50	9.00	0
990195 CARROTS, BABY FRESH	SERVING	75	24	0.00	55	3	0.00	0.00	5.77	2.03	0.45	9653
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	325	2	10.31	0.00	1.62	0.00	1.00	62
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	24	0.00	0.00	32.00	4.00	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

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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)
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	65	9	0.01	4	1	0.10	0.00	2.00	0.66	0.49	408
Weighted Daily Average			768	6.50	1580	57	23.03	0.00	109.32	13.63	36.75	8052
% of Calories				7.62%		29.7%	27.0%	0.0%	56.9%		19.1%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990335 ROLL, DINNER WHITE WG	ROLL	90	70	0.25	125	2	1.00	0.00	13.00	1.00	2.00	0
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	95	180	0.00	741	0	3.00	0.00	32.00	4.00	4.00	0
990350 GRAVY, BEEF LS	2 oz servings	95	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

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			772	8.59	1394	28	34.36	0.00	93.91	9.42	27.73	642
% of Calories				10.01%		14.5%	40.1%	0.0%	48.7%		14.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	24.00	2.00	4.00	0
990065 BEANS GREEN , LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	5.99	3.99	1.99	200
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	85	48	0.24	50	3	3.27	0.00	7.04	1.28	1.05	468
990187 BANANAS,RAW	EACH	100	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			750	5.80	904	*39	17.52	*0.00	125.54	15.70	32.24	1816
% of Calories				6.96%		*20.8%	21.0%	*0.0%	67.0%		17.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

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)	VIt-A (IU)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35.00	3.00	21.00	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
990067 CORN KERNEL 1 C	1 CUP	75	130	0.00	30	6	2.00	0.00	30.00	4.00	4.00	0
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	85	139	0.00	0	26	0.00	0.00	27.89	1.74	1.74	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
Weighted Daily Average			811	8.61	695	65	23.07	0.00	116.00	9.59	35.24	6307
% of Calories				9.55%		32.1%	25.6%	0.0%	57.2%		17.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990157 POTATO, TATER TOTS	1 CUP	100	258	1.98	377	0	13.89	0.00	29.76	1.98	1.98	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

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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)
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			778	5.93	1136	49	26.64	0.00	110.66	9.98	20.98	600
% of Calories				6.86%		25.2%	30.8%	0.0%	56.9%		10.8%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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)
990332 SLOPPY JOE SECONDARY	4 OZ SERVINGS	100	334	4.37	908	13	10.75	0.00	44.21	7.90	20.47	406
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	100	130	1.00	300	0	4.50	0.00	21.01	3.00	2.00	0
990357 BABY CARROTS & PEA PODS 1 CUP	CUP	100	39	0.01	56	5	0.07	0.00	8.34	2.91	1.40	10023
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	1.62	0.00	1.00	62
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00	0
990204 MILK, CHOC FF CARTON	CARTON	55	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

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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)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00	0
Weighted Daily Average			846	7.02	1762	63	26.38	0.00	124.27	15.51	32.52	10917
% of Calories				7.47%		29.8%	28.1%	0.0%	58.8%		15.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	36.75	2.04	4.08	0
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

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)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	22.00	0.00	0.00	500
Weighted Daily Average			634	1.95	414	59	8.28	0.00	108.67	8.05	29.09	1641
% of Calories				2.77%		37.2%	11.8%	0.0%	68.6%		18.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	VIt-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
990336 ROLL, DINNER WHITE WG @2	ROLLS	100	140	0.50	250	3	2.00	0.00	26.00	2.00	4.00	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
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	18.10	1.21	0.00	241
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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			692	2.90	1373	52	16.81	0.08	102.12	7.67	29.75	6922
% of Calories				3.77%		30.1%	21.9%	0.1%	59.0%		17.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	75	65	0.00	15	3	1.00	0.00	15.00	2.00	2.00	0
000064 APPLES,Fresh	EACH	85	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	55	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	85	320	2.00	200	24	10.00	0.00	52.00	4.00	4.00	20
990154 SALSA, GREEN CHILI	1/4 Cup	95	20	0.00	360	2	0.00	0.00	4.00	2.00	0.00	400
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			843	8.45	1317	63	25.01	0.00	121.63	13.14	31.58	1256
% of Calories				9.02%		29.9%	26.7%	0.0%	57.7%		15.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	22.00	2.00	11.00	0
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	35	140	0.00	550	12	1.00	0.00	29.00	5.00	6.00	0
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	35	130	1.00	300	0	4.50	0.00	21.01	3.00	2.00	0
990167 MANDARIN ORANGE, CANNED	1 CUP	65	160	0.00	20	36	0.00	0.00	38.00	0.00	0.00	0
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	55	320	2.00	200	24	10.00	0.00	52.00	4.00	4.00	20
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

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)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	65	90	0.00	20	19	0.00	0.00	22.00	0.00	0.00	500
Weighted Daily Average			856	1.90	1421	77	26.68	0.00	127.00	7.00	24.00	836
% of Calories				2.00%		36.0%	28.1%	0.0%	59.3%		11.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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	80	24	0.00	55	3	0.00	0.00	5.77	2.03	0.45	9653
990380 RANCH SALAD DRESSING @ 2 oz	OZ	80	104	1.19	325	2	10.31	0.00	1.62	0.00	1.00	62
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	80	16	0.00	140	1	0.00	0.00	3.00	1.99	0.99	100
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	32.00	4.00	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			770	9.07	1748	58	25.13	0.00	105.05	14.73	33.43	9573
% of Calories				10.60%		30.1%	29.4%	0.0%	54.6%		17.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

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
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	100	38	0.00	30	2	0.00	0.00	6.02	3.01	3.01	341
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	100	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
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00	0
Weighted Daily Average			744	3.20	1244	55	17.72	0.00	109.61	11.00	31.01	941
% of Calories				3.87%		29.6%	21.4%	0.0%	58.9%		16.7%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 02/28/2019

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)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	44.39	6.28	16.39	258
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	45	120	1.00	540	1	2.50	0.00	18.00	6.00	6.00	0
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	12.43	2.84	1.56	12075
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	1.62	0.00	1.00	62
990187 BANANAS,RAW	EACH	100	121	0.15	1	17	0.45	0.00	31.06	3.54	1.48	87
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	85	20	0.00	360	2	0.00	0.00	4.00	2.00	0.00	400
Weighted Daily Average			848	10.05	1533	42	31.15	0.00	114.24	16.07	29.44	9025
% of Calories				10.67%		19.8%	33.1%	0.0%	53.9%		13.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.