

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 2019

Menu Name: 6-8 of HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Friday - 02/01/2019

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)
990123 BEEF, HOT DOG 6"	EACH	30	190	0.00	600	1	17.00	0.00	35	1.00	0.00	7.00	0
990076 BUN, HOT DOG	BUN	30	110	0.00	190	4	1.50	0.00	0	21.00	2.00	4.00	0
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	48	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00	0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	55	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			699	6.00	1118	*44	24.30	0.00	49	91.48	8.75	28.20	5737
% of Calories				7.73%		*25.2%	31.3%	0.0%		52.3%		16.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 2019

### Monday - 02/04/2019

### 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)
990139 MACARONI & CHEESE RF	CUP	25	435	9.00	1470	9	16.50	0.00	45	48.00	1.50	24.00	1125
990045 BREAD STICK WG	1 OZ	25	90	0.00	120	2	2.50	0.00	0	14.00	1.00	3.00	0
990120 CHICKEN, CORN PUPS	6 EACH	75	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	50	173	1.33	400	0	6.00	0.00	0	28.02	4.00	2.67	0
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			651	6.31	1227	*37	20.24	0.00	50	91.45	10.19	26.08	5912
% of Calories				8.72%		*22.7%	28.0%	0.0%		56.2%		16.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

### Tuesday - 02/05/2019

### 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)
990134 CHICKEN, TERIYAKI	2.85 OZ	50	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0
990283 MEATBALL MARINARA SUB	EACH	45	473	10.84	801	5	27.27	0.00	50	34.94	2.91	24.24	228
990257 WRAP, VEGGIE	WRAP	5	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86	4602
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	50	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			695	6.91	1114	*47	21.73	0.00	61	92.48	9.40	33.61	10525
% of Calories				8.95%		*27.1%	28.1%	0.0%		53.2%		19.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

### Wednesday - 02/06/2019

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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	35	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800
990304 SWISS BACON BURGER	SANDWICH	65	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00	40
990199 JELLO, CHERRY	1/2 CUP	85	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00	0

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## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990277 FRUIT BAR	EACH	50	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			712	8.38	1217	*51	22.08	0.32	66	96.49	8.56	35.16	7072
% of Calories				10.59%		*28.7%	27.9%	0.4%		54.2%		19.8%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

### Monday - 02/11/2019

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)
990227 CHICKEN STRIPS, BREADED	3 EA	75	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	25	325	1.09	1384	13	7.45	0.00	55	46.01	3.00	22.36	0
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	40	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00	0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10
990277 FRUIT BAR	EACH	35	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			700	3.80	1290	*39	20.54	0.00	73	91.57	8.51	37.44	6187
% of Calories				4.89%		*22.3%	26.4%	0.0%		52.3%		21.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

Tuesday - 02/12/2019

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)
990253 CHEESEBURGER	SANDWICH	75	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0
990298 FRENCH DIP	SANDWICH	15	305	4.75	1145	3	13.25	0.00	35	28.75	2.00	18.75	40
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
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
990277 FRUIT BAR	EACH	60	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			702	7.30	1223	*40	25.33	0.38	57	88.95	9.88	33.25	8510
% of Calories				9.36%		*22.8%	32.5%	0.5%		50.7%		18.9%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

Wednesday - 02/13/2019

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)
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
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0
990130 CHICKEN, POPCORN WG	3.3 OZ	40	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	55	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0
990198 GRAVY, CHICKEN	SERVING	45	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			693	6.31	1086	*34	26.43	0.00	44	82.83	9.93	28.58	6235
% of Calories				8.19%		*19.6%	34.3%	0.0%		47.8%		16.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

Thursday - 02/14/2019

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)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	50	307	3.09	258	*6	7.04	*0.00	34	44.71	5.09	15.88	631
990072 GARLIC TOAST	SLICE	50	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	50	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04	0
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			689	4.41	915	*45	16.73	*0.00	57	101.02	12.14	36.21	8252
% of Calories				5.76%		*26.1%	21.9%	*0.0%		58.6%		21.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 2019

### Friday - 02/15/2019

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)	Vit-A (IU)
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
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0
990373 SANTA FE CHICKEN	3 OZ	45	186	2.49	546	4	5.12	0.00	46	19.38	5.28	16.77	241
990087 RICE, BROWN,	1/2 Cup, Prepar	45	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0
990277 FRUIT BAR	EACH	90	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990200 JUICE, APPLE	4 oz	70	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			697	5.99	996	*57	17.69	0.00	53	103.12	11.55	32.30	9823
% of Calories				7.73%		*32.7%	22.8%	0.0%		59.2%		18.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

### Monday - 02/18/2019

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990120 CHICKEN, CORN PUPS	6 EACH	45	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	55	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00	40
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
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	42	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			700	5.36	1071	*36	24.28	0.00	60	88.09	10.16	32.87	5315
% of Calories				6.89%		*20.6%	31.2%	0.0%		50.3%		18.8%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

Tuesday - 02/19/2019

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)
990332 SLOPPY JOE SECONDARY	4 OZ SERVINGS	50	334	4.37	908	13	10.75	0.00	48	44.21	7.90	20.47	406
990139 MACARONI & CHEESE RF	CUP	50	435	9.00	1470	9	16.50	0.00	45	48.00	1.50	24.00	1125
990045 BREAD STICK WG	1 OZ	50	90	0.00	120	2	2.50	0.00	0	14.00	1.00	3.00	0
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			708	7.60	1627	*48	19.57	0.00	57	101.23	10.70	35.33	8677
% of Calories				9.66%		*27.1%	24.9%	0.0%		57.2%		20.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

### Wednesday - 02/20/2019

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)
990134 CHICKEN, TERIYAKI	2.85 OZ	40	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100
990251 CHICKEN, SWEET N SOUR	SERVING	40	150	1.50	160	7	6.00	0.00	9	9.00	0.00	13.00	0
990229 RICE, BROWN,	1 Cup, Prepar	80	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0
990257 WRAP, VEGGIE	WRAP	20	606	8.59	1109	8	31.99	0.00	25	62.76	9.92	20.86	4602
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990277 FRUIT BAR	EACH	85	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			700	3.70	885	*50	16.82	0.00	41	107.37	10.81	30.94	11128
% of Calories				4.76%		*28.6%	21.6%	0.0%		61.4%		17.7%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

Thursday - 02/21/2019

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)
990249 CHICKEN POT PIE	SERVING 1 CUP	45	188	0.84	517	4	3.88	0.08	40	22.15	2.96	15.25	818
990141 PIZZA STICK, PEPPERONI WG	2 STICK	55	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800
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
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	70	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			697	6.50	1286	*43	17.54	0.04	56	102.60	11.31	32.60	9284
% of Calories				8.39%		*24.7%	22.6%	0.1%		58.9%		18.7%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

# Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

**Friday - 02/22/2019**

**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)
990230 CHALUPA, BEEF N CHEESE	EACH	55	244	5.92	404	1	13.94	0.00	44	11.18	0.32	16.28	296
990283 MEATBALL MARINARA SUB	EACH	40	473	10.84	801	5	27.27	0.00	50	34.94	2.91	24.24	228
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	40	173	1.33	400	0	6.00	0.00	0	28.02	4.00	2.67	0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	40	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			696	9.33	1079	*38	26.75	0.00	58	82.12	7.82	31.25	6453
% of Calories				12.06%		*21.8%	34.6%	0.0%		47.2%		18.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

**Monday - 02/25/2019**

**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)
990359 BEEF HOT DOG SANDWICH	SANDWICH	30	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	48	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00	0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	55	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10
990277 FRUIT BAR	EACH	45	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			699	6.00	1118	*44	24.30	0.00	49	91.48	8.75	28.20	5737
% of Calories				7.73%		*25.2%	31.3%	0.0%		52.3%		16.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

Tuesday - 02/26/2019

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)
990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY	SERVINGS	65	412	7.67	1125	11	16.13	0.00	43	44.84	7.51	23.48	1221
990300 BEEF, BBQ SUB	SUB	35	278	2.50	1095	6	9.00	0.00	20	36.50	2.00	13.00	0

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990277 FRUIT BAR	EACH	95	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			695	6.96	1530	*51	19.41	0.00	46	99.95	12.80	32.36	10434
% of Calories				9.01%		*29.4%	25.1%	0.0%		57.5%		18.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

### Wednesday - 02/27/2019

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)
990130 CHICKEN, POPCORN WG	3.3 OZ	50	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100
990255 TERIYAKI MEATBALLS	SERVINGS	40	254	7.50	479	6	18.33	0.00	50	9.22	0.00	11.67	2
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
990228 RICE, BROWN,	3/4 Cup, Prepar	90	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00	0
990277 FRUIT BAR	EACH	75	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			700	5.87	892	*42	23.38	0.00	46	94.04	10.53	29.13	9701
% of Calories				7.55%		*24.0%	30.1%	0.0%		53.7%		16.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

Thursday - 02/28/2019

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)
990266 NACHO'S SEC	SERVING	45	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258
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
990227 CHICKEN STRIPS, BREADED	3 EA	55	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0
990045 BREAD STICK WG	1 OZ	55	90	0.00	120	2	2.50	0.00	0	14.00	1.00	3.00	0
990277 FRUIT BAR	EACH	65	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990276 VEGETABLE/ SALAD BAR	SERVINGS	70	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			700	5.92	1134	*38	23.72	0.00	64	87.63	10.88	34.06	8772
% of Calories				7.61%		*21.7%	30.5%	0.0%		50.1%		19.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0						

### Friday - 03/01/2019

### 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)
990050 FRENCH TOAST STICKS	3 STICKS	48	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02	2
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	48	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	45	398	3.27	708	8	14.04	0.00	53	41.31	6.54	28.83	125
990155 POTATO, TATER TOTS	1/2 CUP	54	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0
990276 VEGETABLE/ SALAD BAR	SERVINGS	50	138	0.69	274	7	5.80	0.00	6	17.92	5.48	4.78	11278
990277 FRUIT BAR	EACH	40	102	0.02	3	*19	0.28	0.00	0	25.52	2.98	0.76	124
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500



# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Mar 1, 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)
990217 SRYUP CUP, LITE	CARTON	45	50	0.00	70	4	0.00	0.00	0	14.00	0.00	0.00	0
Weighted Daily Average			700	5.59	1038	*44	22.54	0.00	95	92.26	8.38	31.86	6246
% of Calories				7.19%		*25.1%	29.0%	0.0%		52.7%		18.2%	
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*
- <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.**