Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2019 thru Mar 31, 2019

Menu Name: K-5 K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Friday - 03/01/2019 **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)	Protn (g)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	26.07	8.02
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	0.00	3.50
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	22.32	1.49
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	40	60	0.00	5	13	0.00	0.00	14.00	0.00
990239 JUICE, ORANGE	EACH	40	50	0.00	0	12	0.00	0.00	13.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	2.47	0.00	15.78	0.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
990217 SRYUP CUP, LITE	CARTON	100	50	0.00	70	4	0.00	0.00	14.00	0.00
Weighted Daily Average			648	5.37	851	47	21.15	0.00	92.38	20.93
% of Calories				7.46%		29.0%	29.4%	0.0%	57.0%	12.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Monday - 03/04/2019 **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)	Protn (g)
990138 MACARONI & CHEESE RF	2/3 CUP	100	280	5.00	670	6	11.00	0.00	29.00	17.00
990045 BREAD STICK WG	1 OZ	100	90	0.00	120	2	2.50	0.00	14.00	3.00
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	85	20	0.00	175	1	0.00	0.00	3.74	1.24
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	75	90	0.00	0	18	0.00	0.00	21.93	1.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	50	110	0.00	0	24	0.00	0.00	28.00	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			634	5.38	1142	54	14.12	0.00	97.13	29.80
% of Calories				7.64%		34.1%	20.0%	0.0%	61.3%	18.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 03/05/2019 **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)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	14.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	13.00	2.00
990228 RICE, BROWN,	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	27.00	3.00

	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)	Protn (g)
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	3.75	1.50
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	100	70	0.00	0	13	0.00	0.00	13.94	0.87
990204 MILK, CHOC FF CARTON	CARTON	80	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			562	1.55	770	49	5.12	0.00	92.69	30.37
% of Calories				2.48%		34.9%	8.2%	0.0%	66.0%	21.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Wednesday - 03/06/2019 **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)	Protn (g)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	44.00	20.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	35	140	0.00	550	12	1.00	0.00	29.00	6.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	50	35	0.02	38	4	0.09	0.00	7.27	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	50	104	1.19	325	2	10.31	0.00	1.62	1.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	50	51	0.00	2	11	0.00	0.00	14.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12.00	8.00

	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)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	23.00	8.00
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	30	9	0.01	4	1	0.10	0.00	2.00	0.49
Weighted Daily Average			629	4.53	1201	30	22.96	0.00	78.30	31.13
% of Calories				6.48%		19.1%	32.9%	0.0%	49.8%	19.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 03/07/2019 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals[1] (kcal)	S-Fat[1] (g)	Sodm[1] (mg)	Sugars (g)	T-Fat (g)	Tr-Fat[2] (g)	Carb (g)	Protn (g)
990246 COTTAGE PIE	SERVINGS	100	362	3.76	1439	2	38.32	0.00	48.69	14.39
990049 ROLL, DINNER WG	ROLL	85	100	0.50	70	2	2.00	0.00	17.00	3.00
990032 FRUITABLE , GOLD RUSH	BOX	50	40	0.00	60	8	0.00	0.00	10.00	0.00
990186 GRAPES FRESH	1/2 CUP	55	55	0.00	0	14	0.50	0.00	14.00	0.50
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	55	60	0.00	5	13	0.00	0.00	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00

	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)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			655	4.56	1735	43	40.92	0.00	104.04	25.21
% of Calories				6.27%		26.3%	56.2%	0.0%	63.5%	15.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Monday - 03/18/2019 **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)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	33.00	16.00
990069 CORN KERNEL 1/2 C	1/2 CUP	100	65	0.00	15	3	1.00	0.00	15.00	2.00
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	10.00	0.00
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	100	70	0.00	0	13	0.00	0.00	13.94	0.87
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			585	6.35	648	47	14.25	0.00	85.74	26.87
% of Calories				9.77%		32.1%	21.9%	0.0%	58.6%	18.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 03/19/2019 **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)	Protn (g)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	30.00	21.50
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	80	140	0.00	550	12	1.00	0.00	29.00	6.00
990155 POTATO, TATER TOTS	1/2 CUP	60	130	1.00	190	0	7.00	0.00	15.00	1.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	15.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	45	9	0.01	4	1	0.10	0.00	2.00	0.49
Weighted Daily Average			648	6.21	1306	36	19.30	0.00	86.65	35.12
% of Calories				8.62%		22.2%	26.8%	0.0%	53.5%	21.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Wednesday - 03/20/2019 **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)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	19.00	14.00
990335 ROLL, DINNER WHITE WG	ROLL	60	70	0.25	125	2	1.00	0.00	13.00	2.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	16.00	2.00

	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)	Protn (g)
990350 GRAVY, BEEF LS	2 oz servings	50	18	0.00	128	0	4.51	0.00	3.61	0.00
990148 WINTER MIX , VEG.	1/2 CUP	55	25	0.00	20	1	0.00	0.00	4.00	2.00
990165 MANDARIN ORANGE, CANNED	1/2 CUP	80	80	0.00	10	18	0.00	0.00	19.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			647	8.50	851	30	30.08	0.00	70.20	25.60
% of Calories				11.82%		18.5%	41.8%	0.0%	43.4%	15.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 03/21/2019 **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)	Protn (g)
990256 PIZZA BURGER ON BUN ELEM	SERVINGS	100	321	4.87	661	8	11.50	0.00	38.75	20.51
990195 CARROTS, BABY FRESH	SERVING	65	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	1.62	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	85	16	0.00	140	1	0.00	0.00	3.00	0.99
990187 BANANAS,RAW	EACH	85	121	0.15	1	17	0.45	0.00	31.06	1.48
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00

	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)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			644	6.22	1225	45	19.33	0.00	92.40	31.55
% of Calories				8.69%		28.0%	27.0%	0.0%	57.4%	19.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 03/22/2019 **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)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	13.50	0.00	16.50	24.00
990072 GARLIC TOAST	SLICE	35	70	0.50	95	0	2.50	0.00	12.00	2.00
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	55	130	1.00	300	0	4.50	0.00	21.01	2.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	55	209	0.47	91	30	6.04	0.00	38.18	3.20
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	14.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12.00	8.00

	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)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			645	4.58	849	38	22.42	0.00	76.15	35.56
% of Calories				6.39%		23.6%	31.3%	0.0%	47.2%	22.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Monday - 03/25/2019 **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)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	30.00	10.00
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	15.00	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	3.00	0.99
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	100	51	0.00	2	11	0.00	0.00	14.00	0.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			650	4.95	949	49	19.75	0.00	95.90	19.99
% of Calories				6.85%		30.2%	27.3%	0.0%	59.0%	12.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 03/26/2019 **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)	Protn (g)
990263 PARMESAN CHICKEN SANDWICH ELEMENTARY	SANDWICH	100	438	4.27	878	9	18.04	0.00	47.31	23.83
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	25	130	1.00	300	0	4.50	0.00	21.01	2.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	25	35	0.02	38	4	0.09	0.00	7.27	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	25	104	1.19	325	2	10.31	0.00	1.62	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	30	90	0.00	0	18	0.00	0.00	21.93	1.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			655	5.28	1241	34	22.52	0.00	81.27	33.27
% of Calories				7.25%		20.8%	30.9%	0.0%	49.6%	20.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Wednesday - 03/27/2019 **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)	Protn (g)
990251 CHICKEN, SWEET N SOUR	SERVING	100	150	1.50	160	7	6.00	0.00	9.00	13.00
990228 RICE, BROWN,	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	27.00	3.00

	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)	Protn (g)
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	6.02	3.01
990180 ORANGE	EACH	100	60	0.00	0	12	0.00	0.00	15.00	1.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			498	1.95	398	40	7.88	0.00	76.92	28.01
% of Calories				3.52%		32.1%	14.2%	0.0%	61.8%	22.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 03/28/2019 **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)	Protn (g)
990292 CHICKEN PASTA BAKE	SERVINGS	100	253	4.28	747	3	8.03	0.00	23.57	22.11
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	17.00	3.00
000256 BROCCOLI, RAW FRESH	1/2 CUP	100	15	0.02	15	1	0.16	0.00	2.92	1.24
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	325	2	10.31	0.00	1.62	1.00
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	10.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	75	60	0.00	5	12	0.00	0.00	15.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	8.00

	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)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	8.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			650	6.06	1334	42	18.56	0.00	84.96	35.10
% of Calories				8.39%		25.8%	25.7%	0.0%	52.3%	21.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 03/29/2019 **Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals[1] (kcal)	S-Fat[1] (g)	Sodm[1] (mg)	Sugars (g)	T-Fat (g)	Tr-Fat[2] (g)	Carb (g)	Protn (g)
990230 CHALUPA, BEEF N CHEESE	EACH	100	244	5.92	404	1	13.94	0.00	11.18	16.28
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	45	120	1.00	540	1	2.50	0.00	18.00	6.00
990069 CORN KERNEL 1/2 C	1/2 CUP	75	65	0.00	15	3	1.00	0.00	15.00	2.00
990154 SALSA, GREEN CHILI	1/4 Cup	75	20	0.00	360	2	0.00	0.00	4.00	0.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	12	0.00	0.00	16.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	75	160	1.00	100	12	5.00	0.00	26.00	2.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	8.00

	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)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			650	7.57	1204	42	20.31	0.00	84.93	29.98
% of Calories				10.48%		25.8%	28.1%	0.0%	52.3%	18.4%
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.