Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

May 1, 2019 thru May 21, 2019

Menu Name: K-5 K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 05/01/2019 **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)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	15.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	13.00	2.00
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
990198 GRAVY, CHICKEN	SERVING	100	23	0.00	132	1	0.47	0.00	3.76	0.00
990149 WINTER MIX , VEG. .75	3/4 CUP	75	38	0.00	30	2	0.00	0.00	6.02	3.01
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	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			643	3.20	1226	35	17.72	0.00	86.43	29.91
% of Calories				4.48%		21.8%	24.8%	0.0%	53.8%	18.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 05/02/2019 **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)
990267 NACHO'S ELEM	SERVING	100	382	6.65	454	0	18.70	0.00	42.03	11.36
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	35	120	1.00	540	1	2.50	0.00	18.00	6.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	35	55	0.01	27	7	0.27	0.00	12.43	1.56
990380 RANCH SALAD DRESSING @ 2 oz	OZ	35	104	1.19	325	2	10.31	0.00	1.62	1.00
990187 BANANAS,RAW	EACH	45	121	0.15	1	17	0.45	0.00	31.06	1.48
990204 MILK, CHOC FF CARTON	CARTON	65	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	5	100	1.50	110	12	2.50	0.00	12.00	8.00
990154 SALSA, GREEN CHILI	1/4 Cup	45	20	0.00	360	2	0.00	0.00	4.00	0.00
Weighted Daily Average			655	7.86	1109	29	24.11	0.00	87.18	22.23
% of Calories				10.80%		17.7%	33.1%	0.0%	53.2%	13.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 05/03/2019 **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

	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)
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 - 05/06/2019 **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)
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
990149 WINTER MIX , VEG. .75	3/4 CUP	85	38	0.00	30	2	0.00	0.00	6.02	3.01
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

	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
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			649	5.38	1019	54	14.12	0.00	99.06	31.31
% of Calories				7.46%		33.3%	19.6%	0.0%	61.1%	19.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 05/07/2019 **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)
990128 PIZZA STICK, PEPPERONI WG	STICK	100	240	4.50	500	3	9.00	0.00	29.00	11.00
990155 POTATO, TATER TOTS	1/2 CUP	95	130	1.00	190	0	7.00	0.00	15.00	1.00
990069 CORN KERNEL 1/2 C	1/2 CUP	100	65	0.00	15	3	1.00	0.00	15.00	2.00
990180 ORANGE	EACH	95	60	0.00	0	12	0.00	0.00	15.00	1.00
990204 MILK, CHOC FF CARTON	CARTON	90	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	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			614	5.60	915	38	16.90	0.00	94.50	22.90
% of Calories				8.21%		24.8%	24.8%	0.0%	61.6%	14.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Wednesday - 05/08/2019 **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
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	3.75	1.50
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0.00	16.00	0.00
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			552	1.55	775	48	5.12	0.00	94.75	29.50
% of Calories				2.53%		34.8%	8.3%	0.0%	68.7%	21.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 05/09/2019 **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
990335 ROLL, DINNER WHITE WG	ROLL	60	70	0.25	125	2	1.00	0.00	13.00	2.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	65	16	0.00	140	1	0.00	0.00	3.00	0.99
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	14.00	0.00
990187 BANANAS,RAW	EACH	65	121	0.15	1	17	0.45	0.00	31.06	1.48
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
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			648	4.39	1812	41	39.83	0.00	106.12	25.20
% of Calories				6.10%		25.3%	55.3%	0.0%	65.5%	15.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 05/10/2019 **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

	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)
990195 CARROTS, BABY FRESH	SERVING	85	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	50	104	1.19	325	2	10.31	0.00	1.62	1.00
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	60	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	25	100	1.50	110	12	2.50	0.00	12.00	8.00
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			648	4.52	1227	33	22.91	0.00	80.93	31.25
% of Calories				6.28%		20.4%	31.8%	0.0%	50.0%	19.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Monday - 05/13/2019 **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)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	15.00	15.00
990149 WINTER MIX , VEG. .75	3/4 CUP	75	38	0.00	30	2	0.00	0.00	6.02	3.01
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	65	55	0.03	1	11	0.18	0.00	14.64	0.28
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	65	110	0.00	0	24	0.00	0.00	28.00	0.00

	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)
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
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12.00	8.00
Weighted Daily Average			628	3.72	675	53	18.62	0.00	86.63	26.94
% of Calories				5.33%		33.8%	26.7%	0.0%	55.2%	17.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 05/14/2019 **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)	Protn (g)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	30.00	21.50
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	65	130	1.00	300	0	4.50	0.00	21.01	2.00
990195 CARROTS, BABY FRESH	SERVING	75	24	0.00	55	3	0.00	0.00	5.77	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	325	2	10.31	0.00	1.62	1.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	80	60	0.00	5	12	0.00	0.00	16.00	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

	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)
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	7.15	1233	32	24.96	0.00	76.70	32.11
% of Calories				9.93%		19.8%	34.7%	0.0%	47.3%	19.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Wednesday - 05/15/2019 **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)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	33.00	16.00
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	100	15	0.00	8	0	0.00	0.00	2.50	1.00
990155 POTATO, TATER TOTS	1/2 CUP	100	130	1.00	190	0	7.00	0.00	15.00	1.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	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
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			615	7.35	775	36	20.25	0.00	78.30	26.00
% of Calories				10.76%		23.4%	29.6%	0.0%	50.9%	16.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 05/16/2019 **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
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	29.00	6.00
990069 CORN KERNEL 1/2 C	1/2 CUP	85	65	0.00	15	3	1.00	0.00	15.00	2.00
990165 MANDARIN ORANGE, CANNED	1/2 CUP	100	80	0.00	10	18	0.00	0.00	19.00	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			619	3.95	987	52	14.25	0.00	100.50	23.60
% of Calories				5.74%		33.6%	20.7%	0.0%	64.9%	15.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 05/17/2019 **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)
990128 PIZZA STICK, PEPPERONI WG	STICK	100	240	4.50	500	3	9.00	0.00	29.00	11.00
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	100	20	0.00	175	1	0.00	0.00	3.74	1.24
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	100	70	0.00	0	13	0.00	0.00	13.94	0.87
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	14.00	0.00

	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	90	130	0.00	230	22	0.00	0.00	23.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	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			518	4.65	904	51	9.25	0.00	82.69	21.11
% of Calories				8.08%		39.4%	16.1%	0.0%	63.9%	16.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Monday - 05/20/2019 **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)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	22.00	11.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	85	51	0.00	2	11	0.00	0.00	14.00	0.00
990239 JUICE, ORANGE	EACH	85	50	0.00	0	12	0.00	0.00	13.00	0.00
990156 POTATO, TATER TOTS	3/4 CUP	70	193	1.49	283	0	10.42	0.00	22.32	1.49
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			644	1.49	1187	44	26.54	0.00	80.47	20.04
% of Calories				2.08%		27.3%	37.1%	0.0%	50.0%	12.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 05/21/2019 **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)
990125 PB&J SANDWICH, GRAPE WG	2.8 OZ	100	300	2.50	300	11	16.00	0.00	34.00	10.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	21.93	1.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	65	110	0.00	0	24	0.00	0.00	28.00	0.00
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	10.00	0.00
990195 CARROTS, BABY FRESH	SERVING	45	24	0.00	55	3	0.00	0.00	5.77	0.45
990074 GOLDFISH WG CRACKER	PACKAGE	65	90	0.00	200	0	1.50	0.00	16.00	2.00
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

	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	75	130	0.00	230	22	0.00	0.00	23.00	8.00
Weighted Daily Average			650	2.88	697	64	17.60	0.00	106.45	20.15
% of Calories				3.99%		39.4%	24.4%	0.0%	65.5%	12.4%
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.