

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

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

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 08/20/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990167 MANDARIN ORANGE, CANNED	1 CUP	100	160	0.00	20	36	0.00	0.00	0	38.00	0.00	0.00
990405 CHERRY SPLASH	CONTAINER	100	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			738	7.52	892	75	16.88	0.00	42	111.40	4.99	30.99
% of Calories				9.17%		40.7%	20.6%	0.0%		60.4%		16.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 08/21/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00

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Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990063 BROCCOLI, FROZEN, NO SALT FROZEN 110473 3/4 c	.75 Cup	100	39	0.00	33	2	0.00	0.00	0	7.50	4.50	4.50
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	98	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
Weighted Daily Average			701	2.74	731	63	7.51	0.00	63	124.44	8.75	33.58
% of Calories				3.52%		35.9%	9.6%	0.0%		71.0%		19.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 08/22/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	95	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990428 KK SEASONED FRIES 1/2	2.1 OZ	85	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	95	79	0.09	163	9	0.50	0.00	0	17.98	5.67	1.97

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	95	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	55	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			842	5.80	1614	63	27.37	0.00	67	117.28	11.72	33.62
% of Calories				6.20%		29.9%	29.3%	0.0%		55.7%		16.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 08/23/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	95	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990184 GRAPES FRESH	CUP	85	110	0.00	0	29	1.00	0.00	0	28.00	2.00	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

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Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	98	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			800	4.43	1459	65	18.40	0.00	65	128.89	14.60	28.70
% of Calories				4.98%		32.5%	20.7%	0.0%		64.4%		14.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 08/26/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990402 TACO SNACK	EACH	100	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990154 SALSA, GREEN CHILI	1/4 Cup	95	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	75	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
990369 VEGETABLE, SANTA FE BLEND-1/2 CUP	1/2 CUP	75	60	0.00	40	3	1.00	0.00	0	11.97	2.99	2.99
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	85	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	98	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			735	7.78	1573	52	17.67	0.00	30	110.86	15.34	30.74
% of Calories				9.53%		28.3%	21.6%	0.0%		60.3%		16.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 08/27/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990407 CHEESE STICKS	SERVING	100	303	6.05	494	4	11.09	0.00	30	30.25	3.02	19.16
990210 DIPPING SAUCE - (4 OZ)	4 OZ	100	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
990148 WINTER MIX , VEG.	1/2 CUP	100	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990165 MANDARIN ORANGE, CANNED	1/2 CUP	100	80	0.00	10	18	0.00	0.00	0	19.00	0.00	0.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	98	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			656	8.96	1089	57	15.71	0.00	40	91.58	7.18	33.15
% of Calories				12.29%		34.8%	21.6%	0.0%		55.8%		20.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

Wednesday - 08/28/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	85	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990406 CINNAMON APPLES, BAKED	1/2 CUP	45	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03
990239 JUICE, ORANGE	EACH	75	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	98	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990399 HONEY BUN GRAHAMS	PACKAGE	85	130	1.00	130	8	4.50	0.00	0	21.00	1.00	2.00
990217 SYRUP CUP, LITE	CONTAINER	85	80	0.00	110	6	0.00	0.00	0	20.00	0.00	0.00
Weighted Daily Average			960	9.69	1212	55	37.13	0.00	175	126.39	6.25	29.09
% of Calories				9.08%		22.9%	34.8%	0.0%		52.7%		12.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 08/29/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990411 SLOPPY JOE SECONDARY	4 OZ	100	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15
990397 CARROTS,STICKS 6 EA	SERVING	95	46	0.04	78	5	0.27	0.00	0	10.86	3.18	1.06
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	95	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990187 BANANAS,RAW	EACH	95	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	98	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			717	5.06	1371	58	20.12	0.00	57	111.35	14.49	30.45
% of Calories				6.35%		32.4%	25.3%	0.0%		62.1%		17.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 08/30/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	85	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990350 GRAVY, BEEF LS	OZ	85	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	85	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00

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990269 SALAD, SPINACH, CRANBERRY, MANDARIN	2 CUP	45	209	0.47	91	30	6.04	0.00	0	38.18	3.83	3.20
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	85	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	98	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			820	8.91	1106	49	33.87	0.00	52	106.18	8.97	27.69
% of Calories				9.78%		23.9%	37.2%	0.0%		51.8%		13.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 09/03/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990065 BEANS GREEN, LOW SODIUM, CANNED 1 CUP	1 Cup	100	32	0.00	280	2	0.00	0.00	0	5.99	3.99	1.99
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990180 ORANGE	EACH	95	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

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990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			639	7.45	972	53	16.75	0.00	42	89.44	10.79	31.94
% of Calories				10.49%		33.2%	23.6%	0.0%		56.0%		20.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 09/04/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990228 RICE, BROWN, 3/4 Cup, Prepar	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00
990413 CARROT STIX & PEA PODS 1 CUP	CUP	100	61	0.06	80	7	0.34	0.00	0	13.43	4.06	2.01
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

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Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			781	4.12	1008	52	26.40	0.00	43	107.91	12.36	29.01
% of Calories				4.75%		26.6%	30.4%	0.0%		55.3%		14.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 09/05/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990246 COTTAGE PIE	SERVINGS	90	373	3.76	1412	3	38.32	0.00	41	50.91	5.86	15.19
990073 GARLIC TOAST -2	2 OZ	90	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	85	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990029 ITALIAN DRESSING	2 TBSP	85	184	1.50	109	0	21.02	0.00	0	0.78	0.07	0.05
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			892	5.95	1773	49	57.70	0.00	44	124.60	11.24	26.64
% of Calories				6.00%		22.0%	58.2%	0.0%		55.9%		11.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 09/06/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	100	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	85	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	95	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990184 GRAPES FRESH	CUP	95	110	0.00	0	29	1.00	0.00	0	28.00	2.00	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990427	MAYO, KET, MUST PCS CONDIMENT VAR	1	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			751	1.74	1339	73	13.40	0.00	51	124.93	13.21	40.07
% of Calories				2.09%		38.9%	16.1%	0.0%		66.5%		21.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 09/09/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990359	BEEF HOT DOG SANDWICH SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00
990405	CHERRY SPLASH CONTAINER	95	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00
990040	BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	65	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990420	CINNAMON APPLES, BAKED 1 Cup	65	154	0.00	20	32	0.02	0.00	0	38.55	4.65	0.05
990225	RICE CRISPY TREAT WG PACKAGE	85	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990205	MILK,LOW FAT WHITE CARTON CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204	MILK, CHOC FF CARTON CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207	UHT MILK CARTON LF CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			685	1.22	1186	62	21.23	0.00	41	98.06	6.32	21.47
% of Calories				1.60%		36.2%	27.9%	0.0%		57.3%		12.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

Tuesday - 09/10/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990409 CHICKEN DRUMSTICKS	DRUMSTICK	100	290	4.00	550	0	17.00	0.00	100	11.00	2.00	22.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	85	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING	85	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990397 CARROTS,STICKS 6 EA	SERVING	85	46	0.04	78	5	0.27	0.00	0	10.86	3.18	1.06
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	85	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990335 ROLL, DINNER WHITE WG	ROLL	85	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			831	5.63	1796	48	29.78	0.00	116	100.51	8.95	36.00
% of Calories				6.10%		23.1%	32.3%	0.0%		48.4%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 09/11/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	100	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00
990165 MANDARIN ORANGE, CANNED	1/2 CUP	100	80	0.00	10	18	0.00	0.00	0	19.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36
Weighted Daily Average			630	0.41	678	64	5.40	0.00	67	115.31	7.35	29.50
% of Calories				0.59%		40.6%	7.7%	0.0%		73.2%		18.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 09/12/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39
990154 SALSA, GREEN CHILI	1/4 Cup	85	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	55	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
990369 VEGETABLE, SANTA FE BLEND-1/2 CUP	1/2 CUP	65	60	0.00	40	3	1.00	0.00	0	11.97	2.99	2.99

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990187 BANANAS,RAW	EACH	85	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			841	9.35	1407	50	25.10	0.00	52	125.32	16.23	30.89
% of Calories				10.01%		23.8%	26.9%	0.0%		59.6%		14.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 09/13/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990179 MIXED FRUIT COCKTAIL	1 CUP	35	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	65	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00
990217 SYRUP CUP, LITE	CONTAINER	85	80	0.00	110	6	0.00	0.00	0	20.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	30	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			965	9.31	1184	55	36.30	0.00	187	127.16	6.98	29.58
% of Calories				8.68%		22.8%	33.9%	0.0%		52.7%		12.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 09/16/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	100	20	0.00	175	1	0.00	0.00	0	3.74	2.49	1.24
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990405 CHERRY SPLASH	CONTAINER	100	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
Weighted Daily Average			722	7.52	907	68	16.88	0.00	42	108.14	5.49	31.24
% of Calories				9.37%		37.7%	21.0%	0.0%		59.9%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 09/17/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	45	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990428 KK SEASONED FRIES 1/2	2.1 OZ	85	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	75	79	0.09	163	9	0.50	0.00	0	17.98	5.67	1.97
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	45	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			836	5.60	1487	66	24.90	0.00	65	119.28	11.18	33.99
% of Calories				6.03%		31.6%	26.8%	0.0%		57.1%		16.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 09/18/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990228 RICE, BROWN,	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
Weighted Daily Average			662	1.48	804	70	5.00	0.00	59	120.55	5.71	30.00
% of Calories				2.01%		42.3%	6.8%	0.0%		72.8%		18.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 09/19/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	100	305	3.07	317	7	6.89	0.00	34	44.10	5.15	15.73
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	100	46	0.30	50	3	3.27	0.00	0	7.04	1.28	1.05
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			766	4.71	818	59	15.71	0.00	40	135.73	12.43	28.54
% of Calories				5.53%		30.8%	18.5%	0.0%		70.9%		14.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

Friday - 09/20/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	85	210	0.00	825	18	1.50	0.00	0	43.50	7.50	9.00
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990184 GRAPES FRESH	CUP	85	110	0.00	0	29	1.00	0.00	0	28.00	2.00	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	73	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			841	4.80	1611	67	19.35	0.00	66	135.80	16.22	30.65
% of Calories				5.14%		31.9%	20.7%	0.0%		64.6%		14.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 09/23/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990402 TACO SNACK	EACH	100	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990154 SALSA, GREEN CHILI	1/4 Cup	95	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	95	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990369 VEGETABLE, SANTA FE BLEND-1/2 CUP	1/2 CUP	85	60	0.00	40	3	1.00	0.00	0	11.97	2.99	2.99
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	85	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	98	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			765	7.98	1685	52	18.27	0.00	30	115.66	16.84	32.24
% of Calories				9.39%		27.2%	21.5%	0.0%		60.5%		16.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 09/24/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990407 CHEESE STICKS	SERVING	100	303	6.05	494	4	11.09	0.00	30	30.25	3.02	19.16
990210 DIPPING SAUCE - (4 OZ)	4 OZ	85	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
990149 WINTER MIX , VEG. .75	3/4 CUP	85	38	0.00	30	2	0.00	0.00	0	6.02	3.01	3.01
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	95	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	85	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	98	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			691	7.29	1112	68	12.97	0.00	35	107.66	9.97	33.11
% of Calories				9.49%		39.4%	16.9%	0.0%		62.3%		19.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 09/25/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	85	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990406 CINNAMON APPLES, BAKED	1/2 CUP	45	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990399 HONEY BUN GRAHAMS	PACKAGE	85	130	1.00	130	8	4.50	0.00	0	21.00	1.00	2.00
Weighted Daily Average			844	7.59	1113	58	31.20	0.00	167	111.19	5.86	27.64
% of Calories				8.09%		27.5%	33.3%	0.0%		52.7%		13.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 09/26/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990411 SLOPPY JOE SECONDARY	4 OZ	100	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	95	20	0.00	175	1	0.00	0.00	0	3.74	2.49	1.24
990187 BANANAS,RAW	EACH	95	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			697	5.24	1353	55	20.32	0.00	57	105.60	13.45	30.19
% of Calories				6.77%		31.6%	26.2%	0.0%		60.6%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

Friday - 09/27/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990335 ROLL, DINNER WHITE WG	ROLL	65	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	65	209	0.47	91	30	6.04	0.00	0	38.18	3.83	3.20
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	14	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			869	7.69	1085	66	32.52	0.00	46	119.82	9.93	28.23
% of Calories				7.96%		30.4%	33.7%	0.0%		55.2%		13.0%
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.