

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 2019

**Menu Name:** (6-8) of K-12 LUNCH

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Tuesday - 08/20/2019

**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)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00
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
990165 MANDARIN ORANGE, CANNED	1/2 CUP	100	80	0.00	10	18	0.00	0.00	0	19.00	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			588	5.52	832	58	11.88	0.00	32	90.40	5.99	25.99
% of Calories				8.45%		39.5%	18.2%	0.0%		61.5%		17.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Wednesday - 08/21/2019

**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)
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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## Portion Values

Aug 20, 2019 thru Sep 27, 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)
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
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
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	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
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			640	2.74	733	60	7.10	0.00	63	110.84	7.95	32.50
% of Calories				3.85%		37.5%	10.0%	0.0%		69.3%		20.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 08/22/2019

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)
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	65	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	45	79	0.09	163	9	0.50	0.00	0	17.98	5.67	1.97

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 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)
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	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	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	20	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			664	5.15	1217	47	20.08	0.00	60	89.93	7.61	31.49
% of Calories				6.98%		28.3%	27.2%	0.0%		54.2%		19.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 08/23/2019

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)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	50	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990155 POTATO, TATER TOTS	1/2 CUP	75	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990186 GRAPES FRESH	1/2 CUP	85	55	0.00	0	14	0.50	0.00	0	14.00	1.00	0.50
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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 <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)
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	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			608	4.64	1028	43	18.82	0.00	46	87.81	9.10	22.10
% of Calories				6.87%		28.3%	27.9%	0.0%		57.8%		14.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

**Monday - 08/26/2019**

**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)
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	65	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	45	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	85	60	0.00	40	3	1.00	0.00	0	11.97	2.99	2.99
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	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	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 <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)
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			636	7.48	1302	38	17.02	0.00	30	90.76	12.19	29.24
% of Calories				10.58%		23.9%	24.1%	0.0%		57.1%		18.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 08/27/2019

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)
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
990148 WINTER MIX , VEG.	1/2 CUP	65	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990165 MANDARIN ORANGE, CANNED	1/2 CUP	85	80	0.00	10	18	0.00	0.00	0	19.00	0.00	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	2	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			635	7.31	1118	60	12.99	0.00	35	93.37	6.16	31.93
% of Calories				10.36%		37.8%	18.4%	0.0%		58.8%		20.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <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)
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	65	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
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	65	130	1.00	130	8	4.50	0.00	0	21.00	1.00	2.00
990217 SYRUP CUP, LITE	CONTAINER	65	80	0.00	110	6	0.00	0.00	0	20.00	0.00	0.00
Weighted Daily Average			790	7.73	968	52	28.75	0.00	166	107.41	5.34	25.52
% of Calories				8.81%		26.3%	32.8%	0.0%		54.4%		12.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <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)
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	85	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	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	65	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
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	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	88	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			663	5.04	1243	52	19.13	0.00	56	100.35	11.87	29.27
% of Calories				6.84%		31.4%	26.0%	0.0%		60.5%		17.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 08/30/2019

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)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00

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## Portion Values

Aug 20, 2019 thru Sep 27, 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)
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	65	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	85	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			716	8.81	812	44	32.08	0.00	52	85.87	7.12	25.64
% of Calories				11.07%		24.6%	40.3%	0.0%		48.0%		14.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/03/2019

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)
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	95	20	0.00	175	1	0.00	0.00	0	3.74	2.49	1.24
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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## Portion Values

Aug 20, 2019 thru Sep 27, 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)
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			626	7.45	859	52	16.75	0.00	42	87.01	9.17	31.13
% of Calories				10.71%		33.2%	24.1%	0.0%		55.6%		19.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Wednesday - 09/04/2019

### 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)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	95	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	95	35	0.02	38	4	0.09	0.00	0	7.27	2.53	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	16.00	2.00	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 <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)
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			644	4.02	936	37	25.22	0.00	42	76.20	8.26	27.34
% of Calories				5.62%		23.0%	35.2%	0.0%		47.3%		17.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/05/2019

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)
990246 COTTAGE PIE	SERVINGS	90	373	3.76	1412	3	38.32	0.00	41	50.91	5.86	15.19
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	45	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990029 ITALIAN DRESSING	2 TBSP	45	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	65	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00
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	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 <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)
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			706	4.87	1626	42	46.82	0.00	44	101.92	8.73	24.09
% of Calories				6.21%		23.8%	59.7%	0.0%		57.7%		13.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 09/06/2019

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)
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	65	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	65	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990186 GRAPES FRESH	1/2 CUP	85	55	0.00	0	14	0.50	0.00	0	14.00	1.00	0.50
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

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 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)
990427	MAYO, KET, MUST PCS CONDIMENT VAR	30	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			658	1.89	1241	53	13.82	0.00	53	100.83	10.56	37.81
% of Calories				2.59%		32.2%	18.9%	0.0%		61.3%		23.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Monday - 09/09/2019

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)
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	85	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	100	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990406	CINNAMON APPLES, BAKED 1/2 CUP	65	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03
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			634	1.21	1224	51	21.23	0.00	41	84.98	5.50	21.70
% of Calories				1.72%		32.2%	30.1%	0.0%		53.6%		13.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <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)
990409 CHICKEN DRUMSTICKS	DRUMSTICK	100	290	4.00	550	0	17.00	0.00	100	11.00	2.00	22.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	50	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990198 GRAVY, CHICKEN	SERVING	50	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990394 CARROTS,STICKS 3EA	SERVING	35	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz	OZ	35	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	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990335 ROLL, DINNER WHITE WG	ROLL	65	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990200 JUICE, APPLE	4 oz	50	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			695	5.86	1285	45	24.42	0.00	117	78.35	5.06	37.63
% of Calories				7.59%		25.9%	31.6%	0.0%		45.1%		21.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 <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)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	100	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05
990228 RICE, BROWN,	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50
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	95	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36
Weighted Daily Average			573	0.41	678	63	4.98	0.00	67	103.36	6.15	27.89
% of Calories				0.64%		44.0%	7.8%	0.0%		72.2%		19.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/12/2019

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)
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	45	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	35	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	35	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 <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)
990187 BANANAS,RAW	EACH	45	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	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			725	9.09	1143	38	24.12	0.00	52	99.55	11.92	28.20
% of Calories				11.28%		21.0%	29.9%	0.0%		54.9%		15.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 09/13/2019

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)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	95	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
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
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	20	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 <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)
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			773	6.95	1037	49	27.40	0.00	140	103.94	4.82	24.84
% of Calories				8.09%		25.4%	31.9%	0.0%		53.8%		12.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Monday - 09/16/2019

### 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)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00
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
Weighted Daily Average			582	5.52	857	55	11.88	0.00	32	89.14	6.49	26.24
% of Calories				8.54%		37.8%	18.4%	0.0%		61.3%		18.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					



# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 2019

**Tuesday - 09/17/2019**

**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)
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	65	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	45	79	0.09	163	9	0.50	0.00	0	17.98	5.67	1.97
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	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	55	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	30	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			713	5.21	1253	55	20.53	0.00	60	100.01	8.87	32.72
% of Calories				6.58%		30.9%	25.9%	0.0%		56.1%		18.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

**Wednesday - 09/18/2019**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 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)
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
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
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	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
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			656	1.48	821	68	5.00	0.00	59	119.20	7.95	32.50
% of Calories				2.03%		41.5%	6.9%	0.0%		72.7%		19.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/19/2019

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)
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	85	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	85	34	0.22	37	2	2.42	0.00	0	5.21	0.94	0.78

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 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)
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
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
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			659	4.44	765	44	13.75	0.00	40	111.12	9.35	27.55
% of Calories				6.06%		26.7%	18.8%	0.0%		67.4%		16.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 09/20/2019

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)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990155 POTATO, TATER TOTS	1/2 CUP	75	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990186 GRAPES FRESH	1/2 CUP	100	55	0.00	0	14	0.50	0.00	0	14.00	1.00	0.50
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

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 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)
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			638	4.66	1111	47	19.08	0.00	46	94.38	10.00	23.15
% of Calories				6.57%		29.5%	26.9%	0.0%		59.2%		14.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Monday - 09/23/2019

### 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)
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	65	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	65	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
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	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	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			648	7.68	1402	37	17.32	0.00	30	91.97	12.79	29.84
% of Calories				10.67%		22.8%	24.1%	0.0%		56.8%		18.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 2019

**Tuesday - 09/24/2019**

**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)
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
990148 WINTER MIX , VEG.	1/2 CUP	65	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	65	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
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	7.29	1100	63	12.97	0.00	35	100.39	8.11	31.85
% of Calories				10.00%		38.4%	17.8%	0.0%		61.2%		19.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

**Wednesday - 09/25/2019**

**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)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	85	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 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)
990156 POTATO, TATER TOTS	3/4 CUP	75	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
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
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	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
990399 HONEY BUN GRAHAMS	PACKAGE	75	130	1.00	130	8	4.50	0.00	0	21.00	1.00	2.00
Weighted Daily Average			807	6.65	1063	58	26.54	0.00	132	114.82	4.92	24.60
% of Calories				7.42%		28.7%	29.6%	0.0%		56.9%		12.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/26/2019

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)
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	85	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	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	85	20	0.00	175	1	0.00	0.00	0	3.74	2.49	1.24

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 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)
990187 BANANAS,RAW	EACH	65	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			646	5.07	1299	49	19.14	0.00	56	95.20	11.98	29.47
% of Calories				7.06%		30.3%	26.7%	0.0%		58.9%		18.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 09/27/2019

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)
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	45	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	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	45	209	0.47	91	30	6.04	0.00	0	38.18	3.83	3.20
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	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

# Base Menu Spreadsheet

## Portion Values

Aug 20, 2019 thru Sep 27, 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)
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	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			728	7.55	912	49	29.98	0.00	46	90.68	7.37	26.09
% of Calories				9.33%		26.9%	37.1%	0.0%		49.8%		14.3%
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.**