

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

Menu Name: Elementary Nutritionals

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)
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			550 - 650	<10	1230		<=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
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
Weighted Daily Average			550	2.74	713	40	7.10	0.00	63	88.84	7.95	32.50
% of Calories				4.48%		29.1%	11.6%	0.0%		64.6%		23.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
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
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
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	65	79	0.09	163	9	0.50	0.00	0	17.98	5.67	1.97
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00

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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)
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	55	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	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
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			665	5.41	1342	40	22.59	0.00	62	84.82	8.86	32.14
% of Calories				7.32%		24.1%	30.6%	0.0%		51.0%		19.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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	65	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
990204 MILK, CHOC FF CARTON	CARTON	73	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	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			595	4.54	1009	43	18.12	0.00	46	86.31	9.00	22.00
% of Calories				6.87%		28.9%	27.4%	0.0%		58.0%		14.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	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			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

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	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	100	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	78	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			638	7.58	1096	60	13.44	0.00	36	93.21	6.16	31.77
% of Calories				10.69%		37.6%	19.0%	0.0%		58.4%		19.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

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)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50

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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)
990156 POTATO, TATER TOTS	3/4 CUP	85	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	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
990217 SYRUP CUP, LITE	CONTAINER	100	80	0.00	110	6	0.00	0.00	0	20.00	0.00	0.00
Weighted Daily Average			703	4.94	947	54	21.66	0.00	123	105.12	4.32	20.72
% of Calories				6.32%		30.7%	27.7%	0.0%		59.8%		11.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 08/29/2019

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990408 SLOPPY JOE ELEMENTARY	3 OZ	100	271	2.79	532	11	7.69	0.00	31	40.50	5.41	15.11
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

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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)
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			603	5.43	1059	42	19.43	0.00	50	87.94	11.06	26.32
% of Calories				8.10%		27.9%	29.0%	0.0%		58.3%		17.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
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	65	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990269 SALAD, SPINACH,CRANBERRY, MANDARIN	2 CUP	25	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

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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	98	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			646	8.77	819	29	31.08	0.00	52	69.79	6.56	25.40
% of Calories				12.22%		18.0%	43.3%	0.0%		43.2%		15.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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	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
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			556	5.45	809	53	11.75	0.00	32	85.01	10.17	26.13
% of Calories				8.82%		38.1%	19.0%	0.0%		61.2%		18.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 09/04/2019

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)
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	85	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	85	35	0.02	38	4	0.09	0.00	0	7.27	2.53	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	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	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	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			616	3.90	899	35	24.11	0.00	41	71.91	7.70	26.88
% of Calories				5.70%		22.7%	35.2%	0.0%		46.7%		17.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
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

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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)
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
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			550 - 650	<10	1230		<=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)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00
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
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	55	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990032 FRUITABLE , GOLD RUSH	BOX	55	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990186 GRAPES FRESH	1/2 CUP	65	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

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	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
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	35	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			671	2.89	1366	49	17.78	0.00	33	100.37	9.74	32.04
% of Calories				3.88%		29.2%	23.8%	0.0%		59.8%		19.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	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	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

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			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			550 - 650	<10	1230		<=0					

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
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	75	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990198 GRAVY, CHICKEN	SERVING	75	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990394 CARROTS,STICKS 3EA	SERVING	65	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	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

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			626	5.16	1368	32	25.89	0.00	114	62.76	5.38	32.49
% of Calories				7.42%		20.4%	37.2%	0.0%		40.1%		20.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 09/11/2019

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)
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
Weighted Daily Average			505	0.38	676	49	4.76	0.00	67	85.25	3.00	27.55
% of Calories				0.68%		38.8%	8.5%	0.0%		67.5%		21.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 09/12/2019

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)
990267 NACHO'S ELEM	SERVING	100	382	6.65	454	0	18.70	0.00	28	42.03	5.14	11.36
990154 SALSA, GREEN CHILI	1/4 Cup	60	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	45	60	0.00	40	3	1.00	0.00	0	11.97	2.99	2.99
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	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			691	7.50	1081	37	21.03	0.00	34	102.97	12.79	24.07
% of Calories				9.77%		21.4%	27.4%	0.0%		59.6%		13.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	85	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49

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)
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
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			721	5.37	948	49	23.73	0.00	127	103.94	4.82	21.16
% of Calories				6.70%		27.2%	29.6%	0.0%		57.7%		11.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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
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

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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			578	5.52	822	54	11.88	0.00	32	88.40	5.99	25.99
% of Calories				8.60%		37.4%	18.5%	0.0%		61.2%		18.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	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	65	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

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	30	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			662	5.21	1248	44	20.53	0.00	60	87.93	8.47	32.52
% of Calories				7.08%		26.6%	27.9%	0.0%		53.1%		19.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
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	20	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	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			551	1.62	767	46	5.25	0.00	59	93.90	7.95	31.70
% of Calories				2.65%		33.4%	8.6%	0.0%		68.2%		23.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

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
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
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
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	75	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	20	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			599	4.92	641	39	13.37	0.00	42	97.22	8.65	26.15
% of Calories				7.39%		26.0%	20.1%	0.0%		64.9%		17.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

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)
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

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)
990155 POTATO, TATER TOTS	1/2 CUP	65	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
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			604	4.56	1010	45	18.22	0.00	46	88.53	9.15	22.15
% of Calories				6.79%		29.8%	27.1%	0.0%		58.6%		14.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	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

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			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			550 - 650	<10	1230		<=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
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	85	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	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	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			637	7.58	1071	58	13.44	0.00	36	95.02	8.11	31.53
% of Calories				10.71%		36.4%	19.0%	0.0%		59.7%		19.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Sep 27, 2019

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)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50
990156 POTATO, TATER TOTS	3/4 CUP	85	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
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			625	5.00	841	47	21.76	0.00	124	84.30	4.32	20.80
% of Calories				7.20%		30.1%	31.3%	0.0%		54.0%		13.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
990408 SLOPPY JOE ELEMENTARY	3 OZ	100	271	2.79	532	11	7.69	0.00	31	40.50	5.41	15.11
990394 CARROTS,STICKS 3EA	SERVING	85	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53

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)
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	65	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
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			578	5.40	1059	38	19.34	0.00	50	81.73	10.36	26.02
% of Calories				8.41%		26.3%	30.1%	0.0%		56.6%		18.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

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	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

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)
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	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
Weighted Daily Average			681	8.81	811	35	32.08	0.00	52	75.59	7.37	26.09
% of Calories				11.64%		20.6%	42.4%	0.0%		44.4%		15.3%
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.