

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 27, 2019

Menu Name: 6-8 of HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

### 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)	Vit-A (IU)	Calc <sup>m</sup> (mg)
990253 CHEESEBURGER	SANDWICH	45	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5
990422 CHICKEN, CORN PUPS	8 EACH	55	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0
990429 KK SEASONED FRIES 3/4	3.15 OZ	65	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49	0	89.3
990277 FRUIT BAR	EACH	45	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	30	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56	300	70.1
Weighted Daily Average			688	5.73	1158	38	21.30	0.22	69	93.74	11.26	28.73	5721	563.9
% of Calories				7.50%		22.1%	27.9%	0.3%		54.5%		16.7%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

### Wednesday - 09/04/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Sep 3, 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)	Vit-A (IU)	Calcm (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	55	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	60	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0
990198 GRAVY, CHICKEN	SERVING	60	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0
990049 ROLL, DINNER WG	ROLL	55	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	45	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
990225 RICE CRISPY TREAT WG	PACKAGE	35	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0
Weighted Daily Average			750	6.70	1093	39	27.62	0.00	61	90.38	10.13	33.29	7912	413.7
% of Calories				8.04%		20.8%	33.1%	0.0%		48.2%		17.8%		
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)	Vit-A (IU)	Calcm (mg)
990246 COTTAGE PIE	SERVINGS	50	373	3.76	1412	3	38.32	0.00	41	50.91	5.86	15.19	1169	36.3

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	Vit-A (IU)	Calcm (mg)
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	30	325	1.09	1384	13	7.45	0.00	55	46.01	3.00	22.36	0	70.9
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			705	4.78	1565	45	31.97	0.00	57	108.04	11.53	27.40	8430	368.1
% of Calories				6.10%		25.5%	40.8%	0.0%		61.3%		15.5%		
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)	Vit-A (IU)	Calcm (mg)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	55	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0	60.0
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0
990112 PIZZA, CHEESE 16"	SLICE	20	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	Vit-A (IU)	Calc <sup>m</sup> (mg)
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	35	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			675	5.11	1011	46	20.02	0.00	55	90.52	11.55	35.58	10280	483.7
% of Calories				6.81%		27.3%	26.7%	0.0%		53.6%		21.1%		
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)	Vit-A (IU)	Calc <sup>m</sup> (mg)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	45	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04	0	163.8
990050 FRENCH TOAST STICKS	3 STICKS	55	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02	2	59.2
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	35	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0
990406 CINNAMON APPLES, BAKED	1/2 CUP	35	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2	6.5
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	Vit-A (IU)	Calcm (mg)
990204 MILK, CHOC FF CARTON	CARTON	15	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			734	6.52	1003	45	25.60	0.00	108	93.63	10.32	33.42	7895	474.8
% of Calories				7.99%		24.5%	31.4%	0.0%		51.0%		18.2%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

## 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)	Vit-A (IU)	Calcm (mg)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	40	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8
990402 TACO SNACK	EACH	60	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990399 HONEY BUN GRAHAMS	PACKAGE	65	130	1.00	130	8	4.50	0.00	0	21.00	1.00	2.00	0	2.0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	VIt-A (IU)	Calcm (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			722	9.40	1157	47	23.18	0.00	40	98.28	10.27	30.82	7199	583.1
% of Calories				11.72%		26.0%	28.9%	0.0%		54.4%		17.1%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

Wednesday - 09/11/2019

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)	VIt-A (IU)	Calcm (mg)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	45	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05	0	2.0
990229 RICE, BROWN,	1 Cup, Prepar	60	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1
990130 CHICKEN, POPCORN WG	3.3 OZ	55	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			631	2.37	839	47	15.77	0.00	52	93.29	10.07	29.78	10222	380.0
% of Calories				3.38%		29.8%	22.5%	0.0%		59.1%		18.9%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

# Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 27, 2019

**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)	Vit-A (IU)	CalcM (mg)
990266 NACHO'S SEC	SERVING	60	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	40	445	9.91	655	6	24.01	0.00	58	33.45	2.91	21.40	*228	193.0
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK, LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			714	10.16	959	37	28.05	0.00	63	85.84	10.44	29.99	*8158	515.5
% of Calories				12.81%		20.7%	35.4%	0.0%		48.1%		16.8%		
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)	Vit-A (IU)	CalcM (mg)
990304 SWISS BACON BURGER	SANDWICH	55	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00	40	3248.8
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	10	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	Vit-A (IU)	Calcm (mg)
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			698	7.92	1085	48	23.75	0.28	61	88.58	10.45	35.66	11370	2209.0
% of Calories				10.21%		27.5%	30.6%	0.4%		50.8%		20.4%		
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)	Vit-A (IU)	Calcm (mg)
990112 PIZZA, CHEESE 16"	SLICE	50	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	20	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	30	325	1.09	1384	13	7.45	0.00	55	46.01	3.00	22.36	0	70.9
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	45	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0



# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	VIt-A (IU)	Calcm (mg)
990207 UHT MILK CARTON LF	CARTON	55	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			677	6.67	1210	49	20.58	0.00	56	92.17	10.20	33.91	10272	461.1
% of Calories				8.87%		29.0%	27.4%	0.0%		54.5%		20.0%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

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)	VIt-A (IU)	Calcm (mg)
990352 CHEESEBURGER	SANDWICH	50	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50	0	168.5
990227 CHICKEN STRIPS, BREADED	3 EA	50	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0
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	0	59.5
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			696	4.32	1083	47	20.63	0.00	65	92.29	11.03	36.18	10205	514.3
% of Calories				5.59%		27.0%	26.7%	0.0%		53.0%		20.8%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 27, 2019

**Wednesday - 09/18/2019**

**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)	Vit-A (IU)	Calc (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	30	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	70	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54	125	187.0
990335 ROLL, DINNER WHITE WG	ROLL	30	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0
990419 RICE, WITH PEAS N CARROTS	3/4 CUP	45	146	0.00	17	2	1.02	0.00	0	30.09	2.86	4.22	875	12.4
990269 SALAD, SPINACH, CRANBERRY, MANDARIN	2 CUP	20	209	0.47	91	30	6.04	0.00	0	38.18	3.83	3.20	10559	110.9
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			702	3.71	1022	52	16.34	0.00	61	102.14	11.34	38.56	8254	503.3
% of Calories				4.76%		29.6%	20.9%	0.0%		58.2%		22.0%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

**Thursday - 09/19/2019**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	Vit-A (IU)	Calcm (mg)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	40	305	3.07	317	7	6.89	0.00	34	44.10	5.15	15.73	419	49.9
990422 CHICKEN, CORN PUPS	8 EACH	60	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0
990072 GARLIC TOAST	SLICE	40	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			693	4.74	949	49	16.87	0.00	61	106.26	14.16	27.90	10360	481.7
% of Calories				6.16%		28.3%	21.9%	0.0%		61.3%		16.1%		
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)	Vit-A (IU)	Calcm (mg)
990409 CHICKEN DRUMSTICKS	DRUMSTICK	55	290	4.00	550	0	17.00	0.00	100	11.00	2.00	22.00	100	20.0
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	45	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	55	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0
990049 ROLL, DINNER WG	ROLL	55	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	Vit-A (IU)	Calc <sup>m</sup> (mg)
990350 GRAVY, BEEF LS	OZ	60	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			717	6.48	1179	38	27.96	0.00	83	84.57	10.15	32.82	6839	416.7
% of Calories				8.13%		21.2%	35.1%	0.0%		47.2%		18.3%		
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)	Vit-A (IU)	Calc <sup>m</sup> (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	65	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0
990431 MAC AND CHEESE CAMPBELL	CUP	35	300	6.00	60	9	11.00	0.00	35	32.00	2.00	17.00	0	300.0
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	65	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0	3.6
990335 ROLL, DINNER WHITE WG	ROLL	95	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	Vit-A (IU)	Calcm (mg)
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			697	4.88	789	46	19.60	0.00	39	99.43	10.90	30.73	9104	482.6
% of Calories				6.30%		26.4%	25.3%	0.0%		57.1%		17.6%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

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)	Vit-A (IU)	Calcm (mg)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	55	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8
990359 BEEF HOT DOG SANDWICH	SANDWICH	45	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0	40.0
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	60	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0
990276 VEGETABLE/ SALAD BAR	SERVINGS	60	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	60	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	VIt-A (IU)	Calcm (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			727	6.74	1313	51	25.83	0.00	54	93.14	9.47	30.12	7623	624.9
% of Calories				8.34%		28.1%	32.0%	0.0%		51.2%		16.6%		
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)	VIt-A (IU)	Calcm (mg)
990050 FRENCH TOAST STICKS	3 STICKS	50	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02	2	59.2
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	50	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00	40	3248.8
990155 POTATO, TATER TOTS	1/2 CUP	50	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0
990406 CINNAMON APPLES, BAKED	1/2 CUP	35	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2	6.5
990225 RICE CRISPY TREAT WG	PACKAGE	50	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0
990276 VEGETABLE/ SALAD BAR	SERVINGS	35	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0

# Base Menu Spreadsheet

## Portion Values

Sep 3, 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)	VIt-A (IU)	Calcm (mg)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			724	6.08	1002	49	23.67	0.00	104	93.35	8.73	34.06	4531	1995.6
% of Calories				7.56%		27.1%	29.4%	0.0%		51.6%		18.8%		
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)	VIt-A (IU)	Calcm (mg)
990411 SLOPPY JOE SECONDARY	4 OZ	45	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15	361	71.1
990112 PIZZA, CHEESE 16"	SLICE	30	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
Weighted Daily Average			667	6.59	1049	51	19.76	0.00	52	93.47	11.35	32.10	10442	482.7
% of Calories				8.89%		30.6%	26.7%	0.0%		56.1%		19.3%		
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0							

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 27, 2019

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)	Vit-A (IU)	Calcm (mg)
990402 TACO SNACK	EACH	65	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0
990298 FRENCH DIP	SANDWICH	35	275	4.25	1095	3	10.25	0.00	35	26.75	2.00	16.75	*40	3231.3
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78	11278	89.8
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0
990154 SALSA, GREEN CHILI	1/4 Cup	45	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0
Weighted Daily Average			670	7.11	1343	48	19.28	0.00	40	95.28	12.34	29.04	*10659	1587.3
% of Calories				9.55%		28.7%	25.9%	0.0%		56.9%		17.3%		
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.