

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 2019

Menu Name: HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

### Tuesday - 10/01/2019

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)
990253 CHEESEBURGER	SANDWICH	45	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990422 CHICKEN, CORN PUPS	8 EACH	55	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50
990248 WRAP, CHICKEN BACON RANCH	WRAP	5	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
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
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/SALAD BAR	SERVINGS	85	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	45	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			852	6.51	1481	51	26.90	0.22	76	119.37	14.69	33.44
% of Calories				6.88%		23.9%	28.4%	0.2%		56.0%		15.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Wednesday - 10/02/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	55	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990227 CHICKEN STRIPS, BREADED	3 EA	40	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990294 CHICKEN FAJITA QUESADILLA	EACH	5	357	6.95	1148	3	12.89	0.00	61	36.18	1.00	22.63
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING	65	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990049 ROLL, DINNER WG	ROLL	85	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990199 JELLO, CHERRY	1/2 CUP	85	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	45	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			894	6.82	1461	55	29.45	0.00	62	120.44	12.48	36.84
% of Calories				6.87%		24.6%	29.6%	0.0%		53.9%		16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 10/03/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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)
990292 CHICKEN PASTA BAKE	SERVINGS	50	257	4.28	735	3	8.03	0.00	54	24.55	1.86	22.46
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	30	325	1.09	1384	13	7.45	0.00	55	46.01	3.00	22.36
990287 SALAD, SW CHICKEN PASTA	EACH	20	663	4.32	838	5	22.76	0.00	61	98.96	2.94	30.29
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
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
Weighted Daily Average			797	5.87	1448	47	21.90	0.00	76	117.59	10.04	37.64
% of Calories				6.63%		23.6%	24.7%	0.0%		59.0%		18.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 10/04/2019

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)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	45	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00
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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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)
990112 PIZZA, CHEESE 16"	SLICE	15	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990368 WRAP, GYRO	WRAP	15	391	5.01	1358	8	12.67	0.00	34	44.28	3.76	23.10
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	100	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			726	6.38	1175	45	23.04	0.00	57	96.30	12.39	36.92
% of Calories				7.91%		24.8%	28.6%	0.0%		53.1%		20.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 10/07/2019

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)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	50	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	35	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	35	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	15	347	6.34	1020	5	14.37	0.00	43	30.00	3.19	21.28
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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)
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	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	15	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			880	7.77	1306	54	30.05	0.00	110	114.25	12.63	39.37
% of Calories				7.95%		24.5%	30.7%	0.0%		51.9%		17.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 10/08/2019

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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	50	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99
990402 TACO SNACK	EACH	30	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990323 CLUB HOAGIE	HOAGIE	20	233	1.66	765	3	4.19	0.00	36	29.50	2.66	18.11
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	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			744	8.20	1363	54	21.92	0.00	46	104.67	12.46	33.89
% of Calories				9.92%		29.0%	26.5%	0.0%		56.3%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Wednesday - 10/09/2019

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)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	30	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05
990229 RICE, BROWN,	1 Cup, Prepar	65	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990130 CHICKEN, POPCORN WG	3.3 OZ	40	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990298 FRENCH DIP	SANDWICH	30	275	4.25	1095	3	10.25	0.00	35	26.75	2.00	16.75
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
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

Oct 1, 2019 thru Oct 31, 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			724	3.33	1170	51	18.08	0.00	50	109.68	11.47	32.17
% of Calories				4.14%		28.2%	22.5%	0.0%		60.6%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 10/10/2019

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)
990266 NACHO'S SEC	SERVING	50	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	30	445	9.91	655	6	24.01	0.00	58	33.45	2.91	21.40
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	20	325	6.16	969	7	16.86	0.00	72	21.82	6.18	23.63
990073 GARLIC TOAST -2	2 OZ	20	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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)
990154 SALSA, GREEN CHILI	1/4 Cup	70	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
Weighted Daily Average			829	9.95	1482	49	30.40	0.00	68	107.35	14.98	34.20
% of Calories				10.80%		23.6%	33.0%	0.0%		51.8%		16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Friday - 10/11/2019

### 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)
990304 SWISS BACON BURGER	SANDWICH	25	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
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
990279 WRAP, TURKEY N HAM	WRAP	20	514	9.90	2174	16	18.85	0.00	68	59.59	6.67	29.86
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00



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## Portion Values

Oct 1, 2019 thru Oct 31, 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			782	8.54	1471	57	24.84	0.12	61	105.82	11.81	37.42
% of Calories				9.83%		29.2%	28.6%	0.1%		54.1%		19.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

**Monday - 10/14/2019**

**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	50	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
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
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	20	325	1.09	1384	13	7.45	0.00	55	46.01	3.00	22.36
990432 WRAP, CHICKEN FAJITA	WRAP	10	394	7.63	1321	3	16.78	0.00	68	37.25	1.23	22.97
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	45	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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	55	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			746	7.39	1329	54	23.22	0.00	59	102.33	11.17	35.64
% of Calories				8.92%		29.0%	28.0%	0.0%		54.9%		19.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 10/15/2019

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	45	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990287 SALAD, SW CHICKEN PASTA	EACH	10	663	4.32	838	5	22.76	0.00	61	98.96	2.94	30.29
990335 ROLL, DINNER WHITE WG	ROLL	10	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
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
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
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

Oct 1, 2019 thru Oct 31, 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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			819	4.51	1304	49	24.37	0.00	67	113.21	12.55	39.01
% of Calories				4.96%		23.9%	26.8%	0.0%		55.3%		19.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Wednesday - 10/16/2019

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)
990134 CHICKEN, TERIYAKI	2.85 OZ	30	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	40	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54
990414 HAM N TURKEY HOAGIE	HOAGIE	30	257	1.64	981	4	4.23	0.00	49	30.25	2.66	22.99
990335 ROLL, DINNER WHITE WG	ROLL	30	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990419 RICE, WITH PEAS N CARROTS	3/4 CUP	65	146	0.00	17	2	1.02	0.00	0	30.09	2.86	4.22
990269 SALAD, SPINACH, CRANBERRY, MANDARIN	2 CUP	20	209	0.47	91	30	6.04	0.00	0	38.18	3.83	3.20
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
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

Oct 1, 2019 thru Oct 31, 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			823	3.47	1333	63	17.52	0.00	63	128.15	14.69	41.17
% of Calories				3.79%		30.6%	19.2%	0.0%		62.3%		20.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 10/17/2019

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)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	40	305	3.07	317	7	6.89	0.00	34	44.10	5.15	15.73
990422 CHICKEN, CORN PUPS	8 EACH	45	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50
990306 SALAD, CHEF	SALAD	15	423	6.46	1449	11	28.72	0.00	68	20.48	3.87	22.13
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
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

Oct 1, 2019 thru Oct 31, 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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			782	5.41	1228	53	21.87	0.00	63	116.62	14.79	31.44
% of Calories				6.23%		27.1%	25.2%	0.0%		59.7%		16.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

**Monday - 10/21/2019**

**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)
990130 CHICKEN, POPCORN WG	3.3 OZ	45	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990431 MAC AND CHEESE CAMPBELL	CUP	35	300	6.00	60	9	11.00	0.00	35	32.00	2.00	17.00
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	20	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	80	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00
990335 ROLL, DINNER WHITE WG	ROLL	80	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
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

Oct 1, 2019 thru Oct 31, 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			755	4.48	935	54	19.66	0.00	47	113.01	12.00	32.89
% of Calories				5.34%		28.6%	23.4%	0.0%		59.9%		17.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 10/22/2019

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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	30	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99
990359 BEEF HOT DOG SANDWICH	SANDWICH	20	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00
990434 CHILI CHEESE SIDEWINDER FRIES	SERVING	40	433	8.22	1202	4	20.28	0.00	55	46.06	7.30	19.10
990073 GARLIC TOAST -2	2 OZ	40	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
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
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	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

Oct 1, 2019 thru Oct 31, 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)
990154 SALSA, GREEN CHILI	1/4 Cup	50	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
Weighted Daily Average			856	8.33	1701	54	28.85	0.00	60	119.21	13.49	32.18
% of Calories				8.76%		25.2%	30.3%	0.0%		55.7%		15.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

### Wednesday - 10/23/2019

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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	25	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00
990323 CLUB HOAGIE	HOAGIE	25	233	1.66	765	3	4.19	0.00	36	29.50	2.66	18.11
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
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	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
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

Oct 1, 2019 thru Oct 31, 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	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			868	7.13	1265	64	26.61	0.00	123	118.50	10.10	38.30
% of Calories				7.39%		29.5%	27.6%	0.0%		54.6%		17.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 10/24/2019

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)
990411 SLOPPY JOE SECONDARY	4 OZ	20	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	30	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	25	610	9.14	1163	7	29.07	0.00	72	60.43	10.69	27.63
990335 ROLL, DINNER WHITE WG	ROLL	25	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
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

Oct 1, 2019 thru Oct 31, 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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			831	8.08	1352	57	26.77	0.00	61	114.33	14.16	36.66
% of Calories				8.75%		27.4%	29.0%	0.0%		55.0%		17.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 10/25/2019

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)
990402 TACO SNACK	EACH	65	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990298 FRENCH DIP	SANDWICH	15	275	4.25	1095	3	10.25	0.00	35	26.75	2.00	16.75
990365 WRAP, CHICKEN SALAD	WRAPS	20	362	2.72	767	5	10.36	0.00	51	45.07	3.64	24.48
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
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

Oct 1, 2019 thru Oct 31, 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)
990154 SALSA, GREEN CHILI	1/4 Cup	85	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
Weighted Daily Average			747	6.87	1546	52	20.99	0.00	44	109.03	14.32	32.18
% of Calories				8.28%		27.8%	25.3%	0.0%		58.4%		17.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

**Monday - 10/28/2019**

**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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	55	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990134 CHICKEN, TERIYAKI	2.85 OZ	30	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990386 SIDEWINDER, PHILLY CHEESE STEAK FRIES	SERVING	15	422	8.09	1657	4	22.03	0.00	51	38.69	4.88	18.48
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	40	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	55	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			746	8.46	1382	41	22.73	0.00	65	105.42	10.71	34.02
% of Calories				10.21%		22.0%	27.4%	0.0%		56.5%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 10/29/2019

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)
990422 CHICKEN, CORN PUPS	8 EACH	55	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50
990253 CHEESEBURGER	SANDWICH	45	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990248 WRAP, CHICKEN BACON RANCH	WRAP	5	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93
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
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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	45	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			852	6.51	1481	51	26.90	0.22	76	119.37	14.69	33.44
% of Calories				6.88%		23.9%	28.4%	0.2%		56.0%		15.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 10/30/2019

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)	55	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990227 CHICKEN STRIPS, BREADED	3 EA	40	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990294 CHICKEN FAJITA QUESADILLA	EACH	5	357	6.95	1148	3	12.89	0.00	61	36.18	1.00	22.63
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING	65	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990049 ROLL, DINNER WG	ROLL	85	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990199 JELLO, CHERRY	1/2 CUP	85	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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	45	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			894	6.82	1461	55	29.45	0.00	62	120.44	12.48	36.84
% of Calories				6.87%		24.6%	29.6%	0.0%		53.9%		16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 10/31/2019

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	25	291	3.76	838	3	17.71	0.00	41	34.43	5.86	15.19
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	55	325	1.09	1384	13	7.45	0.00	55	46.01	3.00	22.36
990287 SALAD, SW CHICKEN PASTA	EACH	20	663	4.32	838	5	22.76	0.00	61	98.96	2.94	30.29
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2019 thru Oct 31, 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)
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	25	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00
Weighted Daily Average			762	4.59	1594	45	22.38	0.00	69	115.67	10.58	34.99
% of Calories				5.42%		23.6%	26.4%	0.0%		60.7%		18.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<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.**