

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

Menu Name: Elementary Lunch
Site:

Include Cost: No
Report Style: Detailed

Tuesday - 10/01/2019

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
990068 CORN KERNEL 3/4 C	3/4 CUP	85	98	0.00	22	4	1.50	0.00	0	22.50	3.00	3.00
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
990180 ORANGE	EACH	95	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			603	5.38	665	53	12.90	0.00	31	97.22	10.70	27.50
% of Calories				8.03%		35.2%	19.3%	0.0%		64.5%		18.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 10/02/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00

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Portion Values

Oct 1, 2019 thru Oct 31, 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)
990087 RICE, BROWN,	1/2 Cup, Prepar	75	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	75	35	0.02	38	4	0.09	0.00	0	7.27	2.53	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	45	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990199 JELLO, CHERRY	1/2 CUP	95	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			636	3.78	946	45	22.99	0.00	40	78.52	6.10	27.38
% of Calories				5.35%		28.3%	32.5%	0.0%		49.4%		17.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 10/03/2019

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)
990292 CHICKEN PASTA BAKE	SERVINGS	100	257	4.28	735	3	8.03	0.00	54	24.55	1.86	22.46
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	45	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990029 ITALIAN DRESSING	2 TBSP	45	184	1.50	109	0	21.02	0.00	0	0.78	0.07	0.05

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Oct 1, 2019 thru Oct 31, 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)
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			639	5.76	1091	45	20.36	0.00	60	82.15	4.87	32.89
% of Calories				8.11%		28.2%	28.7%	0.0%		51.4%		20.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 10/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990263 PARMESAN CHICKEN SANDWICH ELEMENTARY	SANDWICH	100	445	4.63	908	9	18.57	0.00	33	47.31	6.54	24.54
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
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

Oct 1, 2019 thru Oct 31, 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			704	5.00	1447	49	20.07	0.00	39	98.31	9.94	36.17
% of Calories				6.39%		27.8%	25.7%	0.0%		55.9%		20.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 10/07/2019

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)
990440 MACARONI N CHEESE CN 1 CUP	CUP	100	300	6.00	690	9	11.00	0.00	35	32.00	2.00	17.00
990405 SHAPE-UP 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
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	7.21	1124	55	13.73	0.00	41	94.98	5.50	27.70
% of Calories				10.24%		34.7%	19.5%	0.0%		59.9%		17.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

Tuesday - 10/08/2019

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	85	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990198 GRAVY, CHICKEN	SERVING	85	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990148 WINTER MIX , VEG.	1/2 CUP	85	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	85	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			576	4.38	1198	30	19.30	0.00	106	63.54	6.25	33.40
% of Calories				6.84%		20.8%	30.2%	0.0%		44.1%		23.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 10/09/2019

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)
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

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Oct 1, 2019 thru Oct 31, 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)
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
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	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			495	0.38	666	45	4.76	0.00	67	83.25	3.00	27.55
% of Calories				0.69%		36.4%	8.7%	0.0%		67.3%		22.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 10/10/2019

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)
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	40	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
990394 CARROTS,STICKS 3EA	SERVING	55	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz	OZ	55	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990187 BANANAS,RAW	EACH	45	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

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Portion Values

Oct 1, 2019 thru Oct 31, 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
Weighted Daily Average			681	8.10	1191	31	26.15	0.00	41	88.24	10.51	22.97
% of Calories				10.70%		18.2%	34.6%	0.0%		51.8%		13.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 10/11/2019

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)
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
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, SMUCKER'S	CONTAINER	85	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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			746	5.37	871	62	23.73	0.00	127	111.40	4.82	21.16
% of Calories				6.48%		33.2%	28.6%	0.0%		59.7%		11.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 10/14/2019

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
990068 CORN KERNEL 3/4 C	3/4 CUP	85	98	0.00	22	4	1.50	0.00	0	22.50	3.00	3.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	65	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28
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			580	5.54	655	47	13.27	0.00	32	90.79	8.82	26.73
% of Calories				8.60%		32.4%	20.6%	0.0%		62.6%		18.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 10/15/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)
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
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	45	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	45	31	0.04	84	3	0.23	0.00	0	7.12	2.50	0.92
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
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			639	5.19	1350	47	18.92	0.00	60	86.42	8.00	34.10
% of Calories				7.31%		29.4%	26.6%	0.0%		54.1%		21.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 10/16/2019

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)
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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Oct 1, 2019 thru Oct 31, 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
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	95	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	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	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			536	1.62	745	46	5.25	0.00	59	91.71	5.92	28.62
% of Calories				2.72%		34.3%	8.8%	0.0%		68.4%		21.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 10/17/2019

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)
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
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)
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			594	4.92	637	38	13.37	0.00	42	94.67	6.95	26.15
% of Calories				7.45%		25.6%	20.3%	0.0%		63.8%		17.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 10/21/2019

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)
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
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
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	10	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

Oct 1, 2019 thru Oct 31, 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	15	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			668	8.02	1459	33	19.18	0.00	32	91.42	12.14	28.54
% of Calories				10.81%		19.8%	25.8%	0.0%		54.7%		17.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 10/22/2019

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)
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
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	55	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	55	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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			649	8.12	1249	49	18.26	0.00	41	86.73	6.71	32.25
% of Calories				11.26%		30.2%	25.3%	0.0%		53.5%		19.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 10/23/2019

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)
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					

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

Thursday - 10/24/2019

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)
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	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 - 10/25/2019

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)
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)
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
990148 WINTER MIX , VEG.	1/2 CUP	65	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
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	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			625	7.49	872	30	27.52	0.00	47	69.19	6.95	25.95
% of Calories				10.79%		19.2%	39.6%	0.0%		44.3%		16.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 10/28/2019

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)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990429 KK SEASONED FRIES 3/4	3.15 OZ	85	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
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
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	85	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	14	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			604	4.79	771	39	17.95	0.00	49	87.17	9.23	19.26
% of Calories				7.14%		25.8%	26.7%	0.0%		57.7%		12.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 10/29/2019

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)
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
990068 CORN KERNEL 3/4 C	3/4 CUP	85	98	0.00	22	4	1.50	0.00	0	22.50	3.00	3.00
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
990180 ORANGE	EACH	95	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			615	5.38	666	55	12.90	0.00	31	100.42	11.10	27.50
% of Calories				7.87%		35.8%	18.9%	0.0%		65.3%		17.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

Wednesday - 10/30/2019

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)
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,	1/2 Cup, Prepar	75	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	75	35	0.02	38	4	0.09	0.00	0	7.27	2.53	1.57
990380 RANCH SALAD DRESSING @ 2 oz	OZ	75	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	45	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990199 JELLO, CHERRY	1/2 CUP	95	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			636	3.78	946	45	22.99	0.00	40	78.52	6.10	27.38
% of Calories				5.35%		28.3%	32.5%	0.0%		49.4%		17.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 10/31/2019

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	95	291	3.76	838	3	17.71	0.00	41	34.43	5.86	15.19

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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	85	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	45	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990029 ITALIAN DRESSING	2 TBSP	45	184	1.50	109	0	21.02	0.00	0	0.78	0.07	0.05
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
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			646	4.84	1177	44	27.88	0.00	46	88.35	8.37	24.85
% of Calories				6.74%		27.2%	38.8%	0.0%		54.7%		15.4%
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.