

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

Menu Name: (9-12) of K-12 LUNCH

Include Cost: No

Site:

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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00
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
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			740	7.45	723	57	18.75	0.00	42	115.20	11.85	33.95
% of Calories				9.06%		30.8%	22.8%	0.0%		62.3%		18.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990228 RICE, BROWN,	3/4 Cup, Prepar	85	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00
990413 CARROT STIX & PEA PODS	1 CUP	85	61	0.05	80	7	0.34	0.00	0	13.43	4.06	2.01
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990179 MIXED FRUIT COCKTAIL	1 CUP	95	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00
990199 JELLO, CHERRY	1/2 CUP	75	70	0.00	90	16	0.00	0.00	0	17.00	0.00	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
Weighted Daily Average			744	3.93	1009	53	24.64	0.00	41	101.14	8.87	28.86
% of Calories				4.75%		28.5%	29.8%	0.0%		54.4%		15.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	95	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990029 ITALIAN DRESSING	2 TBSP	90	184	1.50	109	0	21.02	0.00	0	0.78	0.07	0.05

Base Menu Spreadsheet

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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	90	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	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			771	6.49	1165	52	30.21	0.00	60	93.42	6.47	33.89
% of Calories				7.58%		27.0%	35.3%	0.0%		48.5%		17.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	100	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	95	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990184 GRAPES FRESH	CUP	95	110	0.00	0	29	1.00	0.00	0	28.00	2.00	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

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)
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	1	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			808	3.85	1535	75	16.88	0.00	58	126.54	13.19	44.20
% of Calories				4.29%		37.1%	18.8%	0.0%		62.6%		21.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	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	65	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990420 CINNAMON APPLES, BAKED 1 Cup	1 CUP	65	154	0.00	20	32	0.02	0.00	0	38.55	4.65	0.05
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

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
Weighted Daily Average			745	7.43	1193	67	14.58	0.00	41	119.11	7.17	29.17
% of Calories				8.98%		36.0%	17.6%	0.0%		64.0%		15.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	85	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
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	95	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
990335 ROLL, DINNER WHITE WG	ROLL	85	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00

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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)
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			727	4.59	1472	43	20.79	0.00	106	93.69	8.15	36.15
% of Calories				5.68%		23.7%	25.7%	0.0%		51.5%		19.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	0	5.00	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
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
000064 APPLES, Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36
Weighted Daily Average			610	0.41	668	58	5.40	0.00	67	110.76	7.35	29.50
% of Calories				0.60%		38.0%	8.0%	0.0%		72.6%		19.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

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)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39
990154 SALSA, GREEN CHILI	1/4 Cup	85	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	55	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
990397 CARROTS,STICKS 6 EA	SERVING	85	46	0.04	78	5	0.27	0.00	0	10.86	3.18	1.06
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
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
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			929	10.39	1724	54	33.45	0.00	62	128.16	16.99	30.70
% of Calories				10.07%		23.3%	32.4%	0.0%		55.2%		13.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 10/11/2019

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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990179 MIXED FRUIT COCKTAIL	1 CUP	35	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	65	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00
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	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	30	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			990	9.31	1107	69	36.30	0.00	187	134.62	6.98	29.58
% of Calories				8.46%		27.9%	33.0%	0.0%		54.4%		12.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00

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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)
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	95	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			734	7.55	718	56	19.05	0.00	42	113.31	10.38	33.27
% of Calories				9.26%		30.5%	23.4%	0.0%		61.7%		18.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 10/15/2019

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
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	65	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	65	31	0.04	84	3	0.23	0.00	0	7.12	2.50	0.92
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	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

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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)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
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			793	5.44	1602	70	21.76	0.00	63	116.46	10.12	36.07
% of Calories				6.17%		35.3%	24.7%	0.0%		58.7%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
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, Prepar	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00

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)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00
Weighted Daily Average			710	1.48	808	80	5.00	0.00	59	134.45	8.50	30.00
% of Calories				1.88%		45.1%	6.3%	0.0%		75.7%		16.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990073 GARLIC TOAST -2	2 OZ	100	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	100	46	0.30	50	3	3.27	0.00	0	7.04	1.28	1.05
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
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	2	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)
990240 VARIETY FRUIT	EACH	85	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			783	4.75	814	60	15.88	0.00	40	137.76	10.86	29.26
% of Calories				5.46%		30.7%	18.3%	0.0%		70.4%		14.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	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	95	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
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
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	85	120	0.00	10	26	0.00	0.00	0	28.00	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			806	8.32	1791	47	20.90	0.00	31	117.66	16.24	30.67
% of Calories				9.29%		23.3%	23.3%	0.0%		58.4%		15.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

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	90	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	65	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	35	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	95	70	0.00	0	14	0.00	0.00	0	17.00	0.00	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
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			757	8.14	1364	69	19.95	0.00	43	108.04	6.82	32.77
% of Calories				9.68%		36.5%	23.7%	0.0%		57.1%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 10/23/2019

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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	95	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990157 POTATO, TATER TOTS	1 CUP	85	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
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
990399 HONEY BUN GRAHAMS	PACKAGE	85	130	1.00	130	8	4.50	0.00	0	21.00	1.00	2.00
Weighted Daily Average			906	8.28	1205	58	34.68	0.00	170	117.14	6.25	28.74
% of Calories				8.23%		25.6%	34.5%	0.0%		51.7%		12.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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)
990411 SLOPPY JOE SECONDARY	4 OZ	100	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00

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)
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
990187 BANANAS,RAW	EACH	95	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			697	5.24	1353	55	20.32	0.00	57	105.60	13.45	30.19
% of Calories				6.77%		31.6%	26.2%	0.0%		60.6%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	65	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	95	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	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

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)
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	14	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			772	7.39	1045	52	28.59	0.00	46	102.70	9.34	28.05
% of Calories				8.62%		26.9%	33.3%	0.0%		53.2%		14.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50
990430 KK SEASONED FRIES 1 C	4.2 OZ	100	198	0.00	337	0	5.95	0.00	0	29.77	3.97	1.98
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	25	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	50	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
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

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			718	4.14	1118	35	18.60	0.00	66	104.74	12.22	23.16
% of Calories				5.19%		19.5%	23.3%	0.0%		58.4%		12.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00
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
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			740	7.45	723	57	18.75	0.00	42	115.20	11.85	33.95
% of Calories				9.06%		30.8%	22.8%	0.0%		62.3%		18.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 10/30/2019

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)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990228 RICE, BROWN,	3/4 Cup, Prepar	85	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00
990413 CARROT STIX & PEA PODS 1 CUP	CUP	85	61	0.05	80	7	0.34	0.00	0	13.43	4.06	2.01
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00
990179 MIXED FRUIT COCKTAIL	1 CUP	95	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00
990199 JELLO, CHERRY	1/2 CUP	75	70	0.00	90	16	0.00	0.00	0	17.00	0.00	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
Weighted Daily Average			744	3.93	1009	53	24.64	0.00	41	101.14	8.87	28.86
% of Calories				4.75%		28.5%	29.8%	0.0%		54.4%		15.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	100	291	3.76	838	3	17.71	0.00	41	34.43	5.86	15.19
990335 ROLL, DINNER WHITE WG	ROLL	85	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)
990220 SALAD, ROMAINE TOSSED	SERVINGS	85	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56
990029 ITALIAN DRESSING	2 TBSP	85	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	85	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
990399 HONEY BUN GRAHAMS	PACKAGE	100	130	1.00	130	8	4.50	0.00	0	21.00	1.00	2.00
Weighted Daily Average			898	6.64	1405	57	41.78	0.00	48	119.16	10.83	28.26
% of Calories				6.65%		25.4%	41.9%	0.0%		53.1%		12.6%
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

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.