

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

Menu Name: SMALL SCHOOLS K-8

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)	Vit-A (IU)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	90	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK, LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			612	7.66	1225	52	14.56	0.00	36	91.92	5.30	28.19	1171
% of Calories				11.26%		34.0%	21.4%	0.0%		60.1%		18.4%	
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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 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)	Vit-A (IU)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	100	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	95	31	0.04	84	3	0.23	0.00	0	7.12	2.50	0.92	9727
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00	227
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			583	2.69	1063	54	14.14	0.00	71	82.94	6.13	28.73	13535
% of Calories				4.15%		37.0%	21.8%	0.0%		56.9%		19.7%	
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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 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)	Vit-A (IU)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0
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	0
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	45	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	55	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			731	8.28	905	44	29.62	0.00	50	91.29	8.94	28.09	654
% of Calories				10.19%		24.1%	36.5%	0.0%		50.0%		15.4%	
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0						

Friday - 10/04/2019

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)	Vit-A (IU)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00	0
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	35	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	75	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00	0
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			649	3.78	1131	35	19.29	0.00	32	92.20	8.94	29.68	643
% of Calories				5.24%		21.6%	26.8%	0.0%		56.8%		18.3%	
Weekly Nutrient Guideline			600 - 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)	Vit-A (IU)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0

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)	Vit-A (IU)
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49	0
990180 ORANGE	EACH	85	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			685	5.29	844	49	21.73	0.00	47	99.95	10.52	20.97	755
% of Calories				6.95%		28.6%	28.6%	0.0%		58.4%		12.2%	
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)	Vit-A (IU)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50	0
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0
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	0

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)	Vit-A (IU)
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			641	4.79	1228	56	13.70	0.00	54	99.44	8.96	34.38	806
% of Calories				6.73%		34.9%	19.2%	0.0%		62.1%		21.5%	
Weekly Nutrient Guideline			600 - 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)	Vit-A (IU)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	75	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0
990350 GRAVY, BEEF LS	OZ	75	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	95	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00	0
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	300

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)	Vit-A (IU)
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			611	3.14	1038	42	18.32	0.00	32	84.09	6.11	26.56	830
% of Calories				4.63%		27.5%	27.0%	0.0%		55.1%		17.4%	
Weekly Nutrient Guideline			600 - 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)	Vit-A (IU)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	0.00	27	38.09	5.88	14.15	250
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53	9472
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	95	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99	100
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500

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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)	VIt-A (IU)
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			567	4.11	1318	45	17.68	0.00	44	81.48	10.25	24.56	10092
% of Calories				6.52%		31.7%	28.1%	0.0%		57.5%		17.3%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
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	0
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990406 CINNAMON APPLES, BAKED	1/2 CUP	65	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500

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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)	Vit-A (IU)
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			627	6.30	877	55	18.76	0.00	39	86.16	7.37	25.69	8391
% of Calories				9.04%		35.1%	26.9%	0.0%		55.0%		16.4%	
Weekly Nutrient Guideline			600 - 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)	Vit-A (IU)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	50	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	55	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500

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)	VIt-A (IU)
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
Weighted Daily Average			655	1.99	1365	50	24.15	0.00	51	86.76	6.80	23.06	3891
% of Calories				2.73%		30.5%	33.2%	0.0%		53.0%		14.1%	
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)	VIt-A (IU)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	90	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			612	7.66	1225	52	14.56	0.00	36	91.92	5.30	28.19	1171
% of Calories				11.26%		34.0%	21.4%	0.0%		60.1%		18.4%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100
990087 RICE, BROWN,	1/2 Cup, Prepar	100	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	95	31	0.04	84	3	0.23	0.00	0	7.12	2.50	0.92	9727
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00	227
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			583	2.69	1063	54	14.14	0.00	71	82.94	6.13	28.73	13535
% of Calories				4.15%		37.0%	21.8%	0.0%		56.9%		19.7%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0
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	0
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	45	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	55	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			731	8.28	905	44	29.62	0.00	50	91.29	8.94	28.09	654
% of Calories				10.19%		24.1%	36.5%	0.0%		50.0%		15.4%	
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0						

Friday - 10/18/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00	0
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	35	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	75	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00	0
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			649	3.78	1131	35	19.29	0.00	32	92.20	8.94	29.68	643
% of Calories				5.24%		21.6%	26.8%	0.0%		56.8%		18.3%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49	0
990180 ORANGE	EACH	85	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			685	5.29	844	49	21.73	0.00	47	99.95	10.52	20.97	755
% of Calories				6.95%		28.6%	28.6%	0.0%		58.4%		12.2%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50	0
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0
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	0
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			641	4.79	1228	56	13.70	0.00	54	99.44	8.96	34.38	806
% of Calories				6.73%		34.9%	19.2%	0.0%		62.1%		21.5%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	75	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0
990350 GRAVY, BEEF LS	OZ	75	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	95	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00	0
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	300
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			637	3.14	1077	47	18.32	0.00	32	90.59	6.11	26.56	4080
% of Calories				4.44%		29.5%	25.9%	0.0%		56.9%		16.7%	
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)	VIt-A (IU)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	0.00	27	38.09	5.88	14.15	250
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53	9472
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	95	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99	100
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			567	4.11	1318	45	17.68	0.00	44	81.48	10.25	24.56	10092
% of Calories				6.52%		31.7%	28.1%	0.0%		57.5%		17.3%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
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	0
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990406 CINNAMON APPLES, BAKED	1/2 CUP	65	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			627	6.30	877	55	18.76	0.00	39	86.16	7.37	25.69	8391
% of Calories				9.04%		35.1%	26.9%	0.0%		55.0%		16.4%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	50	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	55	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500

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)	VIt-A (IU)
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
Weighted Daily Average			655	1.99	1365	50	24.15	0.00	51	86.76	6.80	23.06	3891
% of Calories				2.73%		30.5%	33.2%	0.0%		53.0%		14.1%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	90	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			612	7.66	1225	52	14.56	0.00	36	91.92	5.30	28.19	1171
% of Calories				11.26%		34.0%	21.4%	0.0%		60.1%		18.4%	
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0						

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)	VIt-A (IU)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	100	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	95	31	0.04	84	3	0.23	0.00	0	7.12	2.50	0.92	9727
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00	227
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	VIt-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			583	2.69	1063	54	14.14	0.00	71	82.94	6.13	28.73	13535
% of Calories				4.15%		37.0%	21.8%	0.0%		56.9%		19.7%	
Weekly Nutrient Guideline			600 - 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)	VIt-A (IU)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0
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	0
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	45	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	55	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500

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)	Vit-A (IU)
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			731	8.28	905	44	29.62	0.00	50	91.29	8.94	28.09	654
% of Calories				10.19%		24.1%	36.5%	0.0%		50.0%		15.4%	
Weekly Nutrient Guideline			600 - 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.