

# Base Menu Spreadsheet

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

**Menu Name:** K-5 K-12 LUNCH

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

### Monday - 09/23/2019

**Reimbursable Meal Total 100**

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990402 TACO SNACK                        | EACH         | 100       | 350                      | 7.00                   | 560                    | 3          | 15.00     | 0.00                    | 25          | 38.00    | 5.00      | 16.00     | 400        | 100.0                  | 1.20       | 1.44      | \$0.000 |
| 990154 SALSA, GREEN CHILI                | 1/4 Cup      | 65        | 20                       | 0.00                   | 360                    | 2          | 0.00      | 0.00                    | 0           | 4.00     | 2.00      | 0.00      | 400        | 0.0                    | 4.80       | 0.00      | \$0.000 |
| 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      | 0          | 20.0                   | 0.00       | 0.00      | \$0.000 |
| 990369 VEGETABLE, SANTA FE BLEND-1/2 CUP | 1/2 CUP      | 65        | 60                       | 0.00                   | 40                     | 3          | 1.00      | 0.00                    | 0           | 11.97    | 2.99      | 2.99      | 0          | 0.0                    | 15.27      | 0.31      | \$0.000 |
| 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      | 300        | 0.0                    | 1.20       | 0.00      | \$0.000 |
| 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        | 300.0                  | 1.20       | 0.00      | \$0.000 |
| 990204 MILK, CHOC FF CARTON              | CARTON       | 98        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      | 500        | 300.0                  | 2.40       | 0.36      | \$0.000 |
| 990207 UHT MILK CARTON LF                | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0                  | 0.00       | 0.00      | \$0.000 |
| Weighted Daily Average                   |              |           | 648                      | 7.68                   | 1402                   | 37         | 17.32     | 0.00                    | 30          | 91.97    | 12.79     | 29.84     | 1355       | 413.0                  | 17.39      | 1.99      | \$0.000 |
| % of Calories                            |              |           |                          | 10.67%                 |                        | 22.8%      | 24.1%     | 0.0%                    |             | 56.8%    |           | 18.4%     |            |                        |            |           |         |
| Weekly Nutrient Guideline                |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |         |

### Tuesday - 09/24/2019

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990407 CHEESE STICKS                  | SERVING      | 100       | 303                      | 6.05                   | 494                    | 4          | 11.09     | 0.00                    | 30          | 30.25    | 3.02      | 19.16     | 403        | 302.5                  | 0.00       | 1.82      | \$0.000 |
| 990210 DIPPING SAUCE - (4 OZ)         | 4 OZ         | 85        | 78                       | 1.42                   | 429                    | 9          | 2.15      | 0.00                    | 0           | 11.23    | 2.16      | 3.99      | 501        | 92.8                   | 3.62       | 0.93      | \$0.000 |
| 990148 WINTER MIX , VEG.              | 1/2 CUP      | 65        | 25                       | 0.00                   | 20                     | 1          | 0.00      | 0.00                    | 0           | 4.00     | 2.00      | 2.00      | 227        | 20.0                   | 36.00      | 0.39      | \$0.000 |
| 990439 MANDARIN ORANGE, SINGLE SERVE  | CONTAINER    | 85        | 70                       | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 17.00    | 0.00      | 0.00      | 0          | 0.0                    | 27.00      | 0.00      | \$0.000 |
| 990163 CRANBERRIES, DRIED, INDIVIDUAL | PACKAGE      | 65        | 110                      | 0.00                   | 0                      | 24         | 0.00      | 0.00                    | 0           | 28.00    | 3.00      | 0.00      | 0          | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 990205 MILK, LOW FAT WHITE CARTON     | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      | 500        | 300.0                  | 1.20       | 0.00      | \$0.000 |
| 990204 MILK, CHOC FF CARTON           | CARTON       | 75        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      | 500        | 300.0                  | 2.40       | 0.36      | \$0.000 |
| 990207 UHT MILK CARTON LF             | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0                  | 0.00       | 0.00      | \$0.000 |
| Weighted Daily Average                |              |           | 637                      | 7.58                   | 1071                   | 58         | 13.44     | 0.00                    | 36          | 95.02    | 8.11      | 31.53     | 1457       | 682.4                  | 51.46      | 3.13      | \$0.000 |
| % of Calories                         |              |           |                          | 10.71%                 |                        | 36.4%      | 19.0%     | 0.0%                    |             | 59.7%    |           | 19.8%     |            |                        |            |           |         |
| Weekly Nutrient Guideline             |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |         |

### Wednesday - 09/25/2019

Reimbursable Meal Total 100

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990050 FRENCH TOAST STICKS         | 3 STICKS     | 100       | 211                      | 2.01                   | 291                    | 11         | 9.02      | 0.00                    | 105         | 26.07    | 2.00      | 8.02      | 2          | 59.2                   | 0.60       | 1.00      | \$0.000 |
| 990133 PORK, SAUSAGE LINKS, COOKED | LINKS        | 100       | 50                       | 1.50                   | 85                     | 0          | 3.50      | 0.00                    | 12          | 0.00     | 0.00      | 3.50      | 0          | 0.0                    | 0.00       | 1.00      | \$0.000 |
| 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          | 0.0                    | 2.98       | 0.00      | \$0.000 |
| 990406 CINNAMON APPLES, BAKED      | 1/2 CUP      | 45        | 77                       | 0.00                   | 10                     | 16         | 0.01      | 0.00                    | 0           | 19.27    | 2.32      | 0.03      | 2          | 6.5                    | 0.02       | 0.05      | \$0.000 |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990200 JUICE, APPLE              | 4 oz         | 65        | 60                       | 0.00                   | 10                     | 13         | 0.00      | 0.00                    | 0           | 14.00    | 0.00      | 0.00      | 0          | 0.0                    | 60.00      | 0.00      | \$0.000 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON       | 14        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      | 500        | 300.0                  | 1.20       | 0.00      | \$0.000 |
| 990204 MILK, CHOC FF CARTON      | CARTON       | 85        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      | 500        | 300.0                  | 2.40       | 0.36      | \$0.000 |
| 990207 UHT MILK CARTON LF        | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0                  | 0.00       | 0.00      | \$0.000 |
| Weighted Daily Average           |              |           | 625                      | 5.00                   | 841                    | 47         | 21.76     | 0.00                    | 124         | 84.30    | 4.32      | 20.80     | 502        | 362.1                  | 44.35      | 2.33      | \$0.000 |
| % of Calories                    |              |           |                          | 7.20%                  |                        | 30.1%      | 31.3%     | 0.0%                    |             | 54.0%    |           | 13.3%     |            |                        |            |           |         |
| Weekly Nutrient Guideline        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |         |

Thursday - 09/26/2019

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990408 SLOPPY JOE ELEMENTARY                    | 3 OZ         | 100       | 271                      | 2.79                   | 532                    | 11         | 7.69      | 0.00                    | 31          | 40.50    | 5.41      | 15.11     | 271        | 68.3                   | 2.88       | 3.66      | \$0.000 |
| 990394 CARROTS,STICKS 3EA                       | SERVING      | 85        | 23                       | 0.02                   | 39                     | 3          | 0.14      | 0.00                    | 0           | 5.43     | 1.59      | 0.53      | 9472       | 18.7                   | 3.34       | 0.17      | \$0.000 |
| 990380 RANCH SALAD DRESSING @ 2 oz              | OZ           | 85        | 104                      | 1.19                   | 325                    | 2          | 10.31     | 0.00                    | 11          | 1.62     | 0.00      | 1.00      | 62         | 37.5                   | 0.15       | 0.00      | \$0.000 |
| 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      | 100        | 20.0                   | 0.00       | 0.35      | \$0.000 |
| 990187 BANANAS,RAW                              | EACH         | 65        | 121                      | 0.15                   | 1                      | 17         | 0.45      | 0.00                    | 0           | 31.06    | 3.54      | 1.48      | 87         | 6.8                    | 11.83      | 0.35      | \$0.000 |
| 990205 MILK,LOW FAT WHITE CARTON                | CARTON       | 98        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      | 500        | 300.0                  | 1.20       | 0.00      | \$0.000 |
| 990204 MILK, CHOC FF CARTON                     | CARTON       | 1         | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      | 500        | 300.0                  | 2.40       | 0.36      | \$0.000 |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990207 UHT MILK<br>CARTON LF | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0                  | 0.00       | 0.00      | \$0.000 |
| Weighted Daily Average       |              |           | 578                      | 5.40                   | 1059                   | 38         | 19.34     | 0.00                    | 50          | 81.73    | 10.36     | 26.02     | 8997       | 433.5                  | 14.74      | 4.26      | \$0.000 |
| % of Calories                |              |           |                          | 8.41%                  |                        | 26.3%      | 30.1%     | 0.0%                    |             | 56.6%    |           | 18.0%     |            |                        |            |           |         |
| Weekly Nutrient Guideline    |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |         |

Friday - 09/27/2019

Reimbursable Meal Total 100

|   | Portion Size       | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---|--------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990118 BEEF FINGERS,<br>BREADED                 | SERVING (4<br>EA)  | 100       | 350                      | 7.00                   | 320                    | 1          | 24.00     | 0.00                    | 40          | 19.00    | 3.00      | 14.00     | 0          | 40.0                   | 0.00       | 1.80      | \$0.000 |
| 990335 ROLL, DINNER<br>WHITE WG                 | ROLL               | 45        | 70                       | 0.25                   | 125                    | 2          | 1.00      | 0.00                    | 0           | 13.00    | 1.00      | 2.00      | 0          | 10.0                   | 3.00       | 0.54      | \$0.000 |
| 990043 POTATOES,<br>DEHYDRATED MASHED<br>1/2 C  | 1/2 Cup,<br>Prepar | 65        | 90                       | 0.00                   | 370                    | 0          | 1.50      | 0.00                    | 0           | 16.00    | 2.00      | 2.00      | 0          | 20.0                   | 2.40       | 0.36      | \$0.000 |
| 990350 GRAVY, BEEF LS                           | OZ                 | 65        | 9                        | 0.00                   | 64                     | 0          | 2.25      | 0.00                    | 0           | 1.80     | 0.00      | 0.00      | 0          | 0.8                    | 0.00       | 0.00      | \$0.000 |
| 990269 SALAD,<br>SPINACH,CRANBERRY,<br>MANDARIN | 2 CUP              | 45        | 209                      | 0.47                   | 91                     | 30         | 6.04      | 0.00                    | 0           | 38.18    | 3.83      | 3.20      | 10559      | 110.9                  | 41.72      | 3.63      | \$0.000 |
| 990164 STRAWBERRIES,<br>DICED, CUP, FROZEN      | EACH               | 45        | 90                       | 0.00                   | 0                      | 18         | 0.00      | 0.00                    | 0           | 21.93    | 1.99      | 1.00      | 0          | 0.0                    | 37.38      | 0.28      | \$0.000 |
| 990205 MILK,LOW FAT<br>WHITE CARTON             | CARTON             | 1         | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      | 500        | 300.0                  | 1.20       | 0.00      | \$0.000 |
| 990204 MILK, CHOC FF<br>CARTON                  | CARTON             | 1         | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      | 500        | 300.0                  | 2.40       | 0.36      | \$0.000 |

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990207 UHT MILK CARTON LF | CARTON       | 98        | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0                  | 0.00       | 0.00      | \$0.000 |
| Weighted Daily Average    |              |           | 681                      | 8.81                   | 811                    | 35         | 32.08     | 0.00                    | 52          | 75.59    | 7.37      | 26.09     | 5251       | 407.9                  | 38.54      | 4.04      | \$0.000 |
| % of Calories             |              |           |                          | 11.64%                 |                        | 20.6%      | 42.4%     | 0.0%                    |             | 44.4%    |           | 15.3%     |            |                        |            |           |         |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |         |

## Monday - 09/30/2019

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) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990120 CHICKEN, CORN PUPS                 | 6 EACH       | 100       | 270                      | 3.50                   | 410                    | 5          | 12.00     | 0.00                    | 40          | 30.00    | 5.00      | 10.00     | 0          | 150.0                  | 0.00       | 1.80      | \$0.000 |
| 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      | 0          | 89.3                   | 0.00       | 0.47      | \$0.000 |
| 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        | 0.0                    | 1.20       | 0.00      | \$0.000 |
| 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      | 0          | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 990207 UHT MILK CARTON LF                 | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0                  | 0.00       | 0.00      | \$0.000 |
| 990205 MILK,LOW FAT WHITE CARTON          | CARTON       | 85        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      | 500        | 300.0                  | 1.20       | 0.00      | \$0.000 |
| 990204 MILK, CHOC FF CARTON               | CARTON       | 14        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      | 500        | 300.0                  | 2.40       | 0.36      | \$0.000 |
| Weighted Daily Average                    |              |           | 604                      | 4.79                   | 771                    | 39         | 17.95     | 0.00                    | 49          | 87.17    | 9.23      | 19.26     | 755        | 525.9                  | 2.38       | 2.25      | \$0.000 |
| % of Calories                             |              |           |                          | 7.14%                  |                        | 25.8%      | 26.7%     | 0.0%                    |             | 57.7%    |           | 12.8%     |            |                        |            |           |         |
| Weekly Nutrient Guideline                 |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |         |

# Base Menu Spreadsheet

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                   | Cals <sup>1</sup><br>(kcal) | S-Fat <sup>1</sup><br>(g) | Sodm <sup>1</sup><br>(mg) | Sugars<br>(g) | T-Fat<br>(g) | Tr-Fat <sup>2</sup><br>(g) | Cholst<br>(mg) | Carb<br>(g) | Fiber<br>(g) | Protn<br>(g) | VIt-A<br>(IU) | Calcm<br>(mg) | Vit-C<br>(mg) | Iron<br>(mg) | Cost |
|-------------------|-----------------------------|---------------------------|---------------------------|---------------|--------------|----------------------------|----------------|-------------|--------------|--------------|---------------|---------------|---------------|--------------|------|
| Weighted Averages | 629                         | 7                         | 992                       | 42            | 20.32        | 0.00                       | 57             | 85.96       | 8.70         | 25.59        | 3053          | 471           | 28.14         | 3.00         |      |
| % of Calories     |                             | 9.36%                     |                           | 26.7%         | 29.1%        | 0.0%                       |                | 54.7%       |              | 16.3%        |               |               |               |              |      |

| Nutrient      | Menu Average | % of Cals | Weekly Target | % of Target | Shortfall | Overage | Missing Data | Error Messages (if any) |
|---------------|--------------|-----------|---------------|-------------|-----------|---------|--------------|-------------------------|
| Calories      | 629          |           | 550-650       | 100%        |           |         |              |                         |
| Saturated Fat | 6.54 g       | 9.36%     | <10.000%      |             |           |         |              |                         |
| Sodium        | 992 mg       |           | 1230.000      | 81%         |           |         |              |                         |
| Sugars        | 42 g         | 26.7%     |               |             |           |         |              |                         |
| Total Fat     | 20.32 g      | 29.1%     |               |             |           |         |              |                         |
| Trans Fat     | 0.00 g       | 0.0%      |               |             |           |         |              |                         |
| Cholesterol   | 57 mg        |           |               |             |           |         |              |                         |
| Carbohydrate  | 85.96 g      | 54.7%     |               |             |           |         |              |                         |
| Fiber         | 8.70 g       |           |               |             |           |         |              |                         |
| Protein       | 25.59 g      | 16.3%     |               |             |           |         |              |                         |
| Vitamin A     | 3053 IU      |           |               |             |           |         |              |                         |
| Calcium       | 470.8 mg     |           |               |             |           |         |              |                         |
| Vitamin C     | 28.14 mg     |           |               |             |           |         |              |                         |
| Iron          | 3.00 mg      |           |               |             |           |         |              |                         |

\*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.