

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 2019

Menu Name: HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Friday - 11/01/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	45	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990112 PIZZA, CHEESE 16"	SLICE	15	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990368 WRAP, GYRO	WRAP	15	391	5.01	1358	8	12.67	0.00	34	44.28	3.76	23.10	952	244.1	8.68	8.48
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	100	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			726	6.38	1175	45	23.04	0.00	57	96.30	12.39	36.92	11575	525.7	74.42	5.24
% of Calories				7.91%		24.8%	28.6%	0.0%		53.1%		20.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 11/05/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	50	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04	0	163.8	0.00	2.97
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	42	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	42	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990248 WRAP, CHICKEN BACON RANCH	WRAP	8	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93	1890	472.4	7.19	7.96
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	65	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	15	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
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
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			910	8.05	1338	54	32.37	0.00	122	116.18	12.54	40.13	10302	540.6	57.23	5.42
% of Calories				7.96%		23.7%	32.0%	0.0%		51.1%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 11/06/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	30	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990229 RICE, BROWN,	1 Cup, Prepar	75	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
990130 CHICKEN, POPCORN WG	3.3 OZ	30	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990363 SANDWICH, BBQ PULLED PORK	SANDWICH	40	325	1.09	1384	13	7.45	0.00	55	46.01	3.00	22.36	0	70.9	3.78	7.32
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			763	2.24	1358	55	16.74	0.00	59	122.24	11.98	35.00	11908	424.1	79.14	8.14
% of Calories				2.64%		28.8%	19.7%	0.0%		64.1%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 11/07/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990266 NACHO'S SEC	SERVING	50	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	30	445	9.91	655	6	24.01	0.00	58	33.45	2.91	21.40	*228	193.0	16.06	8.66
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	20	325	6.16	969	7	16.86	0.00	72	21.82	6.18	23.63	6839	345.9	35.20	2.13

Base Menu Spreadsheet

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Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990073 GARLIC TOAST -2	2 OZ	20	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990154 SALSA, GREEN CHILI	1/4 Cup	70	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			829	9.95	1482	49	30.40	0.00	68	107.35	14.98	34.20	*13178	584.7	89.08	7.09
% of Calories				10.80%		23.6%	33.0%	0.0%		51.8%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 11/08/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990304 SWISS BACON BURGER	SANDWICH	25	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00	40	3248.8	126.00	2.88
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	20	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990279 WRAP, TURKEY N HAM	WRAP	20	514	9.90	2174	16	18.85	0.00	68	59.59	6.67	29.86	5477	350.9	74.32	11.89
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
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
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			782	8.54	1471	57	24.84	0.12	61	105.82	11.81	37.42	12524	1332.8	121.75	5.97
% of Calories				9.83%		29.2%	28.6%	0.1%		54.1%		19.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 11/12/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990352 CHEESEBURGER	SANDWICH	75	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42
990227 CHICKEN STRIPS, BREADED	3 EA	25	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990072 GARLIC TOAST	SLICE	25	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
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	0	89.3	0.00	0.47
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
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
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			987	8.51	1633	54	32.27	0.00	83	128.21	14.51	48.18	11996	651.0	76.95	8.31
% of Calories				7.76%		21.9%	29.4%	0.0%		52.0%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 11/13/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	30	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990335 ROLL, DINNER WHITE WG	ROLL	30	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	40	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54	125	187.0	0.90	3.11
990414 TURKEY & SWISS HOAGIE	HOAGIE	30	234	1.76	811	4	4.10	0.00	35	29.50	2.66	18.49	*449	3235.5	141.90	2.03
990419 RICE,WITH PEAS N CARROTS	3/4 CUP	65	146	0.00	17	2	1.02	0.00	0	30.09	2.86	4.22	875	12.4	2.40	0.60
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
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

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			775	3.41	1264	57	16.28	0.00	59	120.29	13.92	39.18	*12661	1452.3	123.02	5.32
% of Calories				3.96%		29.4%	18.9%	0.0%		62.1%		20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 11/14/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	40	305	3.07	317	7	6.89	0.00	34	44.10	5.15	15.73	419	49.9	7.32	3.77
990422 CHICKEN, CORN PUPS	8 EACH	45	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990306 SALAD, CHEF	SALAD	15	423	6.46	1449	11	28.72	0.00	68	20.48	3.87	22.13	12465	355.2	29.25	1.55
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990073 GARLIC TOAST -2	2 OZ	15	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
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

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Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			793	5.56	1256	51	22.60	0.00	63	117.67	14.80	31.97	13357	525.2	78.32	6.20
% of Calories				6.31%		25.7%	25.6%	0.0%		59.4%		16.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 11/15/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990409 CHICKEN DRUMSTICKS	DRUMSTICK	50	290	4.00	550	0	17.00	0.00	100	11.00	2.00	22.00	100	20.0	7.80	1.44
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	35	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990287 SALAD, SW CHICKEN PASTA	EACH	15	663	4.32	838	5	22.76	0.00	61	98.96	2.94	30.29	1724	156.3	14.40	4.21
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990198 GRAVY, CHICKEN	SERVING 2 OZ	65	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990049 ROLL, DINNER WG	ROLL	85	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	45	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			877	6.82	1478	42	30.52	0.00	86	114.12	12.67	38.01	9924	467.0	68.80	5.27
% of Calories				7.00%		19.2%	31.3%	0.0%		52.1%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 11/18/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	25	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990112 PIZZA, CHEESE 16"	SLICE	30	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990431 MAC AND CHEESE CAMPBELL	CUP	25	300	6.00	60	9	11.00	0.00	35	32.00	2.00	17.00	0	300.0	0.00	1.44
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	20	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990087 RICE, BROWN,	1/2 Cup, Prepar	80	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0	3.6	0.00	0.18
990335 ROLL, DINNER WHITE WG	ROLL	80	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			821	6.61	1093	57	21.81	0.00	54	122.31	12.10	35.74	11978	538.6	80.03	5.18
% of Calories				7.25%		27.8%	23.9%	0.0%		59.6%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 11/19/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	30	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8	3.62	3.23
990359 BEEF HOT DOG SANDWICH	SANDWICH	30	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0	40.0	1.20	1.80
990402 TACO SNACK	EACH	40	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990154 SALSA, GREEN CHILI	1/4 Cup	50	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			796	7.45	1447	54	26.59	0.00	52	108.59	11.97	30.44	8431	553.0	55.45	16.59
% of Calories				8.42%		27.1%	30.1%	0.0%		54.6%		15.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 11/20/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	25	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00	40	3248.8	126.00	2.88
990323 CLUB HOAGIE	HOAGIE	25	233	1.66	765	3	4.19	0.00	36	29.50	2.66	18.11	*408	145.2	15.90	2.04
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	65	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			868	7.13	1265	64	26.61	0.00	123	118.50	10.10	38.30	*7155	1414.0	79.33	4.44
% of Calories				7.39%		29.5%	27.6%	0.0%		54.6%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 11/21/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990342 TURKEY, ROAST 2 OZ SERV	2 OZ SERVIG	45	80	1.00	325	0	4.00	0.00	22	1.50	0.00	9.00	0	0.0	0.00	1.26
990130 CHICKEN, POPCORN WG	3.3 OZ	45	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	10	610	9.14	1163	7	29.07	0.00	72	60.43	10.69	27.63	6672	389.3	13.66	2.92
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	85	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990198 GRAVY, CHICKEN	SERVING 2 OZ	85	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	65	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990277 FRUIT BAR	EACH	45	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
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
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	85	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00
Weighted Daily Average			866	5.11	1470	55	25.68	0.00	55	124.39	11.92	30.83	6360	409.6	41.34	29.13
% of Calories				5.31%		25.4%	26.7%	0.0%		57.5%		14.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 11/22/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990402 TACO SNACK	EACH	45	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990253 CHEESEBURGER	SANDWICH	35	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88
990365 WRAP, CHICKEN SALAD	WRAPS	20	362	2.72	767	5	10.36	0.00	51	45.07	3.64	24.48	10523	141.3	62.16	14.02
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990154 SALSA, GREEN CHILI	1/4 Cup	85	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			749	6.84	1485	53	21.70	0.18	52	107.92	14.07	34.00	14527	533.6	94.74	7.05
% of Calories				8.22%		28.3%	26.1%	0.2%		57.6%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 11/25/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	55	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990134 CHICKEN, TERIYAKI	2.85 OZ	30	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990447 HAM & SWISS HOAGIE	HOAGIE	15	244	2.26	601	4	5.60	0.00	40	28.50	2.66	18.49	*449	3235.5	141.90	2.03
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	40	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0	3.6	0.00	0.18
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	55	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			720	7.58	1224	41	20.26	0.00	63	103.90	10.37	34.02	*8449	1025.9	75.29	4.90
% of Calories				9.48%		22.8%	25.3%	0.0%		57.7%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 11/26/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990422 CHICKEN, CORN PUPS	8 EACH	55	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990253 CHEESEBURGER	SANDWICH	45	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88
990248 WRAP, CHICKEN BACON RANCH	WRAP	5	686	10.32	1828	4	39.30	0.00	87	50.07	2.59	33.93	1890	472.4	7.19	7.96
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	0	89.3	0.00	0.47
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	45	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56	300	70.1	0.00	0.24
Weighted Daily Average			852	6.51	1481	51	26.90	0.22	76	119.37	14.69	33.44	10422	639.6	66.03	5.76
% of Calories				6.88%		23.9%	28.4%	0.2%		56.0%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 11/27/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	55	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990227 CHICKEN STRIPS, BREADED	3 EA	40	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990294 CHICKEN FAJITA QUESADILLA	EACH	5	357	6.95	1148	3	12.89	0.00	61	36.18	1.00	22.63	752	383.8	0.00	2.22
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990198 GRAVY, CHICKEN	SERVING 2 OZ	65	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990049 ROLL, DINNER WG	ROLL	85	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990199 JELLO, CHERRY	1/2 CUP	85	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	163	0.66	357	8	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 30, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	45	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			894	6.82	1461	55	29.45	0.00	62	120.44	12.48	36.84	9653	460.8	63.94	7.99
% of Calories				6.87%		24.6%	29.6%	0.0%		53.9%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	824	7	1375	53	25.18	0.03	70	114.92	12.78	36.15	*10847	711	77.93	8.12
% of Calories		7.30%		25.7%	27.5%	0.0%		55.8%		17.5%				

- *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.