

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

Menu Name: ELEMENTARY LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 12/02/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	0.00	35	22.00	2.00	11.00	0	40.0	1.20	1.80
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	65	70	0.00	50	11	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	85	99	0.99	49	7	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			605	1.21	1072	48	0.00	41	79.01	2.85	20.49	670	345.2	69.26	4.67
% of Calories				1.80%		31.7%	0.0%		52.2%		13.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Tuesday - 12/03/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990409 CHICKEN DRUMSTICKS	DRUMSTICK	100	290	4.00	550	0	0.00	100	11.00	2.00	22.00	100	20.0	7.80	1.44

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990198 GRAVY, CHICKEN	SERVING 2 OZ	95	23	0.00	132	1	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990148 WINTER MIX , VEG.	1/2 CUP	85	25	0.00	20	1	0.00	0	4.00	2.00	2.00	227	20.0	36.00	0.39
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	85	51	0.00	2	11	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			587	4.38	1248	31	0.00	106	65.52	6.45	33.60	793	356.0	42.72	2.38
% of Calories				6.72%		21.1%	0.0%		44.6%		22.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Wednesday - 12/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	100	151	0.00	442	11	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990228 RICE, BROWN,	3/4 Cup, Prepar	100	128	0.00	11	0	0.00	0	27.00	1.50	3.00	0	10.7	0.00	0.27
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			485	0.38	676	44	0.00	67	80.25	3.00	27.55	800	342.7	98.04	6.83
% of Calories				0.71%		36.3%	0.0%		66.2%		22.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Thursday - 12/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990267 NACHO'S ELEM	SERVING	100	382	6.65	454	0	0.00	28	42.03	5.14	11.36	129	112.9	0.62	1.74
990154 SALSA, GREEN CHILI	1/4 Cup	60	20	0.00	360	2	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	35	120	1.00	540	1	0.00	0	18.00	6.00	6.00	0	20.0	0.00	0.00
990394 CARROTS,STICKS 3EA	SERVING	45	23	0.02	39	3	0.00	0	5.43	1.59	0.53	9472	18.7	3.34	0.17
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	346	2	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990187 BANANAS,RAW	EACH	65	121	0.15	1	17	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (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	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			697	8.01	1236	34	0.00	39	94.54	11.46	23.11	5216	449.6	14.80	2.32
% of Calories				10.34%		19.5%	0.0%		54.3%		13.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Friday - 12/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	0.00	105	26.07	2.00	8.02	2	59.2	0.60	1.00
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	85	100	3.00	170	0	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990156 POTATO, TATER TOTS	3/4 CUP	75	193	1.49	283	0	0.00	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	75	77	0.00	10	16	0.00	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	160	1.00	100	12	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990217 SYRUP CUP, SMUCKER'S	CONTAINER	85	109	0.00	20	22	0.00	0	28.77	0.00	0.00	0	0.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (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	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			788	6.50	920	66	0.00	137	113.87	5.76	24.01	507	364.0	4.89	9.76
% of Calories				7.42%		33.5%	0.0%		57.8%		12.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Monday - 12/09/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	0.00	25	33.00	4.00	16.00	0	0.0	0.00	0.00
990068 CORN KERNEL 3/4 C	3/4 CUP	65	98	0.00	22	4	0.00	0	22.50	3.00	3.00	0	0.0	0.00	1.08
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	13	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	65	55	0.03	1	11	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			566	5.54	651	48	0.00	32	87.04	8.32	26.13	758	306.5	3.15	1.05
% of Calories				8.81%		33.9%	0.0%		61.5%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Tuesday - 12/10/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	0.00	40	30.00	5.00	10.00	0	150.0	0.00	1.80
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	140	0.00	550	12	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	65	31	0.04	84	3	0.00	0	7.12	2.50	0.92	9727	41.4	5.10	0.28
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	346	2	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990186 GRAPES FRESH	1/2 CUP	85	55	0.00	0	14	0.00	0	14.00	1.00	0.50	50	0.0	9.00	0.18
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			634	4.67	1306	49	0.00	54	89.78	11.22	24.17	6905	531.3	13.10	3.76
% of Calories				6.63%		30.9%	0.0%		56.6%		15.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Wednesday - 12/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990227 CHICKEN STRIPS, BREADED	3 EA	100	285	2.25	465	0	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990228 RICE, BROWN, 3/4 Cup, Prepar	3/4 Cup, Prepar	100	128	0.00	11	0	0.00	0	27.00	1.50	3.00	0	10.7	0.00	0.27
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	95	22	0.00	11	1	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			605	2.62	671	30	0.00	66	81.21	6.42	35.62	735	309.2	40.20	10.12
% of Calories				3.90%		19.8%	0.0%		53.7%		23.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Thursday - 12/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (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	100	80	1.00	325	0	0.00	22	1.50	0.00	9.00	0	0.0	0.00	1.26
990198 GRAVY, CHICKEN	SERVING 2 OZ	65	23	0.00	132	1	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	95	70	0.25	125	2	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	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	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990187 BANANAS,RAW	EACH	95	121	0.15	1	17	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			539	1.76	1246	45	0.00	29	93.00	6.21	22.21	4833	335.0	69.23	2.72
% of Calories				2.94%		33.4%	0.0%		69.0%		16.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Friday - 12/13/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	0.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	45	9	0.01	4	1	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990428 KK SEASONED FRIES 1/2	2.1 OZ	85	99	0.00	169	0	0.00	0	14.88	1.98	0.99	0	59.5	0.00	0.31
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	65	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	30	79	0.02	330	8	0.00	5	12.77	0.12	0.56	300	70.1	0.00	0.24
Weighted Daily Average			603	4.64	1157	38	0.00	55	82.53	7.17	31.38	1009	556.1	5.72	4.33
% of Calories				6.93%		25.2%	0.0%		54.7%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Monday - 12/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990402 TACO SNACK	EACH	100	350	7.00	560	3	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990154 SALSA, GREEN CHILI	1/4 Cup	65	20	0.00	360	2	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	65	120	1.00	540	1	0.00	0	18.00	6.00	6.00	0	20.0	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	65	65	0.00	15	3	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	98	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			652	7.68	1386	37	0.00	30	93.94	12.15	29.20	1355	413.0	7.46	2.26
% of Calories				10.60%		22.7%	0.0%		57.6%		17.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

Tuesday - 12/17/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990407 CHEESE STICKS	SERVING	100	303	6.05	494	4	0.00	30	30.25	3.02	19.16	403	302.5	0.00	1.82
990210 DIPPING SAUCE - (4 OZ)	4 OZ	85	78	1.42	429	9	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990394 CARROTS,STICKS 3EA	SERVING	65	23	0.02	39	3	0.00	0	5.43	1.59	0.53	9472	18.7	3.34	0.17
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	346	2	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	65	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	85	70	0.00	0	14	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			642	8.36	1399	46	0.00	43	80.75	7.19	31.87	7572	718.9	30.34	3.21
% of Calories				11.72%		28.7%	0.0%		50.3%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Wednesday - 12/18/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	0.00	105	26.07	2.00	8.02	2	59.2	0.60	1.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	0.00	12	0.00	0.00	3.50	0	0.0	0.00	1.00
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	0.00	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	45	77	0.00	10	16	0.00	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	85	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			625	5.00	841	47	0.00	124	84.30	4.32	20.80	502	362.1	44.35	2.33
% of Calories				7.20%		30.1%	0.0%		54.0%		13.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Thursday - 12/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990408 SLOPPY JOE ELEMENTARY	3 OZ	100	271	2.79	532	11	0.00	31	40.50	5.41	15.11	271	68.3	2.88	3.66
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	85	70	0.00	50	11	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
990148 WINTER MIX , VEG.	1/2 CUP	85	25	0.00	20	1	0.00	0	4.00	2.00	2.00	227	20.0	36.00	0.39
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	12	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	98	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			513	4.28	721	44	0.00	41	84.19	8.81	25.66	964	392.1	120.70	7.70
% of Calories				7.51%		34.3%	0.0%		65.6%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Friday - 12/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990440 MACARONI N CHEESE CN 1 CUP	CUP	100	300	6.00	690	9	0.00	35	32.00	2.00	17.00	0	300.0	0.00	0.00
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	100	90	0.00	0	18	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			537	6.38	904	47	0.00	41	78.13	5.49	27.50	800	630.0	75.42	0.82
% of Calories				10.69%		35.0%	0.0%		58.2%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230										

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			605	5	1029	44	0.00	60	85.87	7.12	26.89	2228	427	42.63	4.28
% of Calories				7.08%		29.1%	0.0%		56.8%		17.8%				

**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.