

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 12/02/2019

**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)	Tr-Fat <sup>2</sup> (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	85	70	0.00	50	11	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
990179 MIXED FRUIT COCKTAIL	1 CUP	85	72	0.00	6	14	0.00	0	18.10	1.21	0.00	241	0.0	1.45	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
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	85	90	0.00	20	19	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
Weighted Daily Average			706	1.21	1100	68	0.00	41	103.54	3.03	20.69	1130	346.8	174.47	5.47
% of Calories				1.54%		38.5%	0.0%		58.7%		11.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### Tuesday - 12/03/2019

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (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
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	95	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	95	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
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
Weighted Daily Average			704	4.56	1354	45	0.00	106	90.37	7.50	35.30	815	365.5	105.57	2.83
% of Calories				5.83%		25.6%	0.0%		51.3%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### Wednesday - 12/04/2019

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)	Tr-Fat <sup>2</sup> (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
990229 RICE, BROWN,	1 Cup, Prepar	95	174	0.00	7	0	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	95	30	0.00	15	1	0.00	0	5.00	2.00	2.00	400	40.0	48.00	0.36
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
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
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	95	70	0.00	0	14	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
Weighted Daily Average			595	0.38	676	58	0.00	67	105.32	3.84	28.83	880	346.8	133.29	6.98
% of Calories				0.57%		39.0%	0.0%		70.8%		19.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

Thursday - 12/05/2019

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)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990154 SALSA, GREEN CHILI	1/4 Cup	95	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
990397 CARROTS,STICKS 6 EA	SERVING	85	46	0.04	78	5	0.00	0	10.86	3.18	1.06	18944	37.4	6.69	0.34
990380 RANCH SALAD DRESSING @ 2 oz	OZ	96	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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			881	10.59	1870	39	0.00	63	111.32	17.08	31.11	17357	501.2	21.36	3.56
% of Calories				10.82%		17.7%	0.0%		50.5%		14.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### Friday - 12/06/2019

### 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)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
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
990157 POTATO, TATER TOTS	1 CUP	65	258	1.98	377	0	0.00	0	29.76	1.98	1.98	0	0.0	3.97	0.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	85	77	0.00	10	16	0.00	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	45	320	2.00	200	24	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00
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
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
Weighted Daily Average			992	7.79	1095	85	0.00	177	147.22	7.74	27.75	513	390.9	44.44	16.85
% of Calories				7.07%		34.3%	0.0%		59.4%		11.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### Monday - 12/09/2019

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)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	0.00	0	30.00	4.00	4.00	0	0.0	0.00	1.44
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	100	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	95	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			734	7.55	718	57	0.00	42	112.31	10.38	33.27	848	309.5	3.63	1.84
% of Calories				9.26%		31.1%	0.0%		61.2%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	95	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	95	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	95	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	95	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
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
Weighted Daily Average			858	5.29	1730	70	0.00	77	128.60	15.57	29.50	9847	532.9	75.58	5.12
% of Calories				5.55%		32.6%	0.0%		60.0%		13.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### Wednesday - 12/11/2019

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)	Tr-Fat <sup>2</sup> (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, 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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (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)
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
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0	32.00	4.00	0.00	0	0.0	2.40	0.72
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
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	95	90	0.00	20	19	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
Weighted Daily Average			751	2.62	695	60	0.00	66	118.11	8.42	35.62	1210	309.2	136.40	10.48
% of Calories				3.14%		32.0%	0.0%		62.9%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

Thursday - 12/12/2019

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)	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)
990342 TURKEY, ROAST 2 OZ SERVG	2 OZ SERVIC	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	95	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	100	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	100	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
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
990399 HONEY BUN GRAHAMS	PACKAGE	100	130	1.00	130	8	0.00	0	21.00	1.00	2.00	0	2.0	0.00	4.00
Weighted Daily Average			691	2.77	1459	54	0.00	29	117.95	7.36	24.41	5333	338.5	75.50	6.77
% of Calories				3.61%		31.3%	0.0%		68.3%		14.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### Friday - 12/13/2019

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)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (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
990429 KK SEASONED FRIES 3/4	3.15 OZ	85	149	0.00	253	0	0.00	0	22.33	2.98	1.49	0	89.3	0.00	0.47
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	95	16	0.00	140	1	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0	18.10	1.21	0.00	241	0.0	1.45	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (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
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	85	79	0.02	330	8	0.00	5	12.77	0.12	0.56	300	70.1	0.00	0.24
Weighted Daily Average			715	4.65	1454	47	0.00	58	102.12	9.03	32.41	1275	626.0	6.14	4.71
% of Calories				5.85%		26.3%	0.0%		57.1%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

**Monday - 12/16/2019**

**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)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc (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	95	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	85	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	85	65	0.00	15	3	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	85	120	0.00	10	26	0.00	0	28.00	2.00	0.00	600	0.0	2.40	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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (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	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			758	7.88	1610	52	0.00	30	116.44	15.40	30.80	1790	417.0	10.16	2.40
% of Calories				9.36%		27.4%	0.0%		61.4%		16.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

Tuesday - 12/17/2019

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)	Tr-Fat <sup>2</sup> (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	95	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	95	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	95	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	95	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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
Weighted Daily Average			749	8.72	1566	61	0.00	47	98.77	8.26	32.62	10462	741.8	91.08	3.37
% of Calories				10.48%		32.6%	0.0%		52.7%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

Wednesday - 12/18/2019

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)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990157 POTATO, TATER TOTS	1 CUP	100	258	1.98	377	0	0.00	0	29.76	1.98	1.98	0	0.0	3.97	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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (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)
990399 HONEY BUN GRAHAMS	PACKAGE	85	130	1.00	130	8	0.00	0	21.00	1.00	2.00	0	2.0	0.00	4.00
Weighted Daily Average			949	8.73	1270	58	0.00	171	121.61	6.55	29.38	503	383.4	45.99	7.07
% of Calories				8.28%		24.4%	0.0%		51.3%		12.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### Thursday - 12/19/2019

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)	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)
990411 SLOPPY JOE SECONDARY	4 OZ	100	315	3.72	625	13	0.00	41	44.34	6.22	18.15	361	71.1	3.83	4.27
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
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0	32.00	4.00	0.00	0	0.0	2.40	0.72
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
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			626	5.21	821	60	0.00	51	106.43	11.92	28.70	1054	394.9	123.03	8.73
% of Calories				7.49%		38.3%	0.0%		68.0%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

### Friday - 12/20/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (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
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	100	30	0.00	15	1	0.00	0	5.00	2.00	2.00	400	40.0	48.00	0.36
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
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
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
Weighted Daily Average			664	6.80	999	60	0.00	41	103.58	6.84	29.70	900	640.0	147.42	1.52
% of Calories				9.22%		36.1%	0.0%		62.4%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	758	6	1228	58	0.00	71	112.25	9.26	30.01	3594	443	79.60	5.85
% of Calories		6.71%		30.6%	0.0%		59.2%		15.8%				

\*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  
<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.