

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2019 thru Dec 20, 2019

Menu Name: 6-8 of HS 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)
990304 SWISS BACON BURGER	SANDWICH	35	360	6.75	678	6	0.50	60	29.50	3.00	24.00	40	3248.8	126.00	2.88
990112 PIZZA, CHEESE 16"	SLICE	45	370	7.00	490	9	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	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	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	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	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			667	7.73	1045	45	0.18	56	84.69	8.42	33.99	8006	1555.2	95.35	3.16
% of Calories				10.43%		27.0%	0.2%		50.8%		20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

### Tuesday - 12/03/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Kenai Peninsula School District

## 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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	60	281	2.67	387	15	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	60	50	1.50	85	0	0.00	12	0.00	0.00	3.50	0	0.0	0.00	1.00
990440 MACARONI N CHEESE CN 1 CUP	CUP	40	300	6.00	690	9	0.00	35	32.00	2.00	17.00	0	300.0	0.00	0.00
990155 POTATO, TATER TOTS	1/2 CUP	45	130	1.00	190	0	0.00	0	15.00	1.00	1.00	0	0.0	2.00	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
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	65	160	0.50	110	9	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	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	0.00	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	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	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			746	7.26	1014	53	0.00	119	102.02	9.75	28.63	5639	534.4	37.48	6.46
% of Calories				8.76%		28.4%	0.0%		54.7%		15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

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	45	151	0.00	442	11	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02

# 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)
990130 CHICKEN, POPCORN WG	3.3 OZ	55	250	2.50	380	1	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990229 RICE, BROWN,	1 Cup, Prepar	55	174	0.00	7	0	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	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	0.00	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	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	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			591	2.19	838	42	0.00	51	85.71	8.20	29.01	7942	358.0	51.13	5.67
% of Calories				3.34%		28.4%	0.0%		58.0%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

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	80	441	8.29	574	0	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	20	445	9.91	655	6	0.00	58	33.45	2.91	21.40	*228	193.0	16.06	8.66
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	163	0.66	357	8	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	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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	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	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	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			718	9.74	1212	35	0.00	60	88.98	11.60	28.90	*7303	489.1	50.52	5.41
% of Calories				12.21%		19.5%	0.0%		49.6%		16.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

### 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)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	70	401	3.40	719	6	0.00	60	38.76	6.00	31.04	0	163.8	0.00	2.97
990402 TACO SNACK	EACH	30	350	7.00	560	3	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	163	0.66	357	8	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	0.00	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	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	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 <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	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			729	5.43	1169	47	0.00	60	98.59	12.79	39.55	10287	518.7	66.63	4.75
% of Calories				6.70%		25.8%	0.0%		54.1%		21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

### 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	34	370	7.00	490	9	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	16	390	7.00	750	8	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990446 PINWHEEL, MEATBALL	EACH	50	340	6.00	670	3	0.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	163	0.66	357	8	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	45	130	0.00	230	22	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	55	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			618	7.70	984	38	0.00	49	80.82	7.59	31.35	6835	582.7	42.72	3.23
% of Calories				11.21%		24.6%	0.0%		52.3%		20.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

# Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

**Tuesday - 12/10/2019**

**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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	70	418	9.42	979	12	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	0.00	35	22.00	2.00	11.00	0	40.0	1.20	1.80
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	35	160	0.50	110	9	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	163	0.66	357	8	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	55	102	0.02	3	21	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	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	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			707	7.67	1352	47	0.00	48	89.34	9.15	31.95	7122	688.4	46.45	6.42
% of Calories				9.76%		26.6%	0.0%		50.5%		18.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

**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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	40	480	9.00	1000	6	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	60	405	3.63	738	8	0.00	53	41.31	6.54	29.54	125	187.0	0.90	3.11

# 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)
990155 POTATO, TATER TOTS	1/2 CUP	50	130	1.00	190	0	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	163	0.66	357	8	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990277 FRUIT BAR	EACH	55	102	0.02	3	21	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	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	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			764	7.03	1328	41	0.00	61	101.16	11.41	38.13	7142	574.8	47.98	4.84
% of Calories				8.28%		21.5%	0.0%		53.0%		20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990342 TURKEY, ROAST 2 OZ SERV	2 OZ SERVIG	50	80	1.00	325	0	0.00	22	1.50	0.00	9.00	0	0.0	0.00	1.26
990422 CHICKEN, CORN PUPS	8 EACH	50	360	3.75	585	8	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990335 ROLL, DINNER WHITE WG	ROLL	65	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	65	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	65	23	0.00	132	1	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51

# 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)
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	163	0.66	357	8	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	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	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
Weighted Daily Average			706	3.95	1287	49	0.00	57	108.02	11.35	26.17	5662	429.8	45.18	13.72
% of Calories				5.04%		27.8%	0.0%		61.2%		14.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

### 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	50	305	4.25	615	5	0.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42
990227 CHICKEN STRIPS, BREADED	3 EA	50	285	2.25	465	0	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990429 KK SEASONED FRIES 3/4	3.15 OZ	65	149	0.00	253	0	0.00	0	22.33	2.98	1.49	0	89.3	0.00	0.47
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	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	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	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 <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	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			687	4.14	1136	40	0.00	64	88.83	9.61	35.86	7912	510.4	52.63	8.28
% of Calories				5.42%		23.3%	0.0%		51.7%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	65	250	2.50	380	1	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990431 MAC AND CHEESE CAMPBELL	CUP	35	300	6.00	60	9	0.00	35	32.00	2.00	17.00	0	300.0	0.00	1.44
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	60	85	0.00	4	0	0.00	0	18.00	1.00	2.00	0	3.6	0.00	0.18
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	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	0.00	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	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	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 <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	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			640	4.66	752	41	0.00	38	88.07	9.12	29.54	7952	464.8	52.48	3.79
% of Calories				6.55%		25.6%	0.0%		55.0%		18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

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)
990409 CHICKEN DRUMSTICKS	DRUMSTICK	50	290	4.00	550	0	0.00	100	11.00	2.00	22.00	100	20.0	7.80	1.44
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	50	350	7.00	320	1	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	85	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	65	23	0.00	132	1	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	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	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	0.00	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	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	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 <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	45	100	1.50	110	12	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			785	7.12	1300	38	0.00	82	94.21	11.32	34.39	7962	432.1	56.41	4.54
% of Calories				8.16%		19.4%	0.0%		48.0%		17.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

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)
990050 FRENCH TOAST STICKS	3 STICKS	75	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	75	100	3.00	170	0	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	0.00	60	38.50	6.00	31.00	40	3248.8	126.00	2.88
990155 POTATO, TATER TOTS	1/2 CUP	45	130	1.00	190	0	0.00	0	15.00	1.00	1.00	0	0.0	2.00	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
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	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	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	0.00	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	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	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 <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	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			737	6.41	1030	53	0.00	122	96.70	8.94	31.39	6777	1216.4	75.00	4.51
% of Calories				7.83%		28.8%	0.0%		52.5%		17.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990411 SLOPPY JOE SECONDARY	4 OZ	45	315	3.72	625	13	0.00	41	44.34	6.22	18.15	361	71.1	3.83	4.27
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	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	30	390	7.00	750	8	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	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	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	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			647	6.42	1060	48	0.00	51	90.27	9.87	31.56	8194	475.1	52.85	4.23
% of Calories				8.93%		29.7%	0.0%		55.8%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

# Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

Friday - 12/20/2019

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)
990402 TACO SNACK	EACH	60	350	7.00	560	3	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990141 PIZZA STICK, PEPPERONI WG	2 STICK	40	480	9.00	1000	6	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	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	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	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	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990154 SALSA, GREEN CHILI	1/4 Cup	45	20	0.00	360	2	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			697	8.69	1330	40	0.00	45	96.37	11.43	30.47	8639	546.6	54.11	4.02
% of Calories				11.22%		23.0%	0.0%		55.3%		17.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360										

	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	696	6	1122	44	0.01	64	92.92	10.04	32.06	*7558	625	55.13	5.54
% of Calories		8.29%		25.3%	0.0%		53.4%		18.4%				

# Base Menu Spreadsheet

## Portion Values

*\*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.*