

Base Menu Spreadsheet

Portion Values

Dec 1, 2019 thru Dec 20, 2019

Menu Name: HS 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)
990304 SWISS BACON BURGER	SANDWICH	25	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	35	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
990279 WRAP, TURKEY N HAM	WRAP	20	514	9.90	2174	16	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	0.00	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	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			782	8.54	1471	57	0.12	61	105.82	11.81	37.42	12524	1332.8	121.75	5.97
% of Calories				9.83%		29.2%	0.1%		54.1%		19.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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 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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	35	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	35	100	3.00	170	0	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990440 MACARONI N CHEESE CN 1 CUP	CUP	35	300	6.00	690	9	0.00	35	32.00	2.00	17.00	0	300.0	0.00	0.00
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
990155 POTATO, TATER TOTS	1/2 CUP	65	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	65	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	85	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	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	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			895	7.01	1333	58	0.00	96	119.16	13.00	31.81	10151	553.6	56.96	8.70
% of Calories				7.05%		25.9%	0.0%		53.3%		14.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

Wednesday - 12/04/2019

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)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	30	151	0.00	442	11	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990130 CHICKEN, POPCORN WG	3.3 OZ	40	250	2.50	380	1	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990443 BBQ MEATBALLS	SERVINGS	30	263	7.50	684	5	0.00	50	11.00	0.00	11.67	2	1.7	5.22	8.56
990229 RICE, BROWN,	1 Cup, Prepar	85	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	100	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	100	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			755	4.31	1048	52	0.00	55	112.31	11.28	31.46	11918	397.0	79.19	7.99
% of Calories				5.14%		27.5%	0.0%		59.5%		16.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990266 NACHO'S SEC	SERVING	50	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	30	445	9.91	655	6	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	0.00	72	21.82	6.18	23.63	6839	345.9	35.20	2.13

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)
990073 GARLIC TOAST -2	2 OZ	20	140	1.00	190	0	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	0.00	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	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
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			829	9.95	1482	49	0.00	68	107.35	14.98	34.20	*13178	584.7	89.08	7.09
% of Calories				10.80%		23.6%	0.0%		51.8%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	50	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
990323 CLUB HOAGIE	HOAGIE	20	233	1.66	765	3	0.00	36	29.50	2.66	18.11	*408	145.2	15.90	2.04
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	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	100	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 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)
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			735	5.19	1232	51	0.00	56	103.93	13.38	37.92	*12079	530.8	81.17	4.91
% of Calories				6.36%		27.8%	0.0%		56.6%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)
990112 PIZZA, CHEESE 16"	SLICE	24	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
990432 WRAP, CHICKEN FAJITA	WRAP	10	394	7.63	1321	3	0.00	68	37.25	1.23	22.97	824	424.3	0.61	2.22
990277 FRUIT BAR	EACH	100	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	100	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

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	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			739	8.07	1229	50	0.00	54	102.63	11.17	34.41	12049	672.3	76.85	4.51
% of Calories				9.83%		27.1%	0.0%		55.6%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

Tuesday - 12/10/2019

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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	30	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
990434 CHILI CHEESE SIDEWINDER FRIES	SERVING	40	433	8.22	1202	4	0.00	55	46.06	7.30	19.10	599	173.0	5.83	2.87
990072 GARLIC TOAST	SLICE	40	70	0.50	95	0	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	85	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	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	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

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			848	7.71	1570	51	0.00	55	113.76	13.14	33.33	8302	603.4	54.91	9.79
% of Calories				8.18%		24.1%	0.0%		53.7%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	50	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	30	405	3.63	738	8	0.00	53	41.31	6.54	29.54	125	187.0	0.90	3.11
990449 HAM, TURKEY HOAGIE	SANDWICH	20	232	1.51	754	4	0.00	35	29.95	3.08	18.21	*2746	148.5	16.55	2.18
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
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

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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			863	7.97	1539	43	0.00	58	116.83	12.27	36.51	*8873	588.9	60.84	4.94
% of Calories				8.31%		19.9%	0.0%		54.2%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990342 TURKEY, ROAST 2 OZ SERVG	2 OZ SERVIC	45	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	45	360	3.75	585	8	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990306 SALAD, CHEF	SALAD	10	321	5.29	1151	9	0.00	57	18.88	3.87	21.15	12403	318.2	29.11	1.55
990335 ROLL, DINNER WHITE WG	ROLL	85	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	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	130	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	85	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	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

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)
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	85	320	2.00	200	24	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00
Weighted Daily Average			952	5.35	1647	67	0.00	69	148.23	14.66	30.21	6938	464.8	54.86	29.71
% of Calories				5.06%		28.2%	0.0%		62.3%		12.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990352 CHEESEBURGER	SANDWICH	45	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	45	285	2.25	465	0	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990248 WRAP, CHICKEN BACON RANCH	WRAP	10	633	9.72	1663	4	0.00	81	49.24	2.59	33.42	1858	453.3	7.11	7.96
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	95	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 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)
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			752	4.80	1249	46	0.00	67	99.09	10.54	37.16	8135	552.1	61.72	8.61
% of Calories				5.74%		24.5%	0.0%		52.7%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	45	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
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	20	151	0.00	442	11	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	80	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	80	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	100	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	100	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 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			755	4.48	935	54	0.00	47	113.01	12.00	32.89	11923	506.1	80.03	5.68
% of Calories				5.34%		28.6%	0.0%		59.9%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)
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)	35	350	7.00	320	1	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	15	445	9.91	655	6	0.00	58	33.45	2.91	21.40	*228	193.0	16.06	8.66
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	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	0.00	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	80	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	75	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 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	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			845	7.66	1450	42	0.00	86	104.30	12.66	36.67	*9700	472.5	69.05	5.94
% of Calories				8.16%		19.9%	0.0%		49.4%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	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	50	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
990323 CLUB HOAGIE	HOAGIE	25	233	1.66	765	3	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	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	0.00	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	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 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	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			868	7.13	1265	64	0.00	123	118.50	10.10	38.30	*7155	1414.0	79.33	4.44
% of Calories				7.39%		29.5%	0.0%		54.6%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)
990411 SLOPPY JOE SECONDARY	4 OZ	20	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
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	25	610	9.14	1163	7	0.00	72	60.43	10.69	27.63	6672	389.3	13.66	2.92
990335 ROLL, DINNER WHITE WG	ROLL	25	70	0.25	125	2	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990277 FRUIT BAR	EACH	100	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	100	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 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	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			831	8.08	1352	57	0.00	61	114.33	14.16	36.66	13763	593.9	82.56	4.85
% of Calories				8.75%		27.4%	0.0%		55.0%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990402 TACO SNACK	EACH	35	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	50	480	9.00	1000	6	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990365 WRAP, CHICKEN SALAD	WRAPS	15	362	2.72	767	5	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	0.00	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	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

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)
990154 SALSA, GREEN CHILI	1/4 Cup	85	20	0.00	360	2	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			822	8.49	1676	54	0.00	54	120.36	15.34	34.65	14361	611.0	95.11	6.99
% of Calories				9.30%		26.3%	0.0%		58.6%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420										

			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)
Weighted Averages			818	7	1365	53	0.01	67	113.31	12.70	34.91	*10737	659	76.23	8.01
% of Calories				7.68%		25.9%	0.0%		55.4%		17.1%				

- *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.