

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

Menu Name: SMALL SCHOOLS K-8

Include Cost: No

Site:

Report Style: Detailed

Monday - 02/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02	2	59.2	0.60	1.00
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50	0	0.0	0.00	1.00
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990180 ORANGE	EACH	65	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300	60.0	72.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	0	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990217 SYRUP CUP, SMUCKER'S	CONTAINER	100	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			722	5.82	763	72	21.54	0.00	127	113.90	6.87	20.99	647	368.2	74.41	2.65
% of Calories				7.25%		39.9%	26.9%	0.0%		63.1%		11.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

Tuesday - 02/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	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	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			623	4.79	1228	52	13.70	0.00	54	94.89	8.96	34.38	806	510.0	46.36	5.44
% of Calories				6.92%		33.4%	19.8%	0.0%		60.9%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 02/05/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	1.00	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	75	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990350 GRAVY, BEEF LS	OZ	75	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	45	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			597	4.34	1032	37	20.32	0.00	37	77.45	6.55	27.35	845	356.7	50.73	4.74
% of Calories				6.54%		24.8%	30.6%	0.0%		51.9%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/06/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	0.00	27	38.09	5.88	14.15	250	60.5	0.00	3.07

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990195 CARROTS, BABY FRESH	SERVING 3 oz	85	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45	9653	22.4	1.82	0.62
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	104	1.19	346	2	10.31	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	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	15	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	20	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
Weighted Daily Average			584	4.96	1318	49	18.18	0.00	48	86.35	11.60	24.58	9303	432.4	3.95	4.44
% of Calories				7.64%		33.6%	28.0%	0.0%		59.1%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 02/07/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075	32.9	38.35	0.87
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	30	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			627	7.28	885	53	20.38	0.00	43	84.09	6.50	25.72	8390	345.7	82.42	1.04
% of Calories				10.45%		33.8%	29.3%	0.0%		53.6%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 02/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0	40.0	1.20	1.80
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	85	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	110	1.50	125	12	2.50	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	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			720	2.09	1567	56	25.00	0.00	52	99.51	8.75	25.36	3892	365.0	41.92	13.59
% of Calories				2.61%		31.1%	31.2%	0.0%		55.3%		14.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 02/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	90	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POUED	8 OZ POUED	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POUED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			621	8.78	1252	52	16.43	0.00	41	90.94	6.04	28.99	1221	710.6	93.16	3.06
% of Calories				12.72%		33.5%	23.8%	0.0%		58.6%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 02/12/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0	150.0	0.00	1.80
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	65	27	0.03	62	3	0.18	0.00	0	6.27	2.04	0.72	9599	30.1	4.22	0.23
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990148 WINTER MIX , VEG.	1/2 CUP	65	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00	227	20.0	36.00	0.39
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POUED	8 OZ POUED	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72

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Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			556	5.79	900	38	21.32	0.00	58	70.78	9.03	20.47	7058	506.9	27.98	2.74
% of Calories				9.37%		27.3%	34.5%	0.0%		50.9%		14.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/13/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			701	8.74	837	38	30.40	0.00	51	85.27	9.14	26.26	534	366.2	22.14	3.51
% of Calories				11.22%		21.7%	39.0%	0.0%		48.7%		15.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 02/14/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00	0	100.0	0.00	3.60
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	35	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	60	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00	0	0.0	4.00	4.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			649	4.61	1094	38	20.24	0.00	36	92.01	9.18	29.42	643	406.8	32.37	6.56
% of Calories				6.39%		23.4%	28.1%	0.0%		56.7%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 02/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02	2	59.2	0.60	1.00
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50	0	0.0	0.00	1.00
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49	0	0.0	2.98	0.00
990180 ORANGE	EACH	65	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300	60.0	72.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990217 SYRUP CUP, SMUCKER'S	CONTAINER	100	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			727	5.90	769	72	21.67	0.00	128	114.55	6.87	21.44	672	383.2	74.47	2.65
% of Calories				7.30%		39.6%	26.8%	0.0%		63.0%		11.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 02/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	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	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			623	4.79	1228	52	13.70	0.00	54	94.89	8.96	34.38	806	510.0	46.36	5.44
% of Calories				6.92%		33.4%	19.8%	0.0%		60.9%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 02/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990335 ROLL, DINNER WHITE WG	ROLL	75	70	0.25	125	2	1.00	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	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	35	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			580	4.34	984	36	19.94	0.00	37	74.07	6.35	27.05	845	353.8	40.49	4.31
% of Calories				6.73%		24.8%	30.9%	0.0%		51.1%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	0.00	27	38.09	5.88	14.15	250	60.5	0.00	3.07
990195 CARROTS, BABY FRESH	SERVING 3 oz	85	24	0.00	55	3	0.00	0.00	0	5.77	2.03	0.45	9653	22.4	1.82	0.62
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	104	1.19	346	2	10.31	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	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	45	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			597	4.96	1316	52	18.23	0.00	47	89.91	12.23	24.55	9315	434.9	3.98	4.49
% of Calories				7.48%		34.8%	27.5%	0.0%		60.2%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 02/21/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00	0	0.0	0.00	0.00
990220 SALAD, ROMAINE TOSSED	SERVINGS	65	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075	32.9	38.35	0.87
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	30	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			627	7.28	885	53	20.38	0.00	43	84.09	6.50	25.72	8390	345.7	82.42	1.04
% of Calories				10.45%		33.8%	29.3%	0.0%		53.6%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 02/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00	0	40.0	1.20	1.80
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	85	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	65	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
Weighted Daily Average			718	2.08	1564	55	24.98	0.00	52	99.15	8.75	25.20	3882	359.0	41.88	13.58
% of Calories				2.61%		30.6%	31.3%	0.0%		55.2%		14.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 02/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	90	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			621	8.78	1252	52	16.43	0.00	41	90.94	6.04	28.99	1221	710.6	93.16	3.06
% of Calories				12.72%		33.5%	23.8%	0.0%		58.6%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 02/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0	150.0	0.00	1.80
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	65	27	0.03	62	3	0.18	0.00	0	6.27	2.04	0.72	9599	30.1	4.22	0.23
990380 RANCH SALAD DRESSING @ 2 oz	OZ	65	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990148 WINTER MIX , VEG.	1/2 CUP	65	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00	227	20.0	36.00	0.39
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			556	5.79	900	38	21.32	0.00	58	70.78	9.03	20.47	7058	506.9	27.98	2.74
% of Calories				9.37%		27.3%	34.5%	0.0%		50.9%		14.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 02/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990049 ROLL, DINNER WG	ROLL	45	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.72
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			701	8.74	837	38	30.40	0.00	51	85.27	9.14	26.26	534	366.2	22.14	3.51
% of Calories				11.22%		21.7%	39.0%	0.0%		48.7%		15.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 02/28/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00	0	100.0	0.00	3.60
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	35	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	60	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00	0	0.0	4.00	4.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500	300.0	1.20	0.72
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			649	4.61	1094	38	20.24	0.00	36	92.01	9.18	29.42	643	406.8	32.37	6.56
% of Calories				6.39%		23.4%	28.1%	0.0%		56.7%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	640	6	1085	49	20.74	0.00	55	89.54	8.28	26.35	3335	437	47.03	4.76
% of Calories		8.04%		30.6%	29.2%	0.0%		56.0%		16.5%				

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.