

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2020 thru Feb 29, 2020

Menu Name: HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

### Monday - 02/03/2020

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)	T-Fat (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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	50	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	30	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00	126	90.0	14.00	3.40
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	25	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990087 RICE, BROWN, 1/2 Cup, Prepar	1/2 Cup, Prepar	40	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0	3.6	0.00	0.18
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	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	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	55	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	20	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			749	7.39	1304	40	21.52	0.00	72	108.28	11.47	34.81	8349	547.1	57.85	6.62
% of Calories				8.88%		21.4%	25.9%	0.0%		57.8%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Tuesday - 02/04/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990422 CHICKEN, CORN PUPS	8 EACH	55	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990456 MOZZARELLA CHEESE STICKS	5 STICKS	40	376	7.11	417	1	18.29	0.00	25	35.57	3.05	19.31	10	50.8	0.00	10.16
990210 DIPPING SAUCE - (4 OZ)	4 OZ	40	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990248 WRAP, CHICKEN BACON RANCH	WRAP	5	633	9.72	1663	4	34.06	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	4.46	0.00	0	22.33	2.98	1.49	0	89.3	0.00	0.47
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	163	0.66	357	8	6.60	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	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	2.50	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	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			849	7.29	1386	49	26.48	0.00	60	118.80	15.37	32.80	10490	593.3	67.47	8.79
% of Calories				7.73%		23.1%	28.1%	0.0%		56.0%		15.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 02/05/2020

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)	T-Fat (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)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	55	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990227 CHICKEN STRIPS, BREADED	3 EA	40	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990294 CHICKEN FAJITA QUESADILLA	EACH	5	357	6.95	1148	3	12.89	0.00	61	36.18	1.00	22.63	752	383.8	0.00	2.22
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	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	0.47	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	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990199 JELLO, CHERRY	1/2 CUP	65	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	163	0.66	357	8	6.60	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	0.28	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	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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	45	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			880	6.82	1443	52	29.45	0.00	62	117.04	12.48	36.64	9653	460.8	63.94	7.99
% of Calories				6.98%		23.6%	30.1%	0.0%		53.2%		16.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 02/06/2020

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)	T-Fat (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)
990246 COTTAGE PIE	SERVINGS	25	291	3.76	838	3	17.71	0.00	41	34.43	5.86	15.19	1169	39.3	6.13	2.82
990253 CHEESEBURGER	SANDWICH	55	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88

# Base Menu Spreadsheet

Kenai Peninsula School District

## Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990287 SALAD, SW CHICKEN PASTA	EACH	20	663	4.32	838	5	22.76	0.00	61	98.96	2.94	30.29	1724	156.3	14.40	4.21
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	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	6.60	0.00	6	22.44	5.36	5.62	11278	89.0	47.28	1.82
990204 MILK, CHOC FF CARTON	CARTON	10	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	65	110	1.50	125	12	2.50	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	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	65	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00
Weighted Daily Average			890	7.95	1251	50	30.53	0.28	76	127.67	12.18	36.12	8487	455.9	55.99	24.43
% of Calories				8.04%		22.5%	30.9%	0.3%		57.4%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

## Friday - 02/07/2020

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)	T-Fat (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)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	30	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88
990112 PIZZA, CHEESE 16"	SLICE	45	370	7.00	490	9	16.00	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	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990368 WRAP, GYRO	WRAP	5	391	5.01	1358	8	12.67	0.00	34	44.28	3.76	23.10	952	244.1	8.68	8.48

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	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	6.60	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	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	2.50	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	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			742	6.27	1146	54	22.09	0.00	52	102.37	11.87	36.16	11460	479.8	74.39	4.14
% of Calories				7.61%		29.1%	26.8%	0.0%		55.2%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 02/10/2020

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)	T-Fat (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)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	30	151	0.00	442	11	3.01	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	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990298 FRENCH DIP	SANDWICH	30	275	4.25	1095	3	10.25	0.00	35	26.75	2.00	16.75	*40	3231.3	136.00	6.50
990229 RICE, BROWN,	1 Cup, Prepar	85	174	0.00	7	0	1.53	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	6.60	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	0.28	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	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	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			758	3.33	1171	51	18.38	0.00	50	117.03	11.88	32.99	*11930	1365.9	118.43	7.38
% of Calories				3.95%		26.9%	21.8%	0.0%		61.8%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

## Tuesday - 02/11/2020

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)	T-Fat (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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	50	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8	3.62	3.23
990402 TACO SNACK	EACH	30	350	7.00	560	3	15.00	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	4.19	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	6.60	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	0.28	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
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
Weighted Daily Average			744	8.20	1363	54	21.92	0.00	46	104.67	12.46	33.89	*12330	670.3	82.97	5.04
% of Calories				9.92%		29.0%	26.5%	0.0%		56.3%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Wednesday - 02/12/2020

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)	T-Fat (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)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	25	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04	0	163.8	0.00	2.97
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	60	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	60	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990310 PHILLY STEAK CHEESE BREAD	SANDWICH	15	347	6.34	1020	5	14.37	0.00	43	30.00	3.19	21.28	*80	258.3	13.58	7.32
990155 POTATO, TATER TOTS	1/2 CUP	85	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	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	6.60	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	0.28	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
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
Weighted Daily Average			814	7.44	1250	48	29.12	0.00	130	102.43	8.87	34.13	*6753	468.8	46.36	5.35
% of Calories				8.23%		23.6%	32.2%	0.0%		50.3%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Thursday - 02/13/2020

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)	T-Fat (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)
990266 NACHO'S SEC	SERVING	50	441	8.29	574	0	22.07	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	24.01	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	16.86	0.00	72	21.82	6.18	23.63	6839	345.9	35.20	2.13
990073 GARLIC TOAST -2	2 OZ	20	140	1.00	190	0	5.00	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	0.28	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	6.60	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	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	2.50	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990154 SALSA, GREEN CHILI	1/4 Cup	70	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			829	9.95	1482	49	30.40	0.00	68	107.35	14.98	34.20	*13178	584.7	89.08	7.09
% of Calories				10.80%		23.6%	33.0%	0.0%		51.8%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 02/17/2020

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)	T-Fat (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)
990352 CHEESEBURGER	SANDWICH	45	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50	0	168.5	0.00	3.42
990210 DIPPING SAUCE - (4 OZ)	4 OZ	45	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	45	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
990287 SALAD, SW CHICKEN PASTA	EACH	10	663	4.32	838	5	22.76	0.00	61	98.96	2.94	30.29	1724	156.3	14.40	4.21
990335 ROLL, DINNER WHITE WG	ROLL	10	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990428 KK SEASONED FRIES 1/2	2.1 OZ	75	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99	0	59.5	0.00	0.31
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	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	6.60	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			838	6.84	1538	55	23.99	0.00	53	122.80	13.30	36.98	12294	717.9	79.57	5.87
% of Calories				7.35%		26.3%	25.8%	0.0%		58.6%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 02/18/2020

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)	T-Fat (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)
990253 CHEESEBURGER	SANDWICH	45	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88
990227 CHICKEN STRIPS, BREADED	3 EA	30	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990073 GARLIC TOAST -2	2 OZ	45	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990386 SIDEWINDER, PHILLY CHEESE STEAK FRIES	SERVING	20	422	8.09	1657	4	22.03	0.00	51	38.69	4.88	18.48	195	162.0	8.76	6.74
990429 KK SEASONED FRIES 3/4	3.15 OZ	55	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49	0	89.3	0.00	0.47
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	163	0.66	357	8	6.60	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	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	2.50	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990427	MAYO, KET, MUST PCS CONDIMENT VAR	45	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56	300	70.1	0.00	0.24
Weighted Daily Average			838	6.67	1599	48	28.60	0.22	67	113.37	12.46	36.86	10366	573.5	68.32	8.52
% of Calories				7.16%		22.9%	30.7%	0.2%		54.1%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Wednesday - 02/19/2020

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)	T-Fat (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)
990460	CHICKEN, EGG ROLL 2 ea 2 EGG ROLL	45	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00	126	90.0	14.00	3.40
990087	RICE, BROWN, 1/2 Cup, Prepar	45	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00	0	3.6	0.00	0.18
990264	PARMESAN CHICKEN SANDWICH SECONDARY SANDWICH	40	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54	125	187.0	0.90	3.11
990449	HAM, TURKEY HOAGIE SANDWICH	15	232	1.51	754	4	3.89	0.00	35	29.95	3.08	18.21	*2746	148.5	16.55	2.18
990276	VEGETABLE/ SALAD BAR SERVINGS	100	163	0.66	357	8	6.60	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	0.28	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
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
Weighted Daily Average			762	4.09	1313	52	18.76	0.00	65	114.37	14.57	37.52	*12396	529.0	86.77	5.77
% of Calories				4.83%		27.3%	22.2%	0.0%		60.0%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 02/20/2020

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)	T-Fat (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)
990275 SPAGHETTI AND MEAT SAUCE	1 CUP	40	305	3.07	317	7	6.89	0.00	34	44.10	5.15	15.73	419	49.9	7.32	3.77
990422 CHICKEN, CORN PUPS	8 EACH	45	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990306 SALAD, CHEF	SALAD	15	321	5.29	1151	9	18.57	0.00	57	18.88	3.87	21.15	12403	318.2	29.11	1.55
990072 GARLIC TOAST	SLICE	85	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990073 GARLIC TOAST -2	2 OZ	15	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00	0	0.0	0.00	1.44
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	163	0.66	357	8	6.60	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	0.28	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			777	5.38	1211	51	21.07	0.00	61	117.43	14.80	31.82	13348	519.7	78.29	6.20
% of Calories				6.23%		26.3%	24.4%	0.0%		60.5%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Friday - 02/21/2020

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)	T-Fat (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)
990455 SOFT PRETZEL	EACH	50	170	0.00	150	1	0.50	0.00	0	36.00	1.00	5.00	0	100.0	0.00	0.00
990361 CHEESE, STRING STICK	EACH	50	80	3.00	190	1	5.00	0.00	15	0.00	0.00	7.00	0	20.0	0.00	0.00
990261 CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	50	130	6.00	550	0	10.00	0.00	30	5.00	0.00	7.00	0	209.0	0.00	0.00
990112 PIZZA, CHEESE 16"	SLICE	32	370	7.00	490	9	16.00	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	8	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990432 WRAP, CHICKEN FAJITA	WRAP	10	394	7.63	1321	3	16.78	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	0.28	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	6.60	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
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
Weighted Daily Average			760	9.09	1340	52	23.24	0.00	56	105.51	9.90	34.21	11453	627.3	75.44	2.88
% of Calories				10.76%		27.4%	27.5%	0.0%		55.5%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 02/24/2020

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)	T-Fat (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)
990130 CHICKEN, POPCORN WG	3.3 OZ	45	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990446 PINWHEEL, MEATBALL	EACH	25	340	6.00	670	3	13.00	0.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
990421 ROAST BEEF WITH GRAVY/ SANDWICH	SANDWICH	30	286	4.50	466	3	14.04	0.50	35	30.29	2.32	15.00	*0	60.6	10.24	2.58
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	80	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54
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
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	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	6.60	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	0.28	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
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
Weighted Daily Average			812	5.15	1572	49	24.98	0.15	42	119.31	13.99	33.28	*11923	529.5	84.93	5.60
% of Calories				5.71%		24.1%	27.7%	0.2%		58.8%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 02/25/2020

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)	T-Fat (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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	40	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8	3.62	3.23
990434 CHILI CHEESE SIDEWINDER FRIES	SERVING	20	433	8.22	1202	4	20.28	0.00	55	46.06	7.30	19.10	599	173.0	5.83	2.87
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	25	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00
990451 GRILLED CHEESE	SANDWICH	45	280	5.56	581	6	9.91	0.00	32	30.96	3.00	18.55	524	465.9	0.00	1.64
990072 GARLIC TOAST	SLICE	25	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
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
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	163	0.66	357	8	6.60	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	0.28	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
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
Weighted Daily Average			876	10.16	1459	59	27.50	0.00	63	122.76	12.45	36.31	8479	789.5	53.74	21.78
% of Calories				10.44%		26.9%	28.3%	0.0%		56.1%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Wednesday - 02/26/2020

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)	T-Fat (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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	281	2.67	387	15	12.02	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	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	30	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00	40	3248.8	126.00	2.88
990461 BOAT, TURKEY, POTATO GRAVY & CORN	DISH	20	258	1.00	842	4	6.97	0.00	22	36.26	4.00	13.00	0	20.0	2.40	2.34
990335 ROLL, DINNER WHITE WG	ROLL	20	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	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	6.60	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	0.28	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	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	2.50	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	25	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
Weighted Daily Average			847	6.55	1270	52	28.46	0.00	119	113.02	10.23	34.31	6758	1361.9	82.72	12.12
% of Calories				6.96%		24.6%	30.2%	0.0%		53.4%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 02/27/2020

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)	T-Fat (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	35	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15	361	71.1	3.83	4.27
990112 PIZZA, CHEESE 16"	SLICE	40	370	7.00	490	9	16.00	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	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990290 SALAD, SW CHICKEN FAJITA GRILLED VEG	SALAD	10	610	9.14	1163	7	29.07	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	1.00	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	0.28	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	6.60	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	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			787	7.33	1240	58	23.58	0.00	55	112.27	13.52	35.59	12760	511.1	81.08	4.80
% of Calories				8.38%		29.5%	27.0%	0.0%		57.1%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Friday - 02/28/2020

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)	T-Fat (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)
990402 TACO SNACK	EACH	65	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990298 FRENCH DIP	SANDWICH	20	275	4.25	1095	3	10.25	0.00	35	26.75	2.00	16.75	*40	3231.3	136.00	6.50
990365 WRAP, CHICKEN SALAD	WRAPS	15	362	2.72	767	5	10.36	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	0.28	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	6.60	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	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	2.50	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	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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)
990154 SALSA, GREEN CHILI	1/4 Cup	65	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
Weighted Daily Average			738	6.94	1491	52	20.98	0.00	43	107.31	13.84	31.80	*14009	1137.3	118.11	6.93
% of Calories				8.46%		28.2%	25.6%	0.0%		58.2%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (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			805	7	1359	51	24.79	0.03	65	113.36	12.66	34.76	*10864	680	77.13	8.28
% of Calories				7.81%		25.3%	27.7%	0.0%		56.3%		17.3%				

- \*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.**