

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

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

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

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
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
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00	0	0.0	2.40	0.72
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	95	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
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
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
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
Weighted Daily Average			824	1.32	1696	70	24.72	0.00	51	124.95	13.84	26.94	604	393.0	5.40	18.87
% of Calories				1.44%		34.0%	27.0%	0.0%		60.7%		13.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/03/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	95	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00	400	40.0	48.00	0.36
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
990180 ORANGE	EACH	100	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300	60.0	72.00	0.00
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
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
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			638	7.52	701	52	16.88	0.00	42	88.40	8.85	31.90	1370	398.0	120.60	0.58
% of Calories				10.61%		32.6%	23.8%	0.0%		55.4%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 03/04/2020

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)	Calcm (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
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	95	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990335 ROLL, DINNER WHITE WG	ROLL	95	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990198 GRAVY, CHICKEN OZ	SERVING 2 OZ	95	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990358 BABY CARROTS & PEA PODS 3/4 CUP	CUP	85	35	0.02	38	4	0.09	0.00	0	7.27	2.53	1.57	6930	34.4	28.41	1.36

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 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)
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
990179 MIXED FRUIT COCKTAIL	1 CUP	85	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	0.00
990199 JELLO, CHERRY	1/2 CUP	95	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00	0	0.0	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	65	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
990204 MILK, CHOC FF CARTON	CARTON	15	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			820	5.04	1700	49	28.50	0.00	45	106.66	9.98	30.88	6749	399.1	32.38	4.03
% of Calories				5.53%		23.9%	31.3%	0.0%		52.0%		15.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 03/05/2020

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)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990154 SALSA, GREEN CHILI	1/4 Cup	95	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	95	34	0.22	37	2	2.42	0.00	0	5.21	0.94	0.78	347	13.6	7.05	0.27
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	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

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 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)
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
990207 UHT MILK CARTON LF	CARTON	2	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	8.83	1211	55	24.92	0.00	52	108.33	10.98	24.89	6272	419.9	67.82	3.30
% of Calories				10.43%		28.9%	29.4%	0.0%		56.9%		13.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 03/16/2020

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)
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	65	210	0.00	825	18	1.50	0.00	0	43.50	7.50	9.00	0	60.0	0.00	2.70
990179 MIXED FRUIT COCKTAIL	1 CUP	85	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	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
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
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
990204 MILK, CHOC FF CARTON	CARTON	85	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

Mar 1, 2020 thru Mar 31, 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)
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
Weighted Daily Average			797	4.77	1440	65	15.20	0.00	67	131.06	13.40	28.79	5505	489.0	60.39	4.76
% of Calories				5.39%		32.6%	17.2%	0.0%		65.8%		14.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/17/2020

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)
990446 PINWHEEL, MEATBALL	EACH	100	340	6.00	670	3	13.00	0.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
990448 SPRING BLEND VEGETABLE	1/2 CUP	95	30	0.00	15	2	0.00	0.00	0	5.00	2.00	1.00	0	20.0	15.00	0.36
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	85	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00	0	0.0	2.40	0.72
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	65	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
Weighted Daily Average			734	7.30	1193	69	15.02	0.00	41	121.60	10.10	30.54	1251	749.3	105.92	4.90
% of Calories				8.95%		37.6%	18.4%	0.0%		66.3%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Wednesday - 03/18/2020

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)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	100	151	0.00	442	11	3.01	0.00	60	15.05	0.00	15.05	0	2.0	0.00	6.02
990229 RICE, BROWN,	1 Cup, Prepar	95	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0	7.1	0.00	0.37
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	95	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00	400	40.0	48.00	0.36
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990316 APPLES, RAW, WITH SKIN 163 CT.	EACH	95	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			591	0.40	666	56	5.26	0.00	67	106.07	6.21	29.10	928	356.3	75.21	7.15
% of Calories				0.61%		37.9%	8.0%	0.0%		71.8%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 03/19/2020

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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	100	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990040 BEANS GREEN, LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	65	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99	100	20.0	0.00	0.35

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 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)	
990196	CARROTS, BABY FRESH	3/4 CUP	65	37	0.00	82	5	0.00	0.00	0	8.65	3.04	0.67	14480	33.6	2.73	0.93
990380	RANCH SALAD DRESSING @ 2 oz	OZ	55	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990187	BANANAS,RAW	EACH	85	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35
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
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
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				799	10.16	1539	44	24.68	0.00	63	113.32	12.28	32.89	10885	661.2	21.15	5.01
% of Calories					11.44%		22.0%	27.8%	0.0%		56.7%		16.5%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0									

Friday - 03/20/2020

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)	
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
990216	PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990157	POTATO, TATER TOTS	1 CUP	85	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98	0	0.0	3.97	0.00
990173	PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	85	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00
990366	COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP	2 cookie	85	320	2.00	200	24	10.00	0.00	20	52.00	4.00	4.00	20	0.0	0.00	30.00
990217	SYRUP CUP, SMUCKER'S	CONTAINER	85	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00	0	0.0	0.00	0.00

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Mar 1, 2020 thru Mar 31, 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	20	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	75	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	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			1121	8.77	1180	92	36.95	0.00	154	164.27	8.79	28.11	1029	359.2	8.05	28.77
% of Calories				7.04%		32.8%	29.7%	0.0%		58.6%		10.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 03/23/2020

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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990067 CORN KERNEL 1 C	1 CUP	100	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00	0	0.0	0.00	1.44
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	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	100	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
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
990204 MILK, CHOC FF CARTON	CARTON	85	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

Mar 1, 2020 thru Mar 31, 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	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	7.26	740	59	18.56	0.00	41	116.09	10.50	33.28	750	310.0	3.96	1.93
% of Calories				8.81%		31.8%	22.5%	0.0%		62.6%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/24/2020

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)
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	85	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408	6.7	5.90	0.17
990428 KK SEASONED FRIES 1/2	2.1 OZ	100	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99	0	59.5	0.00	0.31
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	100	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00	0	40.0	0.00	1.80
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	100	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
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
990204 MILK, CHOC FF CARTON	CARTON	85	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	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	80	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56	300	70.1	0.00	0.24

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 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)
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
Weighted Daily Average			882	4.51	1814	75	19.26	0.00	57	142.18	12.63	38.35	1087	639.8	104.55	6.45
% of Calories				4.60%		34.0%	19.7%	0.0%		64.5%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 03/25/2020

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)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990228 RICE, BROWN,	3/4 Cup, Prepar	100	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00	0	10.7	0.00	0.27
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	95	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
990176 PEARS, DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	24	0.00	0.00	0	32.00	4.00	0.00	0	0.0	2.40	0.72
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
990204 MILK, CHOC FF CARTON	CARTON	85	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	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

Mar 1, 2020 thru Mar 31, 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)
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	100	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
Weighted Daily Average			701	1.48	804	80	5.00	0.00	59	133.01	7.92	29.42	1385	369.2	141.76	3.17
% of Calories				1.90%		45.6%	6.4%	0.0%		75.9%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 03/26/2020

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)
990463 ITALIAN MEAT SAUCE W/BOW TIE PASTA	1 CUP	100	237	4.19	391	5	8.68	0.00	46	24.37	4.91	15.80	440	42.1	7.70	3.16
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990224 CUCUMBER AND TOMATO SALAD	1/2 CUP	95	34	0.22	37	2	2.42	0.00	0	5.21	0.94	0.78	347	13.6	7.05	0.27
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
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
990204 MILK, CHOC FF CARTON	CARTON	85	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	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

Mar 1, 2020 thru Mar 31, 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)
990240 VARIETY FRUIT	EACH	100	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16
Weighted Daily Average			649	5.18	795	62	14.05	0.00	52	108.63	9.67	27.39	6411	380.3	131.18	4.61
% of Calories				7.18%		38.2%	19.5%	0.0%		67.0%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 03/27/2020

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)
990455 SOFT PRETZEL	EACH	100	170	0.00	150	1	0.50	0.00	0	36.00	1.00	5.00	0	100.0	0.00	0.00
990261 CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	100	130	6.00	550	0	10.00	0.00	30	5.00	0.00	7.00	0	209.0	0.00	0.00
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	95	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	95	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
990184 GRAPES FRESH	CUP	100	110	0.00	0	29	1.00	0.00	0	28.00	2.00	1.00	100	0.0	18.00	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
990204 MILK, CHOC FF CARTON	CARTON	85	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	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

Mar 1, 2020 thru Mar 31, 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)
990361 CHEESE, STRING STICK	EACH	100	80	3.00	190	1	5.00	0.00	15	0.00	0.00	7.00	0	20.0	0.00	0.00
Weighted Daily Average			756	10.38	1624	57	26.85	0.00	62	100.80	6.83	30.58	9874	712.2	24.32	1.22
% of Calories				12.36%		30.2%	32.0%	0.0%		53.3%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 03/30/2020

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)
990402 TACO SNACK	EACH	100	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990154 SALSA, GREEN CHILI	1/4 Cup	100	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00	400	0.0	4.80	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	100	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00	0	20.0	0.00	0.00
990428 KK SEASONED FRIES 1/2	2.1 OZ	65	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99	0	59.5	0.00	0.31
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	95	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600	0.0	2.40	0.00
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
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
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
Weighted Daily Average			792	8.38	1781	50	20.06	0.00	32	116.62	16.19	30.64	1870	458.7	10.20	1.91
% of Calories				9.52%		25.3%	22.8%	0.0%		58.9%		15.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Tuesday - 03/31/2020

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)
990407 CHEESE STICKS	SERVING	100	303	6.05	494	4	11.09	0.00	30	30.25	3.02	19.16	403	302.5	0.00	1.82
990210 DIPPING SAUCE - (4 OZ)	4 OZ	85	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990220 SALAD, ROMAINE TOSSED	SERVINGS	45	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	45	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	55	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00	500	0.0	100.00	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
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
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
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
990240 VARIETY FRUIT	EACH	1	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16
Weighted Daily Average			661	8.18	1241	54	18.30	0.00	42	89.92	6.17	31.71	7068	713.3	95.27	3.27
% of Calories				11.14%		32.7%	24.9%	0.0%		54.4%		19.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	767	6	1258	62	19.64	0.00	58	116.99	10.27	30.34	3940	488	63.01	6.25
% of Calories		7.30%		32.3%	23.0%	0.0%		61.0%		15.8%				

Base Menu Spreadsheet

Kenai Peninsula School District

Portion Values

Mar 1, 2020 thru Mar 31, 2020

**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.*