

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: SMALL SCHOOLS 9-12

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)
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	65	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98	0	0.0	3.97	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	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	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	75	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)
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			1010	9.09	1058	84	34.05	0.00	154	148.05	9.89	28.21	710	398.2	75.17	23.22
% of Calories				8.10%		33.3%	30.3%	0.0%		58.6%		11.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/03/2020

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)	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
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
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	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	95	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

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	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			676	4.79	1352	59	13.93	0.00	54	106.92	10.28	35.73	806	522.0	64.48	5.89
% of Calories				6.38%		34.9%	18.5%	0.0%		63.3%		21.1%				
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)	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	95	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
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
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
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
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	65	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00	0	8.0	100.00	4.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POUED	8 OZ POUED	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 POUED	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

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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	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			763	4.39	1336	56	21.98	0.00	37	111.91	9.35	29.30	1220	374.0	74.45	5.89
% of Calories				5.18%		29.4%	25.9%	0.0%		58.7%		15.4%				
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)
990332 MANWICH (SECONDARY)	4 OZ SERVINGS	100	306	3.86	787	11	9.73	0.00	43	41.29	7.04	18.65	316	60.8	0.00	3.82
990195 CARROTS, BABY FRESH	SERVING 3 oz	95	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	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
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	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
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
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

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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)
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
Weighted Daily Average			678	5.55	1501	58	20.58	0.00	60	99.64	14.32	29.26	10381	446.7	5.53	5.17
% of Calories				7.37%		34.2%	27.3%	0.0%		58.8%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 03/06/2020

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)
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	85	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	85	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

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	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			653	7.28	887	59	20.38	0.00	43	90.29	6.50	25.72	8390	345.7	99.82	1.04
% of Calories				10.03%		36.1%	28.1%	0.0%		55.3%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 03/09/2020

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	95	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	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
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
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
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

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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)
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			878	2.39	1677	81	26.60	0.00	55	132.81	11.25	26.56	5815	369.0	61.60	18.27
% of Calories				2.45%		36.9%	27.3%	0.0%		60.5%		12.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/10/2020

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)	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	95	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

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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	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			639	8.78	1255	56	16.43	0.00	41	95.14	6.04	28.99	1221	710.6	111.16	3.06
% of Calories				12.37%		35.1%	23.1%	0.0%		59.6%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 03/11/2020

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)	Calc ^m (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
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	100	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
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00	227	20.0	36.00	0.39
990179 MIXED FRUIT COCKTAIL	1 CUP	95	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	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

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	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			724	6.41	1209	48	24.48	0.00	81	97.11	13.34	25.12	10603	504.7	40.90	3.84
% of Calories				7.97%		26.5%	30.4%	0.0%		53.7%		13.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 03/12/2020

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)
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	95	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	95	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	95	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	95	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	95	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	95	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

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	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			894	9.01	1011	57	33.14	0.00	51	127.10	14.39	30.04	571	386.6	44.72	4.74
% of Calories				9.07%		25.5%	33.4%	0.0%		56.9%		13.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 03/13/2020

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)
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
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	85	173	1.33	400	0	6.00	0.00	0	28.02	4.00	2.67	0	0.0	5.34	5.34
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	85	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	85	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

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	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			759	5.14	1255	47	22.64	0.00	36	114.01	11.18	30.49	643	410.8	58.50	8.70
% of Calories				6.09%		24.8%	26.8%	0.0%		60.1%		16.1%				
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)	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	75	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98	0	0.0	3.97	0.00
990180 ORANGE	EACH	75	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	75	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	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	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	75	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00	0	0.0	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)
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			1051	9.29	1096	87	35.44	0.00	154	154.72	10.59	28.61	740	404.2	86.51	23.25
% of Calories				7.96%		33.1%	30.3%	0.0%		58.9%		10.9%				
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)
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
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
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	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	95	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

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	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			676	4.79	1352	59	13.93	0.00	54	106.92	10.28	35.73	806	522.0	64.48	5.89
% of Calories				6.38%		34.9%	18.5%	0.0%		63.3%		21.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

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)
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	95	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	95	180	0.00	741	0	3.00	0.00	0	32.00	4.00	4.00	0	41.4	4.80	0.72
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
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
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

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)
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			760	4.39	1481	49	22.69	0.00	37	109.11	10.30	29.60	1220	379.6	10.59	3.46
% of Calories				5.20%		25.8%	26.9%	0.0%		57.4%		15.6%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990332 MANWICH (SECONDARY)	4 OZ SERVINGS	100	306	3.86	787	11	9.73	0.00	43	41.29	7.04	18.65	316	60.8	0.00	3.82
990195 CARROTS, BABY FRESH	SERVING 3 oz	95	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	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
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
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
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
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

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)
990316 APPLES,RAW,WITH SKIN 163 CT.	EACH	65	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			662	5.54	1500	55	20.52	0.00	60	95.27	13.50	29.16	10373	443.2	5.38	5.10
% of Calories				7.53%		33.2%	27.9%	0.0%		57.6%		17.6%				
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)
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	85	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	85	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

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	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			653	7.28	887	59	20.38	0.00	43	90.29	6.50	25.72	8390	345.7	99.82	1.04
% of Calories				10.03%		36.1%	28.1%	0.0%		55.3%		15.8%				
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)
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	95	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	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000	0.0	60.00	0.00
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
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
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

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)
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			878	2.39	1677	81	26.60	0.00	55	132.81	11.25	26.56	5815	369.0	61.60	18.27
% of Calories				2.45%		36.9%	27.3%	0.0%		60.5%		12.1%				
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)
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
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	85	15	0.00	8	0	0.00	0.00	0	2.50	1.00	1.00	200	20.0	24.00	0.18
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	95	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

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	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			631	8.78	1251	55	16.43	0.00	41	93.89	5.54	28.49	1121	700.6	99.16	2.97
% of Calories				12.52%		34.9%	23.4%	0.0%		59.5%		18.1%				
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)
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
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	100	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
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00	227	20.0	36.00	0.39
990179 MIXED FRUIT COCKTAIL	1 CUP	95	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241	0.0	1.45	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

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	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			724	6.41	1209	48	24.48	0.00	81	97.11	13.34	25.12	10603	504.7	40.90	3.84
% of Calories				7.97%		26.5%	30.4%	0.0%		53.7%		13.9%				
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)
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	95	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	95	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	95	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	95	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	95	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	95	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

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	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			894	9.01	1011	57	33.14	0.00	51	127.10	14.39	30.04	571	386.6	44.72	4.74
% of Calories				9.07%		25.5%	33.4%	0.0%		56.9%		13.4%				
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)
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
990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE	SERVING	85	173	1.33	400	0	6.00	0.00	0	28.02	4.00	2.67	0	0.0	5.34	5.34
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	85	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	85	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

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	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			759	5.14	1255	47	22.64	0.00	36	114.01	11.18	30.49	643	410.8	58.50	8.70
% of Calories				6.09%		24.8%	26.8%	0.0%		60.1%		16.1%				
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)
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	75	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98	0	0.0	3.97	0.00
990180 ORANGE	EACH	75	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	75	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
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
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	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

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)
990217 SYRUP CUP, SMUCKER'S	CONTAINER	75	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			1051	9.29	1096	87	35.44	0.00	154	154.72	10.59	28.61	740	404.2	86.51	23.25
% of Calories				7.96%		33.1%	30.3%	0.0%		58.9%		10.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

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)	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
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
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	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	95	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

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)
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			676	4.79	1352	59	13.93	0.00	54	106.92	10.28	35.73	806	522.0	64.48	5.89
% of Calories				6.38%		34.9%	18.5%	0.0%		63.3%		21.1%				
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	777	6	1259	61	23.63	0.00	65	113.90	10.65	29.24	3736	448	61.77	8.46
% of Calories		7.37%		31.4%	27.4%	0.0%		58.6%		15.1%				

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

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