

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: HS 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)
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
990134 CHICKEN, TERIYAKI	2.85 OZ	25	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990386 SIDEWINDER, PHILLY CHEESE STEAK FRIES	SERVING	25	422	8.09	1657	4	22.03	0.00	51	38.69	4.88	18.48	195	162.0	8.76	6.74
990087 RICE, BROWN,	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	45	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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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			766	8.97	1549	*41	26.38	0.00	68	101.88	10.62	33.62	8561	578.2	66.39	5.79
% of Calories				10.54%		*21.4%	31.0%	0.0%		53.2%		17.6%				
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)	Calc ^m (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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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			897	7.82	1529	*50	31.03	0.00	65	120.09	15.53	33.33	10719	610.5	81.27	8.83
% of Calories				7.85%		*22.3%	31.1%	0.0%		53.6%		14.9%				
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)
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

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)
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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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			925	7.31	1577	*53	33.73	0.00	67	118.25	12.63	37.14	9869	477.0	76.93	8.03
% of Calories				7.11%		*22.9%	32.8%	0.0%		51.1%		16.1%				
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	55	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990253 CHEESEBURGER	SANDWICH	30	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

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)
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
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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	100	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
Weighted Daily Average			877	9.71	1156	*45	33.84	0.15	73	114.71	12.30	32.04	8336	464.3	63.20	19.45
% of Calories				9.96%		*20.5%	34.7%	0.2%		52.3%		14.6%				
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)
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
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	40	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00	126	90.0	14.00	3.40
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
990051 RICE, FRIED VEG.	CUP	45	270	0.00	440	3	2.50	0.00	0	54.00	4.00	6.00	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)
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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	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			823	4.15	1703	*56	21.96	0.00	70	122.76	13.33	34.44	*12235	1431.1	140.38	7.77
% of Calories				4.54%		*27.2%	24.0%	0.0%		59.7%		16.7%				
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)
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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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			800	8.82	1531	*55	27.27	0.00	52	106.19	12.65	34.52	*12600	690.5	99.20	5.09
% of Calories				9.92%		*27.5%	30.7%	0.0%		53.1%		17.3%				
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)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	30	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	10	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
990406 CINNAMON APPLES, BAKED	1/2 CUP	25	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2	6.5	0.02	0.05
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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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)
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			867	7.64	1330	*53	32.07	0.00	134	108.52	9.70	34.96	*6898	476.9	54.61	5.18
% of Calories				7.93%		*24.5%	33.3%	0.0%		50.1%		16.1%				
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)
990130 CHICKEN, POPCORN WG	3.3 OZ	50	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
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
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	20	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990072 GARLIC TOAST	SLICE	50	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
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
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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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	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			859	7.86	1498	*48	34.40	0.00	57	104.77	12.88	33.67	*11708	497.7	95.03	6.90
% of Calories				8.24%		*22.4%	36.0%	0.0%		48.8%		15.7%				
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)
990304 SWISS BACON BURGER	SANDWICH	25	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00	40	3248.8	126.00	2.88
990112 PIZZA, CHEESE 16"	SLICE	35	370	7.00	490	9	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
990279 WRAP, TURKEY N HAM	WRAP	20	514	9.90	2174	16	18.85	0.00	68	59.59	6.67	29.86	5477	350.9	74.32	11.89
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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			835	9.13	1631	*58	29.93	0.12	67	107.26	11.99	38.01	12781	1352.0	137.16	6.02
% of Calories				9.84%		*27.8%	32.3%	0.1%		51.4%		18.2%				
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	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
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
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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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			814	9.68	1499	*53	28.33	0.00	61	106.95	10.08	34.81	11710	646.6	90.86	2.93
% of Calories				10.70%		*26.0%	31.3%	0.0%		52.6%		17.1%				
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)
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
990451 GRILLED CHEESE	SANDWICH	30	280	5.56	581	6	9.91	0.00	32	30.96	3.00	18.55	524	465.9	0.00	1.64
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	20	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
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	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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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)
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			810	7.72	1329	*36	28.70	0.28	66	106.80	10.82	36.17	8514	654.6	64.26	4.92
% of Calories				8.58%		*17.8%	31.9%	0.3%		52.7%		17.9%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	30	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	30	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	50	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88
990449 HAM, TURKEY HOAGIE	SANDWICH	20	232	1.51	754	4	3.89	0.00	35	29.95	3.08	18.21	*2746	148.5	16.55	2.18
990052 RICE, FRIED VEG.	1/2 CUP	30	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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			713	2.91	1290	*52	18.72	0.00	61	102.54	11.77	35.69	*10976	460.0	84.28	4.64
% of Calories				3.67%		*29.2%	23.6%	0.0%		57.5%		20.0%				
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)
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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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)
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			831	5.97	1371	*52	26.16	0.00	67	118.87	14.98	32.41	13605	539.0	93.71	6.25
% of Calories				6.47%		*25.0%	28.3%	0.0%		57.2%		15.6%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	25	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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			887	5.90	1691	*49	32.86	0.15	65	116.25	13.50	36.70	*12148	467.3	102.51	8.58
% of Calories				5.99%		*22.1%	33.3%	0.2%		52.4%		16.6%				
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)
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
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	40	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	30	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	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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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			860	3.88	1323	*53	24.66	0.00	70	126.52	13.87	35.79	12238	452.7	99.46	6.84
% of Calories				4.06%		*24.7%	25.8%	0.0%		58.8%		16.6%				
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)
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
990446 PINWHEEL, MEATBALL	EACH	40	340	6.00	670	3	13.00	0.00	35	40.00	3.00	19.00	0	370.0	0.00	3.00
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
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	219	1.28	525	*9	11.95	0.00	11	23.95	5.55	6.24	11549	109.2	63.51	1.87
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

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)
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			923	10.46	1575	*58	31.71	0.00	67	125.81	12.42	35.97	8419	741.0	64.29	22.28
% of Calories				10.20%		*25.1%	30.9%	0.0%		54.5%		15.6%				
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			843	7	1474	*51	28.86	0.04	69	113.01	12.44	34.95	*10707	659	88.35	8.09
% of Calories				7.87%		*24.2%	30.8%	0.0%		53.6%		16.6%				

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.