

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

Menu Name: Elementary

Include Cost: No

Site:

Report Style: Detailed

### Wednesday - 04/01/2020

Reimbursable Meal Total 100

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990050 FRENCH TOAST STICKS            | 3 STICKS     | 100       | 211                      | 2.01                   | 291                    | 11         | 9.02      | 0.00                    | 105         | 26.07    | 2.00      | 8.02      | 2          | 59.2                   | 0.60       | 1.00      |
| 990133 PORK, SAUSAGE LINKS, COOKED    | LINKS        | 100       | 50                       | 1.50                   | 85                     | 0          | 3.50      | 0.00                    | 12          | 0.00     | 0.00      | 3.50      | 0          | 0.0                    | 0.00       | 1.00      |
| 990156 POTATO, TATER TOTS             | 3/4 CUP      | 75        | 193                      | 1.49                   | 283                    | 0          | 10.42     | 0.00                    | 0           | 22.32    | 1.49      | 1.49      | 0          | 0.0                    | 2.98       | 0.00      |
| 990174 PEARS, DICED EXTRA LIGHT SYRUP | 1/2 CUP      | 65        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 0           | 16.00    | 2.00      | 0.00      | 0          | 0.0                    | 1.20       | 0.36      |
| 990239 JUICE, ORANGE                  | EACH         | 65        | 50                       | 0.00                   | 0                      | 12         | 0.00      | 0.00                    | 0           | 13.00    | 0.00      | 0.00      | 0          | 10.0                   | 60.00      | 0.00      |
| 990217 SYRUP CUP, SMUCKER'S           | CONTAINER    | 95        | 109                      | 0.00                   | 20                     | 22         | 0.00      | 0.00                    | 0           | 28.77    | 0.00      | 0.00      | 0          | 0.0                    | 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       | 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                |              |           | 705                      | 5.00                   | 813                    | 67         | 20.96     | 0.00                    | 124         | 109.44   | 4.42      | 20.64     | 502        | 365.7                  | 44.65      | 2.51      |
| % of Calories                         |              |           |                          | 6.38%                  |                        | 38.0%      | 26.8%     | 0.0%                    |             | 62.1%    |           | 11.7%     |            |                        |            |           |
| Weekly Nutrient Guideline             |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 04/02/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990408 SLOPPY JOE ELEMENTARY                    | 3 OZ         | 100       | 271                      | 2.79                   | 532                    | 11         | 7.69      | 0.00                    | 31          | 40.50    | 5.41      | 15.11     | 271        | 68.3                   | 2.88       | 3.66      |
| 990195 CARROTS, BABY FRESH                      | 3 oz- (6 EA) | 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           | 85        | 104                      | 1.19                   | 346                    | 2          | 10.31     | 0.00                    | 11          | 1.62     | 0.00      | 1.00      | 62         | 37.5                   | 0.15       | 0.00      |
| 990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP | 1/2 Cup      | 65        | 16                       | 0.00                   | 140                    | 1          | 0.00      | 0.00                    | 0           | 3.00     | 1.99      | 0.99      | 100        | 20.0                   | 0.00       | 0.35      |
| 990187 BANANAS,RAW                              | EACH         | 65        | 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                          |              |           | 596                      | 4.28                   | 1173                   | 47         | 17.38     | 0.00                    | 47          | 89.95    | 10.94     | 26.00     | 10116      | 438.9                  | 14.46      | 4.98      |
| % of Calories                                   |              |           |                          | 6.46%                  |                        | 31.5%      | 26.2%     | 0.0%                    |             | 60.4%    |           | 17.4%     |            |                        |            |           |
| Weekly Nutrient Guideline                       |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Friday - 04/03/2020

Reimbursable Meal Total 100

|  | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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      |
| 990043 POTATOES, DEHYDRATED MASHED 1/2 C | 1/2 Cup, Prepar | 65        | 90                       | 0.00                   | 370                    | 0          | 1.50      | 0.00                    | 0           | 16.00    | 2.00      | 2.00      | 0          | 20.0                   | 2.40       | 0.36      |
| 990350 GRAVY, BEEF LS                    | OZ              | 65        | 9                        | 0.00                   | 64                     | 0          | 2.25      | 0.00                    | 0           | 1.80     | 0.00      | 0.00      | 0          | 0.8                    | 0.00       | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                           | Portion Size                     | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |      |
|---------------------------|----------------------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|
| 990448                    | SPRING BLEND VEGETABLE           | 1/2 CUP   | 65                       | 30                     | 0.00                   | 15         | 2         | 0.00                    | 0.00        | 0        | 5.00      | 2.00      | 1.00       | 0                      | 20.0       | 15.00     | 0.36 |
| 990164                    | STRAWBERRIES, DICED, CUP, FROZEN | EACH      | 45                       | 90                     | 0.00                   | 0          | 18        | 0.00                    | 0.00        | 0        | 21.93     | 1.99      | 1.00       | 0                      | 0.0        | 37.38     | 0.28 |
| 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 |
| 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    | 20                       | 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    |                                  |           |                          | 629                    | 7.49                   | 869        | 31        | 27.52                   | 0.00        | 47       | 69.84     | 6.95      | 25.30      | 500                    | 371.0      | 31.34     | 2.91 |
| % of Calories             |                                  |           |                          |                        | 10.72%                 |            | 19.7%     | 39.4%                   | 0.0%        |          | 44.4%     |           | 16.1%      |                        |            |           |      |
| Weekly Nutrient Guideline |                                  |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |      |

### Monday - 04/06/2020

Reimbursable Meal Total 100

|        | Portion Size                       | Reimb Qty    | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |      |
|--------|------------------------------------|--------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|
| 990120 | CHICKEN, CORN PUPS                 | 6 EACH       | 100                      | 270                    | 3.50                   | 410        | 5         | 12.00                   | 0.00        | 40       | 30.00     | 5.00      | 10.00      | 0                      | 150.0      | 0.00      | 1.80 |
| 990429 | KK SEASONED FRIES 3/4              | 3.15 OZ      | 85                       | 149                    | 0.00                   | 253        | 0         | 4.46                    | 0.00        | 0        | 22.33     | 2.98      | 1.49       | 0                      | 89.3       | 0.00      | 0.47 |
| 990171 | PEACHES DICED EXTRA LIGHT SYRUP    | 1/2 CUP      | 85                       | 60                     | 0.00                   | 5          | 13        | 0.00                    | 0.00        | 0        | 14.00     | 1.00      | 0.00       | 300                    | 0.0        | 1.20      | 0.00 |
| 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 |
| 990207 | UHT MILK CARTON LF                 | CARTON       | 1                        | 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       | 85                       | 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

Apr 1, 2020 thru Apr 30, 2020

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990204 MILK, CHOC FF CARTON | CARTON       | 14        | 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      |              |           | 604                      | 4.79                   | 771                    | 39         | 17.95     | 0.00                    | 49          | 87.17    | 9.23      | 19.26     | 755        | 525.9                  | 2.38       | 2.25      |
| % of Calories               |              |           |                          | 7.14%                  |                        | 25.8%      | 26.7%     | 0.0%                    |             | 57.7%    |           | 12.8%     |            |                        |            |           |
| Weekly Nutrient Guideline   |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Tuesday - 04/07/2020

Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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   | 45        | 9                        | 0.01                   | 4                      | 1          | 0.10      | 0.00                    | 0           | 2.00     | 0.66      | 0.49      | 408        | 6.7                    | 5.90       | 0.17      |
| 990035 BEANS, BAKED 1/2 CUP                | 1/2 CUP      | 45        | 140                      | 0.00                   | 550                    | 12         | 1.00      | 0.00                    | 0           | 29.00    | 5.00      | 6.00      | 0          | 40.0                   | 0.00       | 1.80      |
| 990358 BABY CARROTS & PEA PODS 3/4 CUP     | CUP          | 75        | 35                       | 0.02                   | 38                     | 4          | 0.09      | 0.00                    | 0           | 7.27     | 2.53      | 1.57      | 6930       | 34.4                   | 28.41      | 1.36      |
| 990380 RANCH SALAD DRESSING @ 2 oz         | OZ           | 75        | 104                      | 1.19                   | 346                    | 2          | 10.31     | 0.00                    | 11          | 1.62     | 0.00      | 1.00      | 62         | 37.5                   | 0.15       | 0.00      |
| 990186 GRAPES FRESH                        | 1/2 CUP      | 65        | 55                       | 0.00                   | 0                      | 14         | 0.50      | 0.00                    | 0           | 14.00    | 1.00      | 0.50      | 50         | 0.0                    | 9.00       | 0.18      |
| 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       | 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

Apr 1, 2020 thru Apr 30, 2020

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| Weighted Daily Average      |              |           | 712                      | 3.79                   | 1451                   | 45         | 24.25     | 0.00                    | 40          | 94.17    | 11.10     | 33.17     | 5961       | 475.0      | 31.97      | 5.89      |
| % of Calories               |              |           |                          | 4.79%                  |                        | 25.3%      | 30.7%     | 0.0%                    |             | 52.9%    |           | 18.6%     |            |            |            |           |
| Weekly Nutrient Guideline   |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

### Wednesday - 04/08/2020

Reimbursable Meal Total 100

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990137 PIZZA, CHEESE 4X6 WG      | 4.5 OZ       | 100       | 300                      | 5.00                   | 440                    | 10         | 11.00     | 0.00                    | 25          | 33.00    | 4.00      | 16.00     | 0          | 0.0        | 0.00       | 0.00      |
| 990069 CORN KERNEL 1/2 C         | 1/2 CUP      | 100       | 65                       | 0.00                   | 15                     | 3          | 1.00      | 0.00                    | 0           | 15.00    | 2.00      | 2.00      | 0          | 0.0        | 0.00       | 0.72      |
| 990032 FRUITABLE , GOLD RUSH     | BOX          | 55        | 40                       | 0.00                   | 60                     | 8          | 0.00      | 0.00                    | 0           | 10.00    | 0.00      | 0.00      | 5000       | 0.0        | 60.00      | 0.00      |
| 990177 MIXED FRUIT COCKTAIL      | 1/2 CUP      | 85        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 0           | 15.00    | 1.00      | 0.00      | 200        | 0.0        | 1.20       | 0.00      |
| 990199 JELLO, CHERRY             | 1/2 CUP      | 85        | 70                       | 0.00                   | 90                     | 16         | 0.00      | 0.00                    | 0           | 17.00    | 0.00      | 1.00      | 0          | 0.0        | 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       | 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           |              |           | 622                      | 5.38                   | 772                    | 61         | 12.62     | 0.00                    | 31          | 101.15   | 6.85      | 26.85     | 3420       | 300.0      | 36.06      | 0.99      |
| % of Calories                    |              |           |                          | 7.78%                  |                        | 39.2%      | 18.3%     | 0.0%                    |             | 65.0%    |           | 17.3%     |            |            |            |           |
| Weekly Nutrient Guideline        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

### Thursday - 04/09/2020

Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990246 COTTAGE PIE                     | SERVINGS     | 100       | 291                      | 3.76                   | 838                    | 3          | 17.71     | 0.00                    | 41          | 34.43    | 5.86      | 15.19     | 1169       | 39.3                   | 6.13       | 2.82      |
| 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      |
| 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      |
| 990029 ITALIAN DRESSING                | 2 TBSP       | 45        | 184                      | 1.50                   | 109                    | 0          | 21.02     | 0.00                    | 0           | 0.78     | 0.07      | 0.05      | 3          | 3.0                    | 1.22       | 0.09      |
| 990171 PEACHES DICED EXTRA LIGHT SYRUP | 1/2 CUP      | 60        | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | 300        | 0.0                    | 1.20       | 0.00      |
| 990239 JUICE, ORANGE                   | EACH         | 60        | 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      |
| 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      |
| Weighted Daily Average                 |              |           | 648                      | 5.24                   | 1186                   | 41         | 30.04     | 0.00                    | 48          | 87.22    | 8.62      | 25.61     | 7284       | 361.5                  | 62.70      | 4.14      |
| % of Calories                          |              |           |                          | 7.28%                  |                        | 25.3%      | 41.7%     | 0.0%                    |             | 53.8%    |           | 15.8%     |            |                        |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 04/13/2020

Reimbursable Meal Total 100

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990195 CARROTS, BABY FRESH         | 3 oz- (6 EA) | 65        | 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           | 65        | 104                      | 1.19                   | 346                    | 2          | 10.31     | 0.00                    | 11          | 1.62     | 0.00      | 1.00      | 62         | 37.5       | 0.15       | 0.00      |
| 990032 FRUITABLE , GOLD RUSH       | BOX          | 65        | 40                       | 0.00                   | 60                     | 8          | 0.00      | 0.00                    | 0           | 10.00    | 0.00      | 0.00      | 5000       | 0.0        | 60.00      | 0.00      |
| 990177 MIXED FRUIT COCKTAIL        | 1/2 CUP      | 65        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 0           | 15.00    | 1.00      | 0.00      | 200        | 0.0        | 1.20       | 0.00      |
| 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             |              |           | 613                      | 7.15                   | 1176                   | 39         | 20.33     | 0.00                    | 49          | 81.51    | 4.97      | 27.94     | 10195      | 708.9      | 43.10      | 3.67      |
| % of Calories                      |              |           |                          | 10.50%                 |                        | 25.4%      | 29.8%     | 0.0%                    |             | 53.2%    |           | 18.2%     |            |            |            |           |
| Weekly Nutrient Guideline          |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

### Tuesday - 04/14/2020

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990309 CHEESE STICK, MOZZARELLA CN 2 STICKS | SERVING (2)  | 100       | 300                      | 6.00                   | 640                    | 4          | 12.00     | 0.00                    | 30          | 34.01    | 2.00      | 16.00     | 0          | 300.1      | 0.00       | 1.44      |
| 990210 DIPPING SAUCE - (4 OZ)               | 4 OZ         | 85        | 78                       | 1.42                   | 429                    | 9          | 2.15      | 0.00                    | 0           | 11.23    | 2.16      | 3.99      | 501        | 92.8       | 3.62       | 0.93      |
| 990448 SPRING BLEND VEGETABLE               | 1/2 CUP      | 65        | 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    | 65        | 90                       | 0.00                   | 20                     | 19         | 0.00      | 0.00                    | 0           | 22.00    | 0.00      | 0.00      | 500        | 0.0        | 100.00     | 0.00      |
| 990171 PEACHES DICED EXTRA LIGHT SYRUP      | 1/2 CUP      | 85        | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | 300        | 0.0        | 1.20       | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990205 MILK,LOW FAT WHITE CARTON | CARTON       | 20        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      | 500        | 300.0                  | 1.20       | 0.00      |
| 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           |              |           | 620                      | 7.59                   | 1235                   | 55         | 14.45     | 0.00                    | 36          | 93.46    | 5.99      | 28.04     | 1506       | 691.9                  | 80.88      | 2.73      |
| % of Calories                    |              |           |                          | 11.02%                 |                        | 35.5%      | 21.0%     | 0.0%                    |             | 60.3%    |           | 18.1%     |            |                        |            |           |
| Weekly Nutrient Guideline        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Wednesday - 04/15/2020

Reimbursable Meal Total 100

|   | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990130 CHICKEN, POPCORN WG                      | 3.3 OZ          | 100       | 250                      | 2.50                   | 380                    | 1          | 14.00     | 0.00                    | 25          | 15.00    | 3.00      | 15.00     | 100        | 0.0                    | 0.00       | 1.80      |
| 990043 POTATOES, DEHYDRATED MASHED 1/2 C        | 1/2 Cup, Prepar | 85        | 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              | 85        | 9                        | 0.00                   | 64                     | 0          | 2.25      | 0.00                    | 0           | 1.80     | 0.00      | 0.00      | 0          | 0.8                    | 0.00       | 0.00      |
| 990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP | 1/2 Cup         | 85        | 16                       | 0.00                   | 140                    | 1          | 0.00      | 0.00                    | 0           | 3.00     | 1.99      | 0.99      | 100        | 20.0                   | 0.00       | 0.35      |
| 990164 STRAWBERRIES, DICED, CUP, FROZEN         | EACH            | 85        | 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          | 5         | 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      |



# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| Weighted Daily Average    |              |           | 547                      | 2.88                   | 1069                   | 37         | 17.82     | 0.00                    | 32          | 71.62    | 8.09      | 26.39     | 685        | 334.7      | 35.67      | 2.91      |
| % of Calories             |              |           |                          | 4.74%                  |                        | 27.1%      | 29.3%     | 0.0%                    |             | 52.4%    |           | 19.3%     |            |            |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

Thursday - 04/16/2020

Reimbursable Meal Total 100

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990267 NACHO'S ELEM              | SERVING      | 100       | 382                      | 6.65                   | 454                    | 0          | 18.70     | 0.00                    | 28          | 42.03    | 5.14      | 11.36     | 129        | 112.9      | 0.62       | 1.74      |
| 990154 SALSA, GREEN CHILI        | 1/4 Cup      | 40        | 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      | 35        | 120                      | 1.00                   | 540                    | 1          | 2.50      | 0.00                    | 0           | 18.00    | 6.00      | 6.00      | 0          | 20.0       | 0.00       | 0.00      |
| 990069 CORN KERNEL 1/2 C         | 1/2 CUP      | 85        | 65                       | 0.00                   | 15                     | 3          | 1.00      | 0.00                    | 0           | 15.00    | 2.00      | 2.00      | 0          | 0.0        | 0.00       | 0.72      |
| 990187 BANANAS,RAW               | EACH         | 45        | 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           |              |           | 667                      | 7.44                   | 1003                   | 31         | 21.26     | 0.00                    | 34          | 97.11    | 11.33     | 23.83     | 828        | 422.9      | 9.90       | 2.79      |
| % of Calories                    |              |           |                          | 10.04%                 |                        | 18.6%      | 28.7%     | 0.0%                    |             | 58.2%    |           | 14.3%     |            |            |            |           |
| Weekly Nutrient Guideline        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

### Friday - 04/17/2020

### Reimbursable Meal Total 100

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990121 CHICKEN, EGG ROLL             | EGG ROLL     | 100       | 160                      | 1.50                   | 390                    | 2          | 5.00      | 0.00                    | 30          | 20.00    | 3.00      | 9.00      | 63         | 45.0                   | 7.00       | 1.70      |
| 990052 RICE, FRIED VEG.              | 1/2 CUP      | 100       | 135                      | 0.00                   | 220                    | 2          | 1.25      | 0.00                    | 0           | 27.00    | 2.00      | 3.00      | 0          | 0.0                    | 0.00       | 0.00      |
| 990061 BROCCOLI, FROZEN CUTS 3/4 c   | 3/4 CUP      | 100       | 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    | 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      |
| Weighted Daily Average               |              |           | 512                      | 1.88                   | 824                    | 38         | 6.88      | 0.00                    | 36          | 88.20    | 6.50      | 21.50     | 863        | 375.0                  | 72.04      | 2.24      |
| % of Calories                        |              |           |                          | 3.30%                  |                        | 29.7%      | 12.1%     | 0.0%                    |             | 68.9%    |           | 16.8%     |            |                        |            |           |
| Weekly Nutrient Guideline            |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 04/20/2020

### Reimbursable Meal Total 100

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 990068 CORN KERNEL 3/4 C    | 3/4 CUP      | 85        | 98                       | 0.00                   | 22                     | 4          | 1.50      | 0.00                    | 0           | 22.50    | 3.00      | 3.00      | 0          | 0.0                    | 0.00       | 1.08      |
| 990177 MIXED FRUIT COCKTAIL | 1/2 CUP      | 65        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 0           | 15.00    | 1.00      | 0.00      | 200        | 0.0                    | 1.20       | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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              |              |           | 599                      | 5.40                   | 666                    | 52         | 13.07     | 0.00                    | 31          | 96.23    | 9.58      | 26.82     | 678        | 309.5                  | 3.39       | 1.36      |
| % of Calories                       |              |           |                          | 8.11%                  |                        | 34.7%      | 19.6%     | 0.0%                    |             | 64.3%    |           | 17.9%     |            |                        |            |           |
| Weekly Nutrient Guideline           |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Tuesday - 04/21/2020

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990263 PARMESAN CHICKEN SANDWICH ELEMENTARY | SANDWICH     | 100       | 445                      | 4.63                   | 908                    | 9          | 18.57     | 0.00                    | 33          | 47.31    | 6.54      | 24.54     | 125        | 227.0                  | 0.90       | 3.83      |
| 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      |
| 990035 BEANS, BAKED 1/2 CUP                 | 1/2 CUP      | 45        | 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         | 65        | 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       | 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      |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990207 UHT MILK CARTON LF | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0                  | 0.00       | 0.00      |
| Weighted Daily Average    |              |           | 755                      | 5.00                   | 1469                   | 45         | 21.58     | 0.00                    | 39          | 104.74   | 11.38     | 36.53     | 625        | 583.7                  | 27.24      | 5.30      |
| % of Calories             |              |           |                          | 5.96%                  |                        | 23.8%      | 25.7%     | 0.0%                    |             | 55.5%    |           | 19.4%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Wednesday - 04/22/2020

Reimbursable Meal Total 100

|                                       | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 990087 RICE, BROWN, 1/2 Cup, Prepar   | 1/2 Cup, Prepar | 100       | 85                       | 0.00                   | 4                      | 0          | 0.75      | 0.00                    | 0           | 18.00    | 1.00      | 2.00      | 0          | 3.6                    | 0.00       | 0.18      |
| 990061 BROCCOLI, FROZEN CUTS 3/4 c    | 3/4 CUP         | 85        | 22                       | 0.00                   | 11                     | 1          | 0.00      | 0.00                    | 0           | 3.75     | 1.50      | 1.50      | 300        | 30.0                   | 36.00      | 0.27      |
| 990174 PEARS, DICED EXTRA LIGHT SYRUP | 1/2 CUP         | 85        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 0           | 16.00    | 2.00      | 0.00      | 0          | 0.0                    | 1.20       | 0.36      |
| 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                |                 |           | 426                      | 1.38                   | 634                    | 44         | 3.88      | 0.00                    | 59          | 69.24    | 3.98      | 26.28     | 855        | 349.1                  | 33.66      | 2.07      |
| % of Calories                         |                 |           |                          | 2.92%                  |                        | 41.3%      | 8.2%      | 0.0%                    |             | 65.0%    |           | 24.7%     |            |                        |            |           |
| Weekly Nutrient Guideline             |                 |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 04/23/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990275 SPAGHETTI AND MEAT SAUCE     | 1 CUP        | 100       | 305                      | 3.07                   | 317                    | 7          | 6.89      | 0.00                    | 34          | 44.10    | 5.15      | 15.73     | 419        | 49.9       | 7.32       | 3.77      |
| 990072 GARLIC TOAST                 | SLICE        | 75        | 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      | 85        | 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          | 85        | 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    | 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       | 75        | 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       | 20        | 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              |              |           | 576                      | 4.79                   | 613                    | 38         | 12.75     | 0.00                    | 42          | 91.67    | 6.70      | 25.65     | 5448       | 352.4      | 83.25      | 4.62      |
| % of Calories                       |              |           |                          | 7.48%                  |                        | 26.4%      | 19.9%     | 0.0%                    |             | 63.7%    |           | 17.8%     |            |            |            |           |
| Weekly Nutrient Guideline           |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

### Friday - 04/24/2020

### Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (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      | 75        | 27                       | 0.03                   | 62                     | 3          | 0.18      | 0.00                    | 0           | 6.27     | 2.04      | 0.72      | 9599       | 30.1       | 4.22       | 0.23      |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990380 RANCH SALAD DRESSING @ 2 oz              | OZ           | 75        | 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      |
| 990186 GRAPES FRESH                             | 1/2 CUP      | 65        | 55                       | 0.00                   | 0                      | 14         | 0.50      | 0.00                    | 0           | 14.00    | 1.00      | 0.50      | 50         | 0.0                    | 9.00       | 0.18      |
| 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                          |              |           | 574                      | 7.29                   | 1342                   | 34         | 19.32     | 0.00                    | 45          | 79.32    | 5.08      | 22.56     | 7874       | 678.7                  | 11.17      | 0.89      |
| % of Calories                                   |              |           |                          | 11.43%                 |                        | 23.7%      | 30.3%     | 0.0%                    |             | 55.3%    |           | 15.7%     |            |                        |            |           |
| Weekly Nutrient Guideline                       |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Monday - 04/27/2020

Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      | 65        | 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      | 55        | 120                      | 1.00                   | 540                    | 1          | 2.50      | 0.00                    | 0           | 18.00    | 6.00      | 6.00      | 0          | 20.0                   | 0.00       | 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      |
| 990171 PEACHES DICED EXTRA LIGHT SYRUP | 1/2 CUP      | 55        | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      | 300        | 0.0                    | 1.20       | 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      |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |              |           | 635                      | 7.92                   | 1306                   | 42         | 17.00     | 0.00                    | 32          | 90.65    | 10.15     | 27.30     | 1600       | 411.0                  | 61.90      | 1.71      |
| % of Calories               |              |           |                          | 11.23%                 |                        | 26.5%      | 24.1%     | 0.0%                    |             | 57.1%    |           | 17.2%     |            |                        |            |           |
| Weekly Nutrient Guideline   |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Tuesday - 04/28/2020

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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         | 75        | 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      |
| 990032 FRUITABLE , GOLD RUSH        | BOX          | 65        | 40                       | 0.00                   | 60                     | 8          | 0.00      | 0.00                    | 0           | 10.00    | 0.00      | 0.00      | 5000       | 0.0                    | 60.00      | 0.00      |
| 990439 MANDARIN ORANGE,SINGLE SERVE | CONTAINER    | 55        | 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      |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990207 UHT MILK CARTON LF | CARTON       | 5         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      | 500        | 300.0                  | 0.00       | 0.00      |
| Weighted Daily Average    |              |           | 622                      | 8.03                   | 1226                   | 47         | 18.09     | 0.00                    | 42          | 81.30    | 5.92      | 31.31     | 9991       | 703.8                  | 75.93      | 3.17      |
| % of Calories             |              |           |                          | 11.62%                 |                        | 30.2%      | 26.2%     | 0.0%                    |             | 52.3%    |           | 20.1%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Wednesday - 04/29/2020

Reimbursable Meal Total 100

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990050 FRENCH TOAST STICKS            | 3 STICKS     | 100       | 211                      | 2.01                   | 291                    | 11         | 9.02      | 0.00                    | 105         | 26.07    | 2.00      | 8.02      | 2          | 59.2                   | 0.60       | 1.00      |
| 990133 PORK, SAUSAGE LINKS, COOKED    | LINKS        | 100       | 50                       | 1.50                   | 85                     | 0          | 3.50      | 0.00                    | 12          | 0.00     | 0.00      | 3.50      | 0          | 0.0                    | 0.00       | 1.00      |
| 990156 POTATO, TATER TOTS             | 3/4 CUP      | 55        | 193                      | 1.49                   | 283                    | 0          | 10.42     | 0.00                    | 0           | 22.32    | 1.49      | 1.49      | 0          | 0.0                    | 2.98       | 0.00      |
| 990174 PEARS, DICED EXTRA LIGHT SYRUP | 1/2 CUP      | 55        | 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         | 55        | 50                       | 0.00                   | 0                      | 12         | 0.00      | 0.00                    | 0           | 13.00    | 0.00      | 0.00      | 0          | 10.0                   | 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      |
| 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      |



# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| Weighted Daily Average      |              |           | 645                      | 4.70                   | 754                    | 62         | 18.88     | 0.00                    | 124         | 99.20    | 3.92      | 20.34     | 502        | 364.7                  | 37.94      | 2.47      |
| % of Calories               |              |           |                          | 6.56%                  |                        | 38.4%      | 26.3%     | 0.0%                    |             | 61.5%    |           | 12.6%     |            |                        |            |           |
| Weekly Nutrient Guideline   |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 04/30/2020

Reimbursable Meal Total 100

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990436 ITALIAN BURGER                          | SANDWICH     | 100       | 207                      | 4.30                   | 444                    | 5          | 8.94      | 0.00                    | 31          | 19.92    | 3.09      | 13.90     | 125        | 157.4                  | 0.90       | 2.23      |
| 990429 KK SEASONED FRIES 3/4                   | 3.15 OZ      | 75        | 149                      | 0.00                   | 253                    | 0          | 4.46      | 0.00                    | 0           | 22.33    | 2.98      | 1.49      | 0          | 89.3                   | 0.00       | 0.47      |
| 990177 MIXED FRUIT COCKTAIL                    | 1/2 CUP      | 65        | 60                       | 0.00                   | 5                      | 12         | 0.00      | 0.00                    | 0           | 15.00    | 1.00      | 0.00      | 200        | 0.0                    | 1.20       | 0.00      |
| 990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea | COOKIE       | 70        | 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       | 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                         |              |           | 594                      | 5.38                   | 910                    | 41         | 16.42     | 0.00                    | 44          | 85.06    | 7.37      | 24.42     | 762        | 524.4                  | 3.72       | 13.35     |
| % of Calories                                  |              |           |                          | 8.15%                  |                        | 27.6%      | 24.9%     | 0.0%                    |             | 57.3%    |           | 16.4%     |            |                        |            |           |
| Weekly Nutrient Guideline                      |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

|                   |  |  | Cals <sup>1</sup><br>(kcal) | S-Fat <sup>1</sup><br>(g) | Sodm <sup>1</sup><br>(mg) | Sugars<br>(g) | T-Fat<br>(g) | Tr-Fat <sup>2</sup><br>(g) | Cholst<br>(mg) | Carb<br>(g) | Fiber<br>(g) | Protn<br>(g) | VIt-A<br>(IU) | Calcm<br>(mg) | Vit-C<br>(mg) | Iron<br>(mg) |
|-------------------|--|--|-----------------------------|---------------------------|---------------------------|---------------|--------------|----------------------------|----------------|-------------|--------------|--------------|---------------|---------------|---------------|--------------|
| Weighted Averages |  |  | 614                         | 5                         | 1012                      | 45            | 17.74        | 0.00                       | 49             | 88.96       | 7.57         | 25.99        | 3379          | 460           | 38.25         | 3.47         |
| % of Calories     |  |  |                             | 7.87%                     |                           | 29.3%         | 26.0%        | 0.0%                       |                | 58.0%       |              | 16.9%        |               |               |               |              |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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