

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

Menu Name: (6-8) of K-12 LUNCH

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
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
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
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	45	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
Weighted Daily Average			827	6.72	947	71	27.16	0.00	137	120.69	5.77	25.49	502	376.9	44.65	6.21
% of Calories				7.31%		34.3%	29.6%	0.0%		58.4%		12.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990411 SLOPPY JOE SECONDARY	4 OZ	100	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15	361	71.1	3.83	4.27
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			640	5.21	1267	49	19.27	0.00	57	93.79	11.74	29.04	10206	441.7	15.42	5.60
% of Calories				7.33%		30.6%	27.1%	0.0%		58.6%		18.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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

# 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)
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
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
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
Weighted Daily Average			651	7.49	869	36	27.52	0.00	47	75.69	6.95	25.30	500	375.5	58.34	2.91
% of Calories				10.35%		22.1%	38.0%	0.0%		46.5%		15.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
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

# 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	85	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	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			694	5.04	946	41	17.95	0.00	69	102.17	11.73	22.76	755	495.9	2.38	3.15
% of Calories				6.54%		23.6%	23.3%	0.0%		58.9%		13.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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			600 - 700	<10	1360		<=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			600 - 700	<10	1360		<=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 (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
990289 FRUITABLE / TROPICAL TWIST	JUICE BOX	85	90	0.00	20	19	0.00	0.00	0	22.00	0.00	0.00	500	0.0	100.00	0.00
Weighted Daily Average			725	5.24	1203	57	30.04	0.00	48	105.92	8.62	25.61	7709	361.5	147.70	4.14
% of Calories				6.50%		31.4%	37.3%	0.0%		58.4%		14.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

**Monday - 04/13/2020**

**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)
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
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			600 - 700	<10	1360		<=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

# 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)
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
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			600 - 700	<10	1360		<=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
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



# 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)
990240 VARIETY FRUIT	EACH	65	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16
990335 ROLL, DINNER WHITE WG	ROLL	65	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
Weighted Daily Average			640	3.07	1150	46	18.59	0.00	32	92.33	10.60	28.25	777	357.6	55.57	3.37
% of Calories				4.32%		28.8%	26.1%	0.0%		57.7%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990266 NACHO'S SEC	SERVING	100	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990154 SALSA, GREEN CHILI	1/4 Cup	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	65	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

# 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)
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
Weighted Daily Average			745	9.09	1121	38	24.42	0.00	52	104.92	12.08	28.46	957	432.6	49.52	3.67
% of Calories				10.98%		20.4%	29.5%	0.0%		56.3%		15.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### 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)
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	100	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00	126	90.0	14.00	3.40
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
990316 APPLES, RAW, WITH SKIN 163 CT.	EACH	85	55	0.03	1	11	0.18	0.00	0	14.64	2.50	0.28	50	10.0	0.60	0.18
Weighted Daily Average			719	3.40	1215	49	12.03	0.00	66	120.64	11.62	30.74	968	428.5	79.55	4.09
% of Calories				4.26%		27.3%	15.1%	0.0%		67.1%		17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

### 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
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			600 - 700	<10	1360		<=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

# 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)
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
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
990239 JUICE, ORANGE	EACH	75	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
Weighted Daily Average			793	5.00	1469	54	21.58	0.00	39	114.49	11.38	36.53	625	591.2	72.24	5.30
% of Calories				5.67%		27.2%	24.5%	0.0%		57.8%		18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
990228 RICE, BROWN, 3/4 Cup, Prepar	3/4 Cup, Prepar	95	128	0.00	11	0	1.12	0.00	0	27.00	1.50	3.00	0	10.7	0.00	0.27
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	95	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300	30.0	36.00	0.27
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

# 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)
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
990335 ROLL, DINNER WHITE WG	ROLL	65	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
Weighted Daily Average			568	1.54	736	58	4.84	0.00	59	100.01	5.20	28.58	1210	365.1	104.21	2.52
% of Calories				2.44%		40.8%	7.7%	0.0%		70.4%		20.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 04/23/2020

### 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)
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

# 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)
990240 VARIETY FRUIT	EACH	65	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16
Weighted Daily Average			624	4.83	613	46	12.87	0.00	42	103.93	8.56	26.20	5541	368.9	101.20	4.72
% of Calories				6.97%		29.5%	18.6%	0.0%		66.6%		16.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calc <sup>m</sup> (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
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

# 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)
990361 CHEESE, STRING STICK	EACH	65	80	3.00	190	1	5.00	0.00	15	0.00	0.00	7.00	0	20.0	0.00	0.00
Weighted Daily Average			626	9.24	1466	35	22.57	0.00	55	79.32	5.08	27.11	7874	691.7	11.17	0.89
% of Calories				13.28%		22.4%	32.4%	0.0%		50.7%		17.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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	45	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	65	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
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			632	7.92	1305	41	17.00	0.00	32	89.85	10.25	27.30	1580	411.0	52.02	1.71
% of Calories				11.28%		25.9%	24.2%	0.0%		56.9%		17.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

**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	85	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990220 SALAD, ROMAINE TOSSED	SERVINGS	45	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075	32.9	38.35	0.87
990380 RANCH SALAD DRESSING @ 2 oz	OZ	45	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00	62	37.5	0.15	0.00
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	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
990240 VARIETY FRUIT	EACH	65	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16
Weighted Daily Average			693	8.21	1281	58	18.43	0.00	42	98.39	8.00	32.26	11134	729.5	108.94	3.37
% of Calories				10.66%		33.5%	23.9%	0.0%		56.8%		18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

**Wednesday - 04/29/2020**

**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)
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	65	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
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
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
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	65	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
Weighted Daily Average			790	5.17	856	73	23.82	0.00	124	123.46	6.22	22.44	502	381.9	44.36	6.41
% of Calories				5.89%		37.0%	27.1%	0.0%		62.5%		11.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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	65	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49	0	89.3	0.00	0.47

# 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)
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
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	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			616	5.53	900	45	16.72	0.00	46	89.73	7.58	24.57	804	515.4	3.96	15.56
% of Calories				8.08%		29.2%	24.4%	0.0%		58.3%		16.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	674	6	1078	50	19.03	0.00	54	99.14	8.57	27.78	3495	467	54.60	4.20
% of Calories		7.76%		29.7%	25.4%	0.0%		58.8%		16.5%				

**\*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.