

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

Menu Name: 6-8 of HS 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	60	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	60	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	40	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00	40	3248.8	126.00	2.88
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	45	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
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			732	6.42	1089	*44	26.55	0.00	112	90.09	8.24	33.09	5744	1672.8	96.76	4.30
% of Calories				7.89%		*24.0%	32.6%	0.0%		49.2%		18.1%				
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	44	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15	361	71.1	3.83	4.27
990112 PIZZA, CHEESE 16"	SLICE	40	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	16	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			660	6.66	1066	*48	20.53	0.00	51	90.25	9.96	31.84	8300	446.4	63.34	3.97
% of Calories				9.08%		*29.1%	28.0%	0.0%		54.7%		19.3%				
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)
990402 TACO SNACK	EACH	65	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990298 FRENCH DIP	SANDWICH	35	275	4.25	1095	3	10.25	0.00	35	26.75	2.00	16.75	*40	3231.3	136.00	6.50
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87

# 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	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
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
Weighted Daily Average			648	7.14	1457	*42	20.20	0.00	41	87.85	10.80	28.52	*8611	1571.1	113.21	5.01
% of Calories				9.92%		*25.9%	28.1%	0.0%		54.2%		17.6%				
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)
990141 PIZZA STICK, PEPPERONI WG	2 STICK	40	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00	800	300.0	7.20	3.60
990134 CHICKEN, TERIYAKI	2.85 OZ	60	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990052 RICE, FRIED VEG.	1/2 CUP	40	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00	0	0.0	0.00	0.00
990072 GARLIC TOAST	SLICE	40	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00	0	0.0	0.00	0.72
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990207 UHT MILK CARTON LF	CARTON	55	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

# 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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			649	6.17	1195	*42	18.16	0.00	67	90.83	8.85	31.98	8444	505.5	60.61	3.96
% of Calories				8.56%		*25.9%	25.2%	0.0%		56.0%		19.7%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990422 CHICKEN, CORN PUPS	8 EACH	60	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
990456 MOZZARELLA CHEESE STICKS	5 STICKS	40	376	7.11	417	1	18.29	0.00	25	35.57	3.05	19.31	10	50.8	0.00	10.16
990210 DIPPING SAUCE - (4 OZ)	4 OZ	40	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
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
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990204 MILK, CHOC FF CARTON	CARTON	40	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

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	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			735	7.12	1195	*40	23.99	0.00	60	98.43	12.57	29.66	7116	531.7	53.19	7.71
% of Calories				8.72%		*21.8%	29.4%	0.0%		53.6%		16.1%				
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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	55	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	55	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0	20.0	2.40	0.36
990198 GRAVY, CHICKEN	SERVING 2 OZ	45	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00	0	0.0	0.00	0.00
990049 ROLL, DINNER WG	ROLL	50	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0	20.0	0.00	1.08
990199 JELLO, CHERRY	1/2 CUP	55	70	0.00	90	16	0.00	0.00	0	17.00	0.00	1.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# 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	45	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			744	6.41	1138	*44	27.74	0.00	62	90.20	9.12	33.25	6911	406.6	54.47	7.27
% of Calories				7.75%		*23.7%	33.6%	0.0%		48.5%		17.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

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	25	291	3.76	838	3	17.71	0.00	41	34.43	5.86	15.19	1169	39.3	6.13	2.82
990253 CHEESEBURGER	SANDWICH	75	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88
990335 ROLL, DINNER WHITE WG	ROLL	20	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00

# 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)
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	50	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
Weighted Daily Average			664	7.48	1096	*38	25.43	0.38	68	85.09	9.61	31.72	7133	449.3	53.70	11.82
% of Calories				10.14%		*22.9%	34.5%	0.5%		51.3%		19.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	60	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0	60.0	0.00	2.88
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	40	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00	126	90.0	14.00	3.40
990052 RICE, FRIED VEG.	1/2 CUP	25	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			678	3.13	1172	*43	17.65	0.00	63	97.24	12.05	35.21	8127	447.1	67.37	4.91
% of Calories				4.15%		*25.4%	23.4%	0.0%		57.4%		20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Base Menu Spreadsheet

## Portion Values

Apr 1, 2020 thru Apr 30, 2020

### 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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	60	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8	3.62	3.23
990402 TACO SNACK	EACH	40	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00	400	100.0	1.20	1.44
990276 VEGETABLE/ SALAD BAR	SERVINGS	60	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	60	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
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			683	9.43	1259	*44	23.16	0.00	45	87.47	9.62	31.72	7930	660.0	59.71	4.19
% of Calories				12.43%		*25.8%	30.5%	0.0%		51.2%		18.6%				
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)
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	35	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04	0	163.8	0.00	2.97
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	65	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69	2	78.8	0.80	1.34
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	65	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00



# 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)
990155 POTATO, TATER TOTS	1/2 CUP	55	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	55	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	45	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
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			761	6.79	1129	*47	27.47	0.00	138	93.99	8.23	34.00	5722	445.6	44.89	4.53
% of Calories				8.03%		*24.7%	32.5%	0.0%		49.4%		17.9%				
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	65	441	8.29	574	0	22.07	0.00	46	44.39	6.28	16.39	258	116.0	1.24	2.77
990320 MEATBALL MARINARA HOAGIE (CANNED SAUCE)	EACH	35	445	9.91	655	6	24.01	0.00	58	33.45	2.91	21.40	*228	193.0	16.06	8.66
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
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87

# 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	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			731	10.16	1243	*36	29.18	0.00	63	87.19	11.10	29.74	*7419	506.5	61.41	6.32
% of Calories				12.51%		*19.7%	35.9%	0.0%		47.7%		16.3%				
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)
990304 SWISS BACON BURGER	SANDWICH	25	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00	40	3248.8	126.00	2.88
990112 PIZZA, CHEESE 16"	SLICE	45	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	20	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

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	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			647	7.26	1021	*45	22.24	0.12	52	81.81	8.25	31.71	8167	1237.3	93.27	2.90
% of Calories				10.10%		*27.8%	30.9%	0.2%		50.6%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990112 PIZZA, CHEESE 16"	SLICE	42	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	8	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990455 SOFT PRETZEL	EACH	50	170	0.00	150	1	0.50	0.00	0	36.00	1.00	5.00	0	100.0	0.00	0.00
990361 CHEESE, STRING STICK	EACH	50	80	3.00	190	1	5.00	0.00	15	0.00	0.00	7.00	0	20.0	0.00	0.00
990261 CHEESE SAUCE, CHEDDAR 3 OZ	3 OZ	50	130	6.00	550	0	10.00	0.00	30	5.00	0.00	7.00	0	209.0	0.00	0.00
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/SALAD BAR	SERVINGS	75	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

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			718	9.13	1234	*46	23.67	0.00	54	94.49	8.40	32.83	9275	571.2	70.96	2.20
% of Calories				11.44%		*25.6%	29.7%	0.0%		52.6%		18.3%				
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)
990253 CHEESEBURGER	SANDWICH	55	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50	0	158.5	0.00	2.88
990440 MACARONI N CHEESE CN 1 CUP	CUP	25	300	6.00	690	9	11.00	0.00	35	32.00	2.00	17.00	0	300.0	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	20	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990429 KK SEASONED FRIES 3/4	3.15 OZ	75	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49	0	89.3	0.00	0.47
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990204 MILK, CHOC FF CARTON	CARTON	10	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	65	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			662	6.49	1118	*35	22.54	0.28	51	87.03	10.13	28.65	8002	561.3	61.35	3.63
% of Calories				8.82%		*21.1%	30.6%	0.4%		52.6%		17.3%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990134 CHICKEN, TERIYAKI	2.85 OZ	50	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100	20.0	0.00	1.08
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	50	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54	125	187.0	0.90	3.11
990052 RICE, FRIED VEG.	1/2 CUP	50	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

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	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			684	3.46	1218	*49	16.40	0.00	64	98.19	10.32	36.63	8165	468.6	63.61	4.17
% of Calories				4.55%		*28.7%	21.6%	0.0%		57.4%		21.4%				
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	50	305	3.07	317	7	6.89	0.00	34	44.10	5.15	15.73	419	49.9	7.32	3.77
990422 CHICKEN, CORN PUPS	8 EACH	50	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0	120.0	0.00	2.70
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
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			703	4.94	1007	*45	18.44	0.00	59	105.89	12.72	28.57	8286	460.1	65.32	5.65
% of Calories				6.32%		*25.6%	23.6%	0.0%		60.3%		16.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Base Menu Spreadsheet

Portion Values

Apr 1, 2020 thru Apr 30, 2020

**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)
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00	0	0.0	3.00	9.00
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	25	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0	40.0	0.00	1.80
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	80	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0	30.0	3.60	0.54
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0	0.8	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
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	3.90	1300	*38	22.53	0.00	49	88.93	9.82	29.46	8052	399.1	67.23	6.98
% of Calories				5.26%		*22.8%	30.4%	0.0%		53.3%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

**Monday - 04/27/2020**

**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)
990130 CHICKEN, POPCORN WG	3.3 OZ	50	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100	0.0	0.00	1.80
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	50	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00	126	90.0	14.00	3.40
990335 ROLL, DINNER WHITE WG	ROLL	40	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0	10.0	3.00	0.54
990052 RICE, FRIED VEG.	1/2 CUP	45	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00	0	0.0	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
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			680	3.88	1198	*41	19.70	0.00	54	95.39	11.35	30.51	8165	409.1	69.85	4.62
% of Calories				5.14%		*24.1%	26.1%	0.0%		56.1%		17.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	50	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99	501	442.8	3.62	3.23
990456 MOZZARELLA CHEESE STICKS	5 STICKS	50	376	7.11	417	1	18.29	0.00	25	35.57	3.05	19.31	10	50.8	0.00	10.16
990210 DIPPING SAUCE - (4 OZ)	4 OZ	40	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93



# 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)
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	60	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00	10	0.0	0.00	15.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
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			806	10.51	1357	*51	28.13	0.00	50	103.87	10.36	35.54	7373	647.5	55.72	17.61
% of Calories				11.74%		*25.3%	31.4%	0.0%		51.5%		17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990451 GRILLED CHEESE	SANDWICH	45	280	5.56	581	6	9.91	0.00	32	30.96	3.00	18.55	524	465.9	0.00	1.64
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	55	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00	40	3248.8	126.00	2.88
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00	0	0.0	2.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

# 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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			708	6.14	1200	*39	23.60	0.00	58	89.31	9.84	37.21	7138	2344.3	121.64	3.86
% of Calories				7.81%		*22.0%	30.0%	0.0%		50.5%		21.0%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990436 ITALIAN BURGER	SANDWICH	44	207	4.30	444	5	8.94	0.00	31	19.92	3.09	13.90	125	157.4	0.90	2.23
990112 PIZZA, CHEESE 16"	SLICE	40	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0	0.0	0.00	0.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	16	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00	400	250.0	0.00	1.80
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76	124	15.8	28.43	0.51
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	187	0.98	424	*8	9.13	0.00	9	22.54	5.55	5.79	11533	99.7	63.47	1.87
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			613	6.91	986	*45	20.24	0.00	47	79.50	8.59	29.97	8196	484.4	62.05	3.07
% of Calories				10.15%		*29.4%	29.7%	0.0%		51.9%		19.6%				
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	694	7	1175	*43	22.74	0.04	62	91.57	10.00	31.99	*7727	725	69.51	5.65
% of Calories		8.61%		*24.8%	29.5%	0.1%		52.8%		18.4%				

- \*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.**