

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

Menu Name: K-5 K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	95	20	0.00	175	1	0.00	0.00	0	3.74	2.49	1.24
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
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			630	6.22	898	51	15.88	0.00	40	92.71	9.77	26.88
% of Calories				8.89%		32.4%	22.7%	0.0%		58.9%		17.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 08/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00

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Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990335 ROLL, DINNER WHITE WG	ROLL	65	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	85	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING 2 OZ	85	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	65	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	15	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			634	3.94	1182	36	19.09	0.00	36	84.25	7.50	27.50
% of Calories				5.59%		22.7%	27.1%	0.0%		53.2%		17.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 08/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50
990156 POTATO, TATER TOTS	3/4 CUP	75	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990403 APPLE SLICES CANNED 1/2	1/2 CUP	65	50	0.00	10	9	0.00	0.00	0	12.00	2.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990217 SYRUP CUP, SMUCKER'S	CONTAINER	95	109	0.00	20	22	0.00	0.00	0	28.77	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			730	5.64	848	62	22.56	0.00	124	108.65	4.42	21.28
% of Calories				6.95%		34.0%	27.8%	0.0%		59.5%		11.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 08/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990402 TACO SNACK	EACH	100	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990154 SALSA, GREEN CHILI	1/4 Cup	65	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
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
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990187 BANANAS,RAW	EACH	45	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

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Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			618	7.79	1238	38	16.70	0.00	31	89.83	9.99	26.77
% of Calories				11.34%		24.6%	24.3%	0.0%		58.1%		17.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 08/28/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990121 CHICKEN, EGG ROLL	EGG ROLL	100	160	1.50	390	2	5.00	0.00	30	20.00	3.00	9.00
990220 SALAD, ROMAINE TOSSED	1 1/2 cup	85	37	0.01	18	4	0.18	0.00	0	8.29	1.89	1.04
990221 RANCH SALAD DRESSING @1 oz= 2 TBSP	oz	85	52	0.59	173	1	5.16	0.00	6	0.81	0.00	0.50
990052 RICE, FRIED VEG.	1/2 CUP	85	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	85	70	0.00	0	13	0.00	0.00	0	13.94	0.87	0.87
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			534	2.39	942	38	11.22	0.00	41	82.99	7.05	21.60
% of Calories				4.03%		28.5%	18.9%	0.0%		62.2%		16.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

Monday - 08/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
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
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	85	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990239 JUICE, ORANGE	EACH	85	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			617	3.88	817	46	16.42	0.00	46	93.78	7.53	18.86
% of Calories				5.66%		29.8%	24.0%	0.0%		60.8%		12.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 09/01/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	85	15	0.00	8	0	0.00	0.00	0	2.50	1.00	1.00
990032 FRUITABLE, GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	15.00	1.00	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			522	5.38	705	47	11.62	0.00	31	76.82	5.70	24.85
% of Calories				9.28%		36.0%	20.0%	0.0%		58.9%		19.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 09/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990440 MACARONI N CHEESE CN 1 CUP	CUP	100	300	6.00	690	9	11.00	0.00	35	32.00	2.00	17.00
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			703	7.64	1148	53	20.48	0.00	41	98.02	4.21	26.26
% of Calories				9.78%		30.2%	26.2%	0.0%		55.8%		14.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 09/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF STICKS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	100	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	75	9	0.00	64	0	2.25	0.00	0	1.80	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
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			633	7.33	1061	31	27.74	0.00	46	72.59	8.39	24.60
% of Calories				10.42%		19.6%	39.4%	0.0%		45.9%		15.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

Friday - 09/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	30	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
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
990394 CARROTS,STICKS 3EA	SERVING	65	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990221 RANCH SALAD DRESSING @1 oz= 2 TBSP	oz	65	52	0.59	173	1	5.16	0.00	6	0.81	0.00	0.50
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	65	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990180 ORANGE	EACH	55	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			720	4.05	1525	41	26.25	0.00	42	91.47	11.13	32.71
% of Calories				5.06%		22.8%	32.8%	0.0%		50.8%		18.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 09/08/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00
990156 POTATO, TATER TOTS	3/4 CUP	100	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990177 MIXED FRUIT COCKTAIL	1/2 CUP	85	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	95	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			763	2.80	1327	41	31.88	0.00	41	92.51	4.34	21.42
% of Calories				3.30%		21.5%	37.6%	0.0%		48.5%		11.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 09/09/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990482 COUSCOUS, CHICKEN & HERB GARLIC 1/2 CUP	1/2 cup	90	68	0.80	192	1	1.55	*0.00	3	12.19	1.63	1.91
990397 CARROTS,STICKS 6 EA	SERVING	65	46	0.04	78	5	0.27	0.00	0	10.86	3.18	1.06
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	45	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00

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Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			589	4.15	962	40	20.84	*0.00	39	72.86	8.22	26.70
% of Calories				6.34%		27.2%	31.8%	*0.0%		49.5%		18.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 09/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990407 CHEESE STICKS	2 STICK	100	303	6.05	494	4	11.09	0.00	30	30.25	3.02	19.16
990210 DIPPING SAUCE - (4 OZ)	4 OZ	100	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
990504 SALAD, ROMAINE TOSSED 1 CUP	1 CUP	85	25	0.00	12	3	0.12	0.00	0	5.65	1.29	0.71
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	85	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	25	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	75	70	0.00	0	13	0.00	0.00	0	13.94	0.87	0.87
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			671	8.86	1466	46	22.73	0.00	46	79.33	7.43	33.50
% of Calories				11.88%		27.4%	30.5%	0.0%		47.3%		20.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 09/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990471 BURRITO SW	BURRITO	100	298	3.14	470	2	9.47	0.00	16	41.48	9.48	16.03
990154 SALSA, GREEN CHILI	1/4 Cup	85	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	45	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	45	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	45	47	0.00	0	9	0.26	0.00	0	11.52	1.57	0.52
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	5	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			521	5.02	1141	26	13.09	0.00	27	78.12	15.49	26.97
% of Calories				8.67%		20.0%	22.6%	0.0%		60.0%		20.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

Monday - 09/14/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
990068 CORN KERNEL 3/4 C	3/4 CUP	95	98	0.00	22	4	1.50	0.00	0	22.50	3.00	3.00
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
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			618	5.55	658	54	13.47	0.00	32	99.58	10.08	27.12
% of Calories				8.08%		35.0%	19.6%	0.0%		64.5%		17.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 09/15/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990455 SOFT PRETZEL	EACH	100	170	0.00	150	1	0.50	0.00	0	36.00	1.00	5.00
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
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	75	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			547	6.38	1059	43	11.12	0.00	36	90.83	4.19	21.59
% of Calories				10.50%		31.4%	18.3%	0.0%		66.4%		15.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 09/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990188 CHICKEN, TERIYAKI GF	2.85 OZ	100	150	1.00	370	14	4.00	0.00	63	14.00	0.00	14.00
990052 RICE, FRIED VEG.	1/2 CUP	100	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	95	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990063 BROCCOLI, FROZEN, NO SALT FROZEN 110473 3/4 c	.75 Cup	100	39	0.00	33	2	0.00	0.00	0	7.50	4.50	4.50
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			515	1.38	826	50	5.88	0.00	69	85.10	6.50	29.50
% of Calories				2.41%		38.8%	10.3%	0.0%		66.1%		22.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 09/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990431 MAC AND CHEESE CAMPBELL	CUP	100	300	6.00	60	9	11.00	0.00	35	32.00	2.00	17.00
990072 GARLIC TOAST	SLICE	100	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990272 CUCUMBER AND TOMATO SALAD	3/4 CUP	50	46	0.30	50	3	3.27	0.00	0	7.04	1.28	1.05
990479 PINEAPPLE DRIED	PACKAGE	95	150	0.00	90	22	0.00	0.00	0	38.00	1.00	0.00
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	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
990204 MILK, CHOC FF CARTON	CARTON	20	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			693	7.81	407	56	17.06	0.00	44	110.56	4.59	27.29
% of Calories				10.14%		32.3%	22.2%	0.0%		63.8%		15.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

Friday - 09/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
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
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
990428 KK SEASONED FRIES 1/2	2.1 OZ	85	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
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
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990427 MAYO, KET, MUST PCS	CONDIMENT VAR	30	79	0.02	330	8	3.53	0.00	5	12.77	0.12	0.56
Weighted Daily Average			656	4.64	1314	43	16.71	0.00	55	94.48	8.97	33.43
% of Calories				6.37%		26.2%	22.9%	0.0%		57.6%		20.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 09/21/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	5	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	20	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			594	4.70	768	38	17.80	0.00	50	84.99	8.43	19.71
% of Calories				7.12%		25.6%	27.0%	0.0%		57.2%		13.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 09/22/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990121 CHICKEN, EGG ROLL	EGG ROLL	100	160	1.50	390	2	5.00	0.00	30	20.00	3.00	9.00
990397 CARROTS,STICKS 6 EA	SERVING	65	46	0.04	78	5	0.27	0.00	0	10.86	3.18	1.06
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	45	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990041 HUMMUS (VEG)	CONTAINER	20	120	0.00	90	3	3.50	0.00	0	18.00	5.00	5.00
990052 RICE, FRIED VEG.	1/2 CUP	50	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00
990168 PINEAPPLE TIDBITS,NAT JUICE	1/2 CUP	75	70	0.00	0	13	0.00	0.00	0	13.94	0.87	0.87

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			505	2.43	928	37	11.77	0.00	41	75.80	7.72	21.29
% of Calories				4.33%		29.3%	21.0%	0.0%		60.0%		16.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 09/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	100	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50
990156 POTATO, TATER TOTS	3/4 CUP	75	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990403 APPLE SLICES CANNED 1/2	1/2 CUP	45	50	0.00	10	9	0.00	0.00	0	12.00	2.00	0.00
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990217 SYRUP CUP, SMUCKER'S	CONTAINER	95	109	0.00	20	22	0.00	0.00	0	28.77	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			720	5.64	846	60	22.56	0.00	124	106.25	4.02	21.28
% of Calories				7.05%		33.3%	28.2%	0.0%		59.0%		11.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 09/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990402 TACO SNACK	EACH	100	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990154 SALSA, GREEN CHILI	1/4 Cup	65	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	45	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
990504 SALAD, ROMAINE TOSSED 1 CUP	1 CUP	75	25	0.00	12	3	0.12	0.00	0	5.65	1.29	0.71
990221 RANCH SALAD DRESSING @1 oz= 2 TBSP	oz	75	52	0.59	173	1	5.16	0.00	6	0.81	0.00	0.50
990187 BANANAS,RAW	EACH	60	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			665	8.37	1368	36	20.98	0.00	35	91.49	12.09	28.10
% of Calories				11.33%		21.7%	28.4%	0.0%		55.0%		16.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 09/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990473 RIBWICH BBQ	SANDWICH	100	390	6.00	940	13	19.00	0.00	50	39.00	4.00	19.00
990032 FRUITABLE , GOLD RUSH	BOX	75	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	55	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990486 PEAS,PODS RAW & CELERY STICKS 1/2	7 PODS/2 STICK	55	15	0.02	30	1	0.11	0.00	0	2.89	1.21	0.92
990041 HUMMUS (VEG)	CONTAINER	10	120	0.00	90	3	3.50	0.00	0	18.00	5.00	5.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	65	51	0.00	2	11	0.00	0.00	0	14.00	1.00	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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			655	7.04	1406	48	25.71	0.00	63	80.33	5.81	28.56
% of Calories				9.67%		29.3%	35.3%	0.0%		49.1%		17.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Monday - 09/28/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF STICKS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990468 BISCUIT STICK	STICK	65	110	3.00	370	1	5.00	0.00	0	13.00	0.00	2.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	75	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990198 GRAVY, CHICKEN	SERVING 2 OZ	75	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	45	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
990239 JUICE, ORANGE	EACH	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			708	9.40	1272	32	30.04	0.00	47	80.22	5.70	25.55
% of Calories				11.95%		18.1%	38.2%	0.0%		45.3%		14.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Tuesday - 09/29/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
990038 BROCCOLI, FROZEN CUTS 1/2 c	1/2 CUP	85	15	0.00	8	0	0.00	0.00	0	2.50	1.00	1.00
990032 FRUITABLE , GOLD RUSH	BOX	85	40	0.00	60	8	0.00	0.00	0	10.00	0.00	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
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			522	5.38	705	47	11.62	0.00	31	76.82	5.70	24.85
% of Calories				9.28%		36.0%	20.0%	0.0%		58.9%		19.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 09/30/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990451 GRILLED CHEESE	SANDWICH	100	280	5.56	581	6	9.91	0.00	32	30.96	3.00	18.55
990156 POTATO, TATER TOTS	3/4 CUP	85	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
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
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	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
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			671	7.20	1037	47	19.39	0.00	38	94.18	5.11	27.82
% of Calories				9.66%		28.0%	26.0%	0.0%		56.1%		16.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 10/01/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990188 CHICKEN, TERIYAKI GF	2.85 OZ	100	150	1.00	370	14	4.00	0.00	63	14.00	0.00	14.00
990052 RICE, FRIED VEG.	1/2 CUP	100	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00
990503 SPRING BLEND VEGETABLE 3/4 CUP	3/4 CUP	60	45	0.00	23	3	0.00	0.00	0	7.51	3.00	1.50
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	2	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			479	1.33	807	45	5.80	0.00	69	77.59	5.30	25.66
% of Calories				2.50%		37.6%	10.9%	0.0%		64.8%		21.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 10/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	85	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	95	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990394 CARROTS,STICKS 3EA	SERVING	45	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	45	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990180 ORANGE	EACH	85	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			754	3.43	1612	50	21.36	0.00	36	109.63	14.58	35.65
% of Calories				4.09%		26.5%	25.5%	0.0%		58.2%		18.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			627	5	1044	44	18.20	*0.00	48	88.68	7.58	26.11
% of Calories				7.71%		28.1%	26.1%	*0.0%		56.6%		16.7%

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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