

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 2020

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

Include Cost: No

Site:

Report Style: Detailed

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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
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
990240 VARIETY FRUIT	EACH	35	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			618	7.39	755	50	16.69	0.00	41	85.43	5.70	30.15
% of Calories				10.76%		32.4%	24.3%	0.0%		55.3%		19.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 09/02/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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)
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
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
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
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			773	7.89	1273	55	21.48	0.00	41	111.02	5.21	28.26
% of Calories				9.19%		28.5%	25.0%	0.0%		57.4%		14.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
990335 ROLL, DINNER WHITE WG	ROLL	75	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	90	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990350 GRAVY, BEEF LS	OZ	80	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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)
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	60	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
990240 VARIETY FRUIT	EACH	45	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			746	7.54	1253	38	29.21	0.00	46	95.77	10.63	26.94
% of Calories				9.10%		20.4%	35.2%	0.0%		51.4%		14.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

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)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	100	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00
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
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	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

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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			658	2.67	1267	41	18.96	0.00	59	87.87	11.96	37.59
% of Calories				3.65%		24.9%	25.9%	0.0%		53.4%		22.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/08/2020

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)
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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			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			600 - 700	<10	1360		<=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	100	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
990041 HUMMUS (VEG)	CONTAINER	20	120	0.00	90	3	3.50	0.00	0	18.00	5.00	5.00
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

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Sep 1, 2020 thru Sep 30, 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			620	4.23	999	41	21.69	*0.00	40	77.67	9.38	27.89
% of Calories				6.14%		26.5%	31.5%	*0.0%		50.1%		18.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
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
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	50	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

Sep 1, 2020 thru Sep 30, 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			664	8.87	1471	44	22.78	0.00	46	78.08	7.73	33.57
% of Calories				12.02%		26.5%	30.9%	0.0%		47.0%		20.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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	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	85	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	85	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	85	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	5	100	1.50	110	12	2.50	0.00	12	12.00	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			685	8.22	1532	43	17.97	0.00	31	100.55	14.84	29.55
% of Calories				10.80%		25.1%	23.6%	0.0%		58.7%		17.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
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
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
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			678	7.55	706	53	18.32	0.00	42	99.33	8.78	31.82
% of Calories				10.02%		31.3%	24.3%	0.0%		58.6%		18.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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	50	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99

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Sep 1, 2020 thru Sep 30, 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
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
990361 CHEESE, STRING STICK	EACH	100	80	3.00	190	1	5.00	0.00	15	0.00	0.00	7.00
Weighted Daily Average			597	9.38	1218	39	16.12	0.00	51	84.20	2.85	27.50
% of Calories				14.14%		26.1%	24.3%	0.0%		56.4%		18.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
990063 BROCCOLI, FROZEN, NO SALT FROZEN 110473 3/4 c	.75 Cup	60	39	0.00	33	2	0.00	0.00	0	7.50	4.50	4.50
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	90	70	0.00	0	14	0.00	0.00	0	17.00	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

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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)
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			496	1.38	813	48	5.88	0.00	69	81.25	4.70	27.70
% of Calories				2.50%		38.7%	10.7%	0.0%		65.5%		22.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
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
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
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
990394 CARROTS,STICKS 3EA	SERVING	75	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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)
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
Weighted Daily Average			689	8.30	487	53	21.45	0.00	48	98.69	6.69	29.04
% of Calories				10.84%		30.8%	28.0%	0.0%		57.3%		16.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

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
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
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
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

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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)
990240 VARIETY FRUIT	EACH	45	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			689	4.66	1314	49	16.79	0.00	55	102.97	10.25	33.82
% of Calories				6.09%		28.4%	21.9%	0.0%		59.8%		19.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
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	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			612	3.88	837	44	16.42	0.00	46	91.19	8.43	19.71
% of Calories				5.71%		28.8%	24.1%	0.0%		59.6%		12.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/22/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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)
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
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
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			665	3.93	1318	39	16.77	0.00	71	95.80	10.72	30.29
% of Calories				5.32%		23.5%	22.7%	0.0%		57.6%		18.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	95	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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)
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
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			775	6.99	925	62	25.71	0.00	135	108.65	4.42	24.43
% of Calories				8.12%		32.0%	29.9%	0.0%		56.1%		12.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
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
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
990187 BANANAS,RAW	EACH	45	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 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			619	4.21	1018	35	24.74	0.00	41	70.86	7.20	27.40
% of Calories				6.12%		22.6%	36.0%	0.0%		45.8%		17.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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	85	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
990239 JUICE, ORANGE	EACH	75	50	0.00	0	12	0.00	0.00	0	13.00	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

Sep 1, 2020 thru Sep 30, 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			697	7.04	1412	57	25.71	0.00	63	91.08	5.81	28.56
% of Calories				9.09%		32.7%	33.2%	0.0%		52.3%		16.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 OZ	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

Sep 1, 2020 thru Sep 30, 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			600 - 700	<10	1360		<=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)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
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
990240 VARIETY FRUIT	EACH	35	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			618	7.39	755	50	16.69	0.00	41	85.43	5.70	30.15
% of Calories				10.76%		32.4%	24.3%	0.0%		55.3%		19.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 2020

Wednesday - 09/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			600 - 700	<10	1360		<=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	669	6	1095	46	20.70	*0.00	52	91.08	7.44	28.53
% of Calories		8.38%		27.5%	27.8%	*0.0%		54.5%		17.1%

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.