

Base Menu Spreadsheet

Portion Values

Sep 1, 2020 thru Sep 30, 2020

Menu Name: (9-12) 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	95	15	0.00	8	0	0.00	0.00	0	2.50	1.00	1.00
990032 FRUITABLE , GOLD RUSH	BOX	100	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	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	95	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			678	7.43	766	61	16.81	0.00	41	100.75	7.66	30.76
% of Calories				9.86%		36.0%	22.3%	0.0%		59.4%		18.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990157 POTATO, TATER TOTS	1 CUP	100	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
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	100	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			869	8.61	1410	55	26.51	0.00	41	122.51	5.93	28.98
% of Calories				8.92%		25.3%	27.5%	0.0%		56.4%		13.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	100	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	100	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990350 GRAVY, BEEF LS	OZ	100	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)
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	60	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	95	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	100	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			828	7.63	1374	46	30.24	0.00	46	114.20	13.25	28.36
% of Calories				8.29%		22.2%	32.9%	0.0%		55.2%		13.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	85	210	0.00	825	18	1.50	0.00	0	43.50	7.50	9.00
990397 CARROTS,STICKS 6 EA	SERVING	95	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	95	104	1.19	346	2	10.31	0.00	11	1.62	0.00	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)
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
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			844	3.05	1850	58	23.03	0.00	62	121.54	18.44	43.82
% of Calories				3.25%		27.5%	24.6%	0.0%		57.6%		20.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990157 POTATO, TATER TOTS	1 CUP	100	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990179 MIXED FRUIT COCKTAIL	1 CUP	95	72	0.00	6	14	0.00	0.00	0	18.10	1.21	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			845	3.30	1423	45	35.36	0.00	41	104.39	5.13	21.92
% of Calories				3.51%		21.3%	37.7%	0.0%		49.4%		10.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990485 CARROTS,STICKS 9 EA	SERVING	85	70	0.05	117	8	0.41	0.00	0	16.30	4.76	1.58
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
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	95	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

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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	95	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			769	4.78	1187	59	26.17	*0.00	44	105.23	14.28	29.86
% of Calories				5.59%		30.7%	30.6%	*0.0%		54.7%		15.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990489 DIPPING SAUCE	4 OZ SERVINGS	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
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	25	20	0.00	175	1	0.00	0.00	0	3.74	2.49	1.24
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	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)
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			716	8.87	1488	55	22.78	0.00	46	90.17	7.85	33.63
% of Calories				11.15%		30.7%	28.6%	0.0%		50.4%		18.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
990058 BEANS, REFRIED 3/4 CUP	3/4 CUP	95	180	1.50	810	2	3.75	0.00	0	27.00	9.00	9.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00
990226 CUTTIE/ MANDARIN ORANGE	MEDIUM	95	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			745	9.85	1795	39	21.19	0.00	36	106.35	18.84	33.05
% of Calories				11.90%		20.9%	25.6%	0.0%		57.1%		17.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990067 CORN KERNEL 1 C	1 CUP	95	130	0.00	30	6	2.00	0.00	0	30.00	4.00	4.00
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
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			725	7.55	716	56	18.95	0.00	42	110.11	10.12	33.07
% of Calories				9.37%		30.9%	23.5%	0.0%		60.8%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99

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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)
990032 FRUITABLE , GOLD RUSH	BOX	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990179 MIXED FRUIT COCKTAIL	1 CUP	95	72	0.00	6	14	0.00	0.00	0	18.10	1.21	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	95	80	3.00	190	1	5.00	0.00	15	0.00	0.00	7.00
Weighted Daily Average			622	9.22	1279	44	15.88	0.00	51	90.99	4.04	27.59
% of Calories				13.34%		28.3%	23.0%	0.0%		58.5%		17.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990051 RICE, FRIED VEG.	CUP	95	270	0.00	440	3	2.50	0.00	0	54.00	4.00	6.00
990060 BROCCOLI, FROZEN CUTS 1 c	1 CUP	95	30	0.00	15	1	0.00	0.00	0	5.00	2.00	2.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	95	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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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
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
Weighted Daily Average			686	1.38	1015	64	7.00	0.00	69	120.65	5.70	29.60
% of Calories				1.81%		37.3%	9.2%	0.0%		70.3%		17.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	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	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
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	95	104	1.19	346	2	10.31	0.00	11	1.62	0.00	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)
990397 CARROTS,STICKS 6 EA	SERVING	95	46	0.04	78	5	0.27	0.00	0	10.86	3.18	1.06
Weighted Daily Average			796	8.18	789	65	26.17	0.00	52	113.56	8.71	30.32
% of Calories				9.25%		32.7%	29.6%	0.0%		57.1%		15.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990429 KK SEASONED FRIES 3/4	3.15 OZ	95	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49
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
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	95	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			852	4.69	1686	61	19.10	0.00	55	135.46	15.32	37.81
% of Calories				4.95%		28.6%	20.2%	0.0%		63.6%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990506 CHICKEN, CORN PUPS	8 EACH	100	362	4.69	549	7	16.08	0.00	54	40.20	6.70	13.40
990430 KK SEASONED FRIES 1 C	4.2 OZ	65	198	0.00	337	0	5.95	0.00	0	29.77	3.97	1.98
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	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			722	5.89	910	46	21.95	0.00	64	103.73	11.17	23.64
% of Calories				7.34%		25.5%	27.4%	0.0%		57.5%		13.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	75	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	75	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
990170 PINEAPPLE TIDBITS,NAT JUICE	1 CUP	75	139	0.00	0	26	0.00	0.00	0	27.89	1.74	1.74
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			753	4.29	1429	50	19.89	0.00	75	107.83	11.69	31.35
% of Calories				5.13%		26.6%	23.8%	0.0%		57.3%		16.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	100	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	100	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)
990157 POTATO, TATER TOTS	1 CUP	85	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990404 APPLE SLICES CANNED 1 C	CUP	85	100	0.00	20	18	0.00	0.00	0	24.00	4.00	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			977	8.37	1149	75	33.06	0.00	172	138.47	7.76	28.01
% of Calories				7.71%		30.7%	30.5%	0.0%		56.7%		11.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	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	95	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990187 BANANAS,RAW	EACH	95	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			693	4.40	1055	43	26.02	0.00	42	87.38	9.16	28.35
% of Calories				5.71%		24.8%	33.8%	0.0%		50.4%		16.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	70	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	85	15	0.02	30	1	0.11	0.00	0	2.89	1.21	0.92
990041 HUMMUS (VEG)	CONTAINER	15	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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	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)
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
Weighted Daily Average			718	7.23	1477	57	27.46	0.00	64	91.80	6.43	29.23
% of Calories				9.06%		31.8%	34.4%	0.0%		51.1%		16.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	100	110	3.00	370	1	5.00	0.00	0	13.00	0.00	2.00
990070 POTATOES, DEHYDRATED MASHED 1 C	1 Cup, Prepar	95	180	0.00	741	0	3.00	0.00	0	32.00	4.00	4.00
990198 GRAVY, CHICKEN	SERVING 2 OZ	95	23	0.00	132	1	0.47	0.00	0	3.76	0.00	0.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	95	51	0.00	2	11	0.00	0.00	0	14.00	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
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			871	10.45	1717	44	33.05	0.00	47	111.42	7.75	27.80
% of Calories				10.80%		20.2%	34.2%	0.0%		51.2%		12.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	95	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	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	95	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86
Weighted Daily Average			672	7.43	762	60	16.81	0.00	41	99.25	7.51	30.66
% of Calories				9.95%		35.7%	22.5%	0.0%		59.1%		18.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
990157 POTATO, TATER TOTS	1 CUP	95	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
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			764	7.82	1156	50	23.73	0.00	38	106.29	5.83	28.44
% of Calories				9.21%		26.2%	28.0%	0.0%		55.6%		14.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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			769	7	1259	54	23.39	*0.00	56	108.67	9.65	30.30
% of Calories				7.83%		28.1%	27.4%	*0.0%		56.5%		15.8%

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.