

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

Menu Name: HS 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)
990130 CHICKEN, POPCORN WG	3.3 OZ	65	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990141 PIZZA STICK, PEPPERONI WG	2 STICK	30	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990298 FRENCH DIP	SANDWICH	5	325	6.25	788	4	15.43	0.50	45	29.50	2.32	19.00
990482 COUSCOUS, CHICKEN & HERB GARLIC 1/2 CUP	1/2 cup	65	68	0.80	192	1	1.55	*0.00	3	12.19	1.63	1.91
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	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
Weighted Daily Average			702	6.25	1212	*39	24.08	*0.02	48	90.15	11.73	32.15
% of Calories				8.01%		*22.2%	30.9%	*0.0%		51.4%		18.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 08/25/2020

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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	70	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99
990444 HOAGIE, BBQ MEATBALL	SERVINGS	25	393	7.50	874	6	19.33	0.00	50	36.00	2.00	15.67
990323 CLUB HOAGIE	HOAGIE	5	233	1.66	765	3	4.19	0.00	36	29.50	2.66	18.11
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	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
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			776	9.68	1484	*50	26.54	0.00	55	99.71	11.75	35.07
% of Calories				11.23%		*25.8%	30.8%	0.0%		51.4%		18.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	40	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	40	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990253 CHEESEBURGER	SANDWICH	40	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990248 WRAP, CHICKEN BACON RANCH	WRAP	20	699	9.60	1546	2	31.24	0.00	76	66.41	3.59	35.91

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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)
990155 POTATO, TATER TOTS	1/2 CUP	55	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990225 RICE CRISPY TREAT WG	PACKAGE	40	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	45	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
Weighted Daily Average			835	8.73	1336	*43	31.92	0.20	115	101.04	9.40	36.57
% of Calories				9.41%		*20.6%	34.4%	0.2%		48.4%		17.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990446 PINWHEEL, MEATBALL	EACH	50	340	6.00	670	3	13.00	0.00	35	40.00	3.00	19.00
990402 TACO SNACK	EACH	40	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990154 SALSA, GREEN CHILI	1/4 Cup	70	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
990306 SALAD, CHEF	SALAD	10	326	5.29	1156	9	18.57	0.00	57	18.88	3.87	21.15
990073 GARLIC TOAST -2	2 OZ	10	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00

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)
990037 BEANS, REFRIED	1/2 CUP	50	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	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
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			768	8.33	1691	*42	24.44	0.00	47	105.09	15.59	35.10
% of Calories				9.76%		*21.9%	28.6%	0.0%		54.7%		18.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990112 PIZZA, CHEESE 16"	SLICE	60	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	20	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990365 WRAP, CHICKEN SALAD	WRAPS	10	462	3.72	947	4	12.36	0.00	51	62.07	5.64	26.48
990277 FRUIT BAR	EACH	80	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	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)
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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
Weighted Daily Average			744	6.50	1104	*50	23.18	0.00	52	99.47	12.31	36.45
% of Calories				7.86%		*26.9%	28.0%	0.0%		53.5%		19.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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)
990473 RIBWICH BBQ	SANDWICH	55	390	6.00	940	13	19.00	0.00	50	39.00	4.00	19.00
990118 BEEF STICKS, BREADED	SERVING (4 EA)	30	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990335 ROLL, DINNER WHITE WG	ROLL	30	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990368 WRAP, GYRO	WRAP	10	530	7.03	973	7	19.10	0.50	39	64.78	5.08	26.60
990155 POTATO, TATER TOTS	1/2 CUP	70	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

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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)
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			795	7.88	1336	*44	31.50	0.05	55	98.61	10.62	31.42
% of Calories				8.92%		*22.1%	35.7%	0.1%		49.6%		15.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990508 HAM N CHEESE FLATBREAD MELT	SANDWICH	30	255	2.25	605	2	7.50	0.00	38	29.00	2.00	18.50
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	40	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	60	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
990456 MOZZARELLA CHEESE STICKS	5 STICKS	30	376	7.11	417	1	18.29	0.00	25	35.57	3.05	19.31
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	40	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)
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			731	7.56	1347	*47	23.24	0.00	45	99.39	11.81	34.70
% of Calories				9.31%		*25.7%	28.6%	0.0%		54.4%		19.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990134 CHICKEN, TERIYAKI	2.85 OZ	24	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990051 RICE, FRIED VEG.	CUP	35	270	0.00	440	3	2.50	0.00	0	54.00	4.00	6.00
990120 CHICKEN, CORN PUPS	6 EACH	60	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	16	335	6.16	995	7	16.86	0.00	72	21.82	6.18	23.63
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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)
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			724	4.53	1207	*50	20.29	0.00	61	105.47	13.59	30.04
% of Calories				5.63%		*27.6%	25.2%	0.0%		58.3%		16.6%
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)
990227 CHICKEN STRIPS, BREADED	3 EA	60	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990482 COUSCOUS, CHICKEN & HERB GARLIC 1/2 CUP	1/2 cup	60	68	0.80	192	1	1.55	*0.00	3	12.19	1.63	1.91
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	40	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00
990287 SALAD, SW CHICKEN PASTA	EACH	10	602	4.32	836	4	22.60	0.00	61	85.84	2.62	28.05
990428 KK SEASONED FRIES 1/2	2.1 OZ	75	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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)
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			814	3.87	1276	*42	24.72	*0.00	73	107.85	12.64	42.06
% of Calories				4.28%		*20.6%	27.3%	*0.0%		53.0%		20.7%
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)
990112 PIZZA, CHEESE 16"	SLICE	60	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990294 CHICKEN FAJITA QUESADILLA	EACH	30	472	7.45	1183	2	15.39	0.00	61	54.18	2.00	25.63
990279 WRAP, TURKEY N HAM	WRAP	10	528	10.75	2338	1	19.79	0.00	68	55.95	2.34	27.21
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	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
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	8.53	1390	*45	23.90	0.00	58	99.50	9.74	36.70
% of Calories				10.06%		*23.6%	28.2%	0.0%		52.2%		19.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

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)
990298 FRENCH DIP	SANDWICH	25	325	6.25	788	4	15.43	0.50	45	29.50	2.32	19.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	35	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00
990141 PIZZA STICK, PEPPERONI WG	2 STICK	40	480	9.00	1000	6	18.00	0.00	50	58.00	6.00	22.00
990429 KK SEASONED FRIES 3/4	3.15 OZ	65	149	0.00	253	0	4.46	0.00	0	22.33	2.98	1.49
990277 FRUIT BAR	EACH	55	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	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
Weighted Daily Average			824	7.48	1464	*41	26.30	0.12	64	109.14	13.03	38.18
% of Calories				8.17%		*19.9%	28.7%	0.1%		53.0%		18.5%
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)
990112 PIZZA, CHEESE 16"	SLICE	65	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00

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)
990283 MEATBALL MARINARA HOAGIE (w/DIPPING SAUCE)	EACH	25	440	9.98	754	7	23.44	0.00	58	33.62	3.08	21.20
990323 CLUB HOAGIE	HOAGIE	10	233	1.66	765	3	4.19	0.00	36	29.50	2.66	18.11
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	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
Weighted Daily Average			787	8.51	1179	*52	26.69	0.00	55	101.40	12.28	36.20
% of Calories				9.73%		*26.4%	30.5%	0.0%		51.5%		18.4%
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)
990389 CHICKEN, THAI SWEET CHILI	SERVINGS	70	151	0.50	442	11	3.01	0.00	60	15.05	0.00	15.05
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	20	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00
990051 RICE, FRIED VEG.	CUP	90	270	0.00	440	3	2.50	0.00	0	54.00	4.00	6.00
990306 SALAD, CHEF	SALAD	10	326	5.29	1156	9	18.57	0.00	57	18.88	3.87	21.15
990073 GARLIC TOAST -2	2 OZ	10	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00

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)
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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
Weighted Daily Average			872	2.88	1591	*57	18.72	0.00	74	138.72	14.68	37.49
% of Calories				2.97%		*26.1%	19.3%	0.0%		63.6%		17.2%
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)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	40	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	40	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990258 SUB, PHILLY STEAK	SANDWICH	20	433	9.08	726	5	23.17	0.56	54	35.08	3.55	25.80
990488 FLATBREAD, CHICKEN FAJITA	SANDWICH	20	322	5.45	703	3	12.39	0.00	61	29.18	2.00	22.63
990494 HASHBROWN COINS @ 2	SERVING @2	65	90	0.00	190	0	2.50	0.00	0	15.00	0.00	1.00
990225 RICE CRISPY TREAT WG	PACKAGE	40	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76

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)
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	45	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
Weighted Daily Average			703	6.87	1086	*43	24.56	0.11	102	90.11	8.04	30.58
% of Calories				8.80%		*24.5%	31.4%	0.1%		51.3%		17.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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	58	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990120 CHICKEN, CORN PUPS	6 EACH	37	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990248 WRAP, CHICKEN BACON RANCH	WRAP	5	699	9.60	1546	2	31.24	0.00	76	66.41	3.59	35.91
990277 FRUIT BAR	EACH	80	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	80	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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)
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			746	7.09	1085	*50	24.74	0.00	52	99.23	12.52	32.67
% of Calories				8.55%		*26.8%	29.8%	0.0%		53.2%		17.5%
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)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	35	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99
990304 SWISS BACON BURGER	SANDWICH	60	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00
990287 SALAD, SW CHICKEN PASTA	EACH	5	602	4.32	836	4	22.60	0.00	61	85.84	2.62	28.05
990428 KK SEASONED FRIES 1/2	2.1 OZ	45	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	30	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)
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			781	8.74	1363	*45	27.57	0.30	65	98.42	11.39	37.98
% of Calories				10.07%		*23.0%	31.8%	0.3%		50.4%		19.5%
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)
990134 CHICKEN, TERIYAKI	2.85 OZ	60	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990460 CHICKEN, EGG ROLL 2 ea	2 EGG ROLL	35	320	3.00	780	4	10.00	0.00	60	40.00	6.00	18.00
990279 WRAP, TURKEY N HAM	WRAP	5	528	10.75	2338	1	19.79	0.00	68	55.95	2.34	27.21
990051 RICE, FRIED VEG.	CUP	60	270	0.00	440	3	2.50	0.00	0	54.00	4.00	6.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	40	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)
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			758	3.61	1424	*50	16.78	0.00	70	116.67	12.82	34.42
% of Calories				4.29%		*26.4%	19.9%	0.0%		61.6%		18.2%
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)
990471 BURRITO SW	BURRITO	50	298	3.14	470	2	9.47	0.00	16	41.48	9.48	16.03
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	40	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00
990293 SALAD, TACO	SALAD	10	510	8.32	911	9	21.98	0.00	51	55.96	10.12	20.81
990072 GARLIC TOAST	SLICE	50	70	0.50	95	0	2.50	0.00	0	12.00	1.00	2.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	25	120	1.00	540	1	2.50	0.00	0	18.00	6.00	6.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	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
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

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)
990154 SALSA, GREEN CHILI	1/4 Cup	30	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
Weighted Daily Average			781	4.63	1375	*46	22.00	0.00	44	114.31	18.95	36.76
% of Calories				5.34%		*23.6%	25.4%	0.0%		58.5%		18.8%
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)
990473 RIBWICH BBQ	SANDWICH	20	390	6.00	940	13	19.00	0.00	50	39.00	4.00	19.00
990118 BEEF STICKS, BREADED	SERVING (4 EA)	40	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990421 ROAST BEEF WITH GRAVY/ SANDWICH	SANDWICH	40	286	4.50	466	3	14.04	0.50	35	30.29	2.32	15.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	45	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	45	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	40	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	45	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)
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			746	7.30	1228	*41	29.43	0.20	53	94.88	11.34	30.79
% of Calories				8.81%		*22.0%	35.5%	0.2%		50.9%		16.5%
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)
990112 PIZZA, CHEESE 16"	SLICE	60	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990491 FLATBREAD, PHILLY STEAK	FLATBREAD	30	273	4.29	391	3	11.01	0.03	17	30.82	3.21	13.10
990298 FRENCH DIP	SANDWICH	10	325	6.25	788	4	15.43	0.50	45	29.50	2.32	19.00
990157 POTATO, TATER TOTS	1 CUP	40	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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)
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			819	8.11	1189	*48	28.92	0.06	44	106.82	11.99	33.78
% of Calories				8.91%		*23.4%	31.8%	0.1%		52.2%		16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990456 MOZZARELLA CHEESE STICKS	5 STICKS	60	376	7.11	417	1	18.29	0.00	25	35.57	3.05	19.31
990210 DIPPING SAUCE - (4 OZ)	4 OZ	50	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
990444 HOAGIE, BBQ MEATBALL	SERVINGS	35	393	7.50	874	6	19.33	0.00	50	36.00	2.00	15.67
990498 WRAP, CLUB	WRAP	5	413	4.16	1205	2	10.19	0.00	36	56.50	2.66	22.11
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	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)
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			797	8.94	1373	*48	28.12	0.00	47	103.46	11.94	34.33
% of Calories				10.10%		*24.1%	31.8%	0.0%		51.9%		17.2%
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	45	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990475 SAUSAGE PATTY	PATTY	45	120	3.80	180	0	94.00	0.00	26	1.00	0.00	6.00
990483 BREAKFAST MUFFIN EGG,SAUSAGE & CHEESE	SANDWICH	50	307	5.44	623	1	99.53	0.00	131	23.40	1.00	16.76
990294 CHICKEN FAJITA QUESADILLA	EACH	5	472	7.45	1183	2	15.39	0.00	61	54.18	2.00	25.63
990496 HASHBROWN COINS @ 3	servings @ 3	35	180	0.00	380	0	5.00	0.00	0	30.00	0.00	2.00
990225 RICE CRISPY TREAT WG	PACKAGE	75	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	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)
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			795	7.67	1244	*46	108.44	0.00	154	101.48	7.66	30.98
% of Calories				8.68%		*23.1%	122.8%	0.0%		51.1%		15.6%
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	45	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990227 CHICKEN STRIPS, BREADED	3 EA	45	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990468 BISCUIT STICK	STICK	90	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	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
990306 SALAD, CHEF	SALAD	10	326	5.29	1156	9	18.57	0.00	57	18.88	3.87	21.15
990073 GARLIC TOAST -2	2 OZ	10	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	45	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	40	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)
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			814	6.67	1819	*38	27.75	0.00	55	101.82	10.68	36.50
% of Calories				7.37%		*18.7%	30.7%	0.0%		50.0%		17.9%
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)
990253 CHEESEBURGER	SANDWICH	70	325	5.75	615	5	15.00	0.50	52	30.00	3.00	21.50
990254 CHICKEN CORDON BLEU SANDWICH	SANDWICH	25	401	3.40	719	6	14.41	0.00	60	38.76	6.00	31.04
990365 WRAP, CHICKEN SALAD	WRAPS	5	462	3.72	947	4	12.36	0.00	51	62.07	5.64	26.48
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	20	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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)
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			792	6.36	1363	*52	24.93	0.35	68	106.88	14.18	40.77
% of Calories				7.23%		*26.3%	28.3%	0.4%		54.0%		20.6%
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)
990473 RIBWICH BBQ	SANDWICH	40	390	6.00	940	13	19.00	0.00	50	39.00	4.00	19.00
990118 BEEF STICKS, BREADED	SERVING (4 EA)	50	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990468 BISCUIT STICK	STICK	90	110	3.00	370	1	5.00	0.00	0	13.00	0.00	2.00
990493 FLATBREAD, GYRO	FLATBREAD	10	380	5.03	493	8	16.10	0.50	39	39.78	5.08	23.60
990156 POTATO, TATER TOTS	3/4 CUP	55	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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)
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			919	11.02	1576	*46	39.27	0.05	56	109.21	11.53	33.26
% of Calories				10.79%		*20.0%	38.5%	0.0%		47.5%		14.5%
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)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	55	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	45	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
990471 BURRITO SW	BURRITO	40	298	3.14	470	2	9.47	0.00	16	41.48	9.48	16.03
990154 SALSA, GREEN CHILI	1/4 Cup	20	20	0.00	360	2	0.00	0.00	0	4.00	2.00	0.00
990507 WRAP, CHICKEN & RANCH	WRAP	5	649	8.60	1326	2	27.24	0.00	66	66.41	3.59	31.91
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	50	130	0.00	230	22	0.00	0.00	5	23.00	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)
990207 UHT MILK CARTON LF	CARTON	40	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			762	7.23	1441	*50	23.22	0.00	42	109.41	15.74	34.04
% of Calories				8.54%		*26.2%	27.4%	0.0%		57.4%		17.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

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)
990134 CHICKEN, TERIYAKI	2.85 OZ	40	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
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
990051 RICE, FRIED VEG.	CUP	80	270	0.00	440	3	2.50	0.00	0	54.00	4.00	6.00
990287 SALAD, SW CHICKEN PASTA	EACH	10	602	4.32	836	4	22.60	0.00	61	85.84	2.62	28.05
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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)
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			874	3.53	1540	*52	19.18	0.00	70	139.11	14.66	37.17
% of Calories				3.64%		*23.8%	19.8%	0.0%		63.7%		17.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990120 CHICKEN, CORN PUPS	6 EACH	50	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990451 GRILLED CHEESE	SANDWICH	40	280	5.56	581	6	9.91	0.00	32	30.96	3.00	18.55
990291 SALAD, SW CHICKEN FAJITA FRESH VEG	SALAD	10	335	6.16	995	7	16.86	0.00	72	21.82	6.18	23.63
990073 GARLIC TOAST -2	2 OZ	45	140	1.00	190	0	5.00	0.00	0	24.00	2.00	4.00
990428 KK SEASONED FRIES 1/2	2.1 OZ	45	99	0.00	169	0	2.98	0.00	0	14.88	1.98	0.99
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	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)
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			801	6.34	1294	*50	25.25	0.00	54	114.36	15.41	32.46
% of Calories				7.12%		*25.0%	28.4%	0.0%		57.1%		16.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
990112 PIZZA, CHEESE 16"	SLICE	75	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990432 WRAP, CHICKEN FAJITA	WRAP	15	514	8.13	1370	2	19.28	0.00	68	55.25	2.23	25.97
990367 HOAGIE, HOT HAM & CHEESE	SANDWICH	10	225	1.75	645	2	4.50	0.00	38	27.00	2.00	17.50
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	238	0.98	464	*9	10.61	0.00	9	30.18	7.95	7.99
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	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
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			723	7.67	1144	*46	23.05	0.00	52	93.89	9.89	35.08
% of Calories				9.55%		*25.4%	28.7%	0.0%		51.9%		19.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Aug 24, 2020 thru Oct 2, 2020

			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			784	7	1350	*47	28.23	*0.05	63	105.37	12.34	34.96
% of Calories				8.01%		*24.0%	32.4%	*0.1%		53.8%		17.8%

**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.