

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

**Menu Name:** SMALL SCHOOLS K-8  
**Site:**

**Include Cost:** No  
**Report Style:** Detailed

### Monday - 08/24/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990156 POTATO, TATER TOTS	3/4 CUP	65	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990180 ORANGE	EACH	45	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990217 SYRUP CUP, SMUCKER'S	CONTAINER	100	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00
Weighted Daily Average			712	7.47	861	59	25.29	0.00	141	97.95	4.97	24.54
% of Calories				9.44%		33.1%	32.0%	0.0%		55.0%		13.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Tuesday - 08/25/2020

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	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
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	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
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			653	5.24	1261	55	14.45	0.00	58	98.49	8.96	36.78
% of Calories				7.22%		33.7%	19.9%	0.0%		60.3%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 08/26/2020

Reimbursable Meal Total 100

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

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990448 SPRING BLEND VEGETABLE	1/2 CUP	85	30	0.00	15	2	0.00	0.00	0	5.00	2.00	1.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	15	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			567	4.00	1019	36	20.07	0.00	36	71.41	8.20	25.85
% of Calories				6.35%		25.4%	31.9%	0.0%		50.4%		18.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 08/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	0.00	27	38.09	5.88	14.15
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
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
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990187 BANANAS,RAW	EACH	65	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	0	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			661	5.19	1340	58	19.60	0.00	48	103.83	13.18	25.51
% of Calories				7.07%		35.1%	26.7%	0.0%		62.8%		15.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 08/28/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00
990220 SALAD, ROMAINE TOSSED	1 1/2 cup	65	37	0.01	18	4	0.18	0.00	0	8.29	1.89	1.04

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	30	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			615	7.28	879	52	20.32	0.00	43	81.39	5.88	25.38
% of Calories				10.65%		33.8%	29.7%	0.0%		52.9%		16.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 08/31/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	85	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	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
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			584	4.92	1118	47	15.22	0.00	51	90.25	10.45	22.90
% of Calories				7.58%		32.2%	23.5%	0.0%		61.8%		15.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Tuesday - 09/01/2020

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
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
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			615	8.78	1249	51	16.43	0.00	41	89.94	5.64	28.59
% of Calories				12.85%		33.2%	24.0%	0.0%		58.5%		18.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 09/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990121 CHICKEN, EGG ROLL	EGG ROLL	100	160	1.50	390	2	5.00	0.00	30	20.00	3.00	9.00
990052 RICE, FRIED VEG.	1/2 CUP	100	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	95	27	0.03	62	3	0.18	0.00	0	6.27	2.04	0.72
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
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00

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## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			646	4.16	1230	42	18.72	0.00	51	95.85	10.54	23.59
% of Calories				5.80%		26.0%	26.1%	0.0%		59.3%		14.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF STICKS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00



# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			656	8.52	806	37	29.50	0.00	51	77.62	8.24	24.91
% of Calories				11.69%		22.6%	40.5%	0.0%		47.3%		15.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 09/04/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	35	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	60	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			649	4.61	1094	38	20.24	0.00	36	92.01	9.18	29.42
% of Calories				6.39%		23.4%	28.1%	0.0%		56.7%		18.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/08/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	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
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	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

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			653	5.24	1261	55	14.45	0.00	58	98.49	8.96	36.78
% of Calories				7.22%		33.7%	19.9%	0.0%		60.3%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/09/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990448 SPRING BLEND VEGETABLE	1/2 CUP	85	30	0.00	15	2	0.00	0.00	0	5.00	2.00	1.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	15	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			567	4.00	1019	36	20.07	0.00	36	71.41	8.20	25.85
% of Calories				6.35%		25.4%	31.9%	0.0%		50.4%		18.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	0.00	27	38.09	5.88	14.15
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	95	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	95	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990187 BANANAS,RAW	EACH	85	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	0	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			686	5.22	1340	61	19.69	0.00	48	110.05	13.89	25.81
% of Calories				6.85%		35.6%	25.8%	0.0%		64.2%		15.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00
990220 SALAD, ROMAINE TOSSED	1 1/2 cup	65	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	65	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	30	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			615	7.28	879	52	20.32	0.00	43	81.39	5.88	25.38
% of Calories				10.65%		33.8%	29.7%	0.0%		52.9%		16.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 09/14/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990120 CHICKEN, CORN PUPS	6 EACH	100	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	85	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	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
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	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 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			584	4.92	1118	47	15.22	0.00	51	90.25	10.45	22.90
% of Calories				7.58%		32.2%	23.5%	0.0%		61.8%		15.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/15/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
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
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			615	8.78	1249	51	16.43	0.00	41	89.94	5.64	28.59
% of Calories				12.85%		33.2%	24.0%	0.0%		58.5%		18.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990188 CHICKEN, TERIYAKI GF	2.85 OZ	100	150	1.00	370	14	4.00	0.00	63	14.00	0.00	14.00
990087 RICE, BROWN,	1/2 Cup, Prepar	85	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	65	31	0.04	84	3	0.23	0.00	0	7.12	2.50	0.92
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
990148 WINTER MIX , VEG.	1/2 CUP	65	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	95	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	20	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 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			663	4.25	973	59	18.74	0.00	90	95.33	7.07	28.20
% of Calories				5.77%		35.6%	25.4%	0.0%		57.5%		17.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Thursday - 09/17/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF STICKS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			656	8.52	806	37	29.50	0.00	51	77.62	8.24	24.91
% of Calories				11.69%		22.6%	40.5%	0.0%		47.3%		15.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	35	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	60	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
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	45	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			659	4.61	1095	40	20.24	0.00	36	94.81	9.38	29.42
% of Calories				6.30%		24.3%	27.6%	0.0%		57.5%		17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

**Monday - 09/21/2020**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990156 POTATO, TATER TOTS	3/4 CUP	45	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990180 ORANGE	EACH	45	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	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 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990217 SYRUP CUP, SMUCKER'S	CONTAINER	100	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00
Weighted Daily Average			674	7.17	804	59	23.21	0.00	141	93.49	4.67	24.24
% of Calories				9.57%		35.0%	31.0%	0.0%		55.5%		14.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/22/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	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
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	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

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			653	5.24	1261	55	14.45	0.00	58	98.49	8.96	36.78
% of Calories				7.22%		33.7%	19.9%	0.0%		60.3%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 09/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990335 ROLL, DINNER WHITE WG	ROLL	65	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990448 SPRING BLEND VEGETABLE	1/2 CUP	85	30	0.00	15	2	0.00	0.00	0	5.00	2.00	1.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	15	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			612	4.16	1100	36	20.72	0.00	36	79.86	8.85	27.15
% of Calories				6.12%		23.5%	30.5%	0.0%		52.2%		17.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	0.00	27	38.09	5.88	14.15
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	95	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	95	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990187 BANANAS,RAW	EACH	1	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	0	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			584	5.09	1339	47	19.31	0.00	48	83.95	10.92	24.56
% of Calories				7.84%		32.2%	29.8%	0.0%		57.5%		16.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00
990220 SALAD, ROMAINE TOSSED	1 1/2 cup	65	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	65	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	30	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			615	7.28	879	52	20.32	0.00	43	81.39	5.88	25.38
% of Calories				10.65%		33.8%	29.7%	0.0%		52.9%		16.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 09/28/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990359 BEEF HOT DOG SANDWICH	SANDWICH	100	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	85	140	0.00	550	12	1.00	0.00	0	29.00	5.00	6.00
990032 FRUITABLE , GOLD RUSH	BOX	65	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	1	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	20	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	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
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	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 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
Weighted Daily Average			616	1.44	1500	48	21.78	0.00	46	82.51	7.47	23.92
% of Calories				2.10%		31.2%	31.8%	0.0%		53.6%		15.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/29/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	90	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
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
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK, LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			615	8.78	1249	51	16.43	0.00	41	89.94	5.64	28.59
% of Calories				12.85%		33.2%	24.0%	0.0%		58.5%		18.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990121 CHICKEN, EGG ROLL	EGG ROLL	100	160	1.50	390	2	5.00	0.00	30	20.00	3.00	9.00
990052 RICE, FRIED VEG.	1/2 CUP	100	135	0.00	220	2	1.25	0.00	0	27.00	2.00	3.00
990457 BABY CARROTS & CELERY STICKS 1/2 c	SERVING	95	27	0.03	62	3	0.18	0.00	0	6.27	2.04	0.72
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
990148 WINTER MIX , VEG.	1/2 CUP	95	25	0.00	20	1	0.00	0.00	0	4.00	2.00	2.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	20	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			646	4.16	1230	42	18.72	0.00	51	95.85	10.54	23.59
% of Calories				5.80%		26.0%	26.1%	0.0%		59.3%		14.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/01/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 BEEF STICKS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990069 CORN KERNEL 1/2 C	1/2 CUP	45	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
000064 APPLES,Fresh	EACH	45	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			656	8.52	806	37	29.50	0.00	51	77.62	8.24	24.91
% of Calories				11.69%		22.6%	40.5%	0.0%		47.3%		15.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 10/02/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990349 CHICKEN SANDWICH BREADED ELEMENTARY	SANDWICH	100	380	2.50	710	6	15.00	0.00	25	44.00	6.00	20.00
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	35	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE	SERVING	60	130	1.00	300	0	4.50	0.00	0	21.01	3.00	2.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	70	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			649	4.61	1094	38	20.24	0.00	36	92.01	9.18	29.42
% of Calories				6.39%		23.4%	28.1%	0.0%		56.7%		18.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 10/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	100	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990156 POTATO, TATER TOTS	3/4 CUP	45	193	1.49	283	0	10.42	0.00	0	22.32	1.49	1.49
990180 ORANGE	EACH	45	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990217 SYRUP CUP, SMUCKER'S	CONTAINER	100	109	0.00	20	22	0.00	0.00	0	28.77	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	45	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
Weighted Daily Average			746	7.62	849	64	25.46	0.00	146	105.19	5.57	25.14
% of Calories				9.19%		34.3%	30.7%	0.0%		56.4%		13.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 10/06/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	75	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49
990035 BEANS, BAKED 1/2 CUP	1/2 CUP	75	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
990239 JUICE, ORANGE	EACH	65	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	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

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			653	5.24	1261	55	14.45	0.00	58	98.49	8.96	36.78
% of Calories				7.22%		33.7%	19.9%	0.0%		60.3%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 10/07/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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	85	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990448 SPRING BLEND VEGETABLE	1/2 CUP	85	30	0.00	15	2	0.00	0.00	0	5.00	2.00	1.00
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
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	10	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	15	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			626	4.21	1125	37	20.92	0.00	36	82.46	9.05	27.55
% of Calories				6.05%		23.6%	30.1%	0.0%		52.7%		17.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/08/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990191 MANWICH ELEMENTARY	3 OZ SERVINGS	100	251	2.44	641	10	6.88	0.00	27	38.09	5.88	14.15
990394 CARROTS,STICKS 3EA	SERVING	95	23	0.02	39	3	0.14	0.00	0	5.43	1.59	0.53
990380 RANCH SALAD DRESSING @ 2 oz=4 TBSP	OZ	95	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	95	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99
990180 ORANGE	EACH	95	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	0	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	35	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00



# Base Menu Spreadsheet

## Portion Values

Aug 24, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			583	5.09	1335	47	19.31	0.00	48	83.64	12.79	25.50
% of Calories				7.86%		32.2%	29.8%	0.0%		57.4%		17.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 10/09/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990137 PIZZA, CHEESE 4X6 WG	4.5 OZ	100	300	5.00	440	10	11.00	0.00	25	33.00	4.00	16.00
990220 SALAD, ROMAINE TOSSED	1 1/2 cup	65	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	65	104	1.19	346	2	10.31	0.00	11	1.62	0.00	1.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	65	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00
990207 UHT MILK CARTON LF	CARTON	30	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			615	7.28	879	52	20.32	0.00	43	81.39	5.88	25.38
% of Calories				10.65%		33.8%	29.7%	0.0%		52.9%		16.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			635	6	1097	48	19.99	0.00	56	89.24	8.40	27.18
% of Calories				8.29%		30.2%	28.3%	0.0%		56.2%		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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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