

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

**Menu Name:** High School Menu Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Friday - 11/01/2019

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001151 Sandwich BBQ Chicken                | sandwich     | 1         | 290                      | 1.53                   | 547                    | 8          | 7.09      | 0.00                    | 66          | 36.96    | 4.00      | 22.30     |
| 001104 Fish & Fry Basket High              | basket       | 1         | 515                      | 3.96                   | 1056                   | 5          | 25.78     | 0.00                    | 35          | 57.38    | 3.95      | 13.95     |
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                 | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                          | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                        | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |

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## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 990137 Vegetable Roasted Brussel Sprouts         | 1/2 cup      | 1         | 90                       | 0.38                   | 35                     | *3         | 5.75      | 0.00                    | 0           | 6.02     | 4.01      | 4.01      |
| 000634 Vegetable Turnip Greens                   | 1/2 cup      | 1         | 38                       | 0.32                   | 39                     | 0          | 0.79      | 0.00                    | 0           | 3.74     | 2.49      | 2.49      |
| 000439 Vegetable Peas & Carrots Frozen           | 1/2 cup      | 1         | 60                       | 0.00                   | 93                     | *5         | 0.00      | 0.00                    | 0           | 12.01    | 4.00      | 4.00      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                         | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free                  | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                            | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001021 Bottled Water 10oz               | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet         | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet         | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz        | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                  |              |           | 6693                     | 91.07                  | 13440                  | *244       | 273.22    | *0.00                   | 1064        | 726.76   | 98.97     | *388.00   |
| % of Calories                           |              |           |                          | 12.25%                 |                        | *14.6%     | 36.7%     | *0.0%                   |             | 43.4%    |           | *23.2%    |
| Weekly Nutrient Guideline               |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Monday - 11/04/2019

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001122 Chicken Nugget Breaded (Middle/High School) | 6 nuggets    | 1         | 240                      | 2.40                   | 480                    | 1          | 12.00     | 0.00                    | 42          | 15.60    | 2.40      | 18.00     |
| 000730 Chicken Blazin Buffalo MS & HS              | 6 nuggets    | 1         | 290                      | 4.64                   | 1930                   | 1          | 17.48     | 0.00                    | 42          | 29.56    | 2.40      | 18.00     |
| 000906 Grains Roll Homestyle                       | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 001181 Pizza Nardone Cheese 4x6                    | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6           | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular         | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy             | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990051 Sandwich Cheeseburger                     | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                        | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese                     | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese                | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                             | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                       | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                                | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                              | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000986 Vegetable Potato Cottage Fries            | 1/2 cup      | 1         | 173                      | 0.67                   | 27                     | 0          | 4.67      | 0.00                    | 0           | 29.35    | 2.67      | 4.00      |
| 000993 Vegetable Beans Green Frozen              | 1/2 CUP      | 1         | 49                       | 0.15                   | 5                      | *2         | 2.15      | 0.00                    | 0           | 6.16     | 2.05      | 2.05      |
| 000995 Vegetable Blend Dutch California          | 1/2 cup      | 1         | 27                       | 0.00                   | 27                     | *2         | 0.00      | 0.00                    | 0           | 5.34     | 2.14      | 1.07      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000064 Fruit Apples Fresh Sliced              | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                          | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced              | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh) | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                          | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                      | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free               | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                         | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                     | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet               | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet               | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet       | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz              | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                        |              |           | 6609                     | 93.25                  | 14238                  | *236       | 272.12    | *0.00                   | 1051        | 720.66   | 92.17     | *387.37   |
| % of Calories                                 |              |           |                          | 12.70%                 |                        | *14.3%     | 37.1%     | *0.0%                   |             | 43.6%    |           | *23.4%    |
| Weekly Nutrient Guideline                     |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

Tuesday - 11/05/2019

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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 Pasta Penne Meat Sauce - Rational   | servings     | 1         | 362                      | 2.12                   | 655                    | *10        | 6.90      | 0.00                    | 25          | 53.84    | 4.77      | 18.85     |
| 001123 Chicken Parmesan w/Penne            | servings     | 1         | 610                      | 5.16                   | 1585                   | *18        | 16.28     | 0.00                    | 51          | 80.27    | 9.69      | 32.18     |
| 990148 Grains Garlic Toast                 | Each         | 1         | 90                       | 0.00                   | 160                    | 0          | 2.50      | 0.00                    | 0           | 15.00    | 1.00      | 3.00      |
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                 | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                          | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                        | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken               | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                        | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |

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## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000040 Vegetable Peas Green                      | 1/2 cup      | 1         | 93                       | 0.00                   | 127                    | *7         | 0.00      | 0.00                    | 0           | 16.01    | 5.34      | 5.34      |
| 000908 Vegetable Blend Tuscan                    | 1/2 Cup      | 1         | 30                       | 0.00                   | 15                     | *2         | 0.00      | 0.00                    | 0           | 6.01     | 2.00      | 1.00      |
| 000258 Vegetable Broccoli Florets Frozen         | 1/2 cup      | 1         | 29                       | 0.00                   | 19                     | 2          | 0.00      | 0.00                    | 0           | 3.82     | 1.91      | 0.96      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                         | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free                  | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                            | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                        | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet                  | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet                  | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000892 Condiment Mayonnaise Lite Packet | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz        | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                  |              |           | 6914                     | 92.16                  | 14230                  | *262       | 259.49    | *0.00                   | 1039        | 785.61   | 105.22    | *402.56   |
| % of Calories                           |              |           |                          | 12.00%                 |                        | *15.2%     | 33.8%     | *0.0%                   |             | 45.5%    |           | *23.3%    |
| Weekly Nutrient Guideline               |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Wednesday - 11/06/2019

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001220 Meatballs Spicy Teriyaki                | servings     | 1         | 324                      | 5.00                   | 942                    | 33         | 12.00     | 0.00                    | 45          | 38.20    | 0.00      | 13.00     |
| 990135 Chicken General Tso Popcorn - (MS & HS) | 4 oz spoodle | 1         | 296                      | 3.17                   | 380                    | 11         | 15.85     | 0.00                    | 121         | 13.73    | 0.00      | 24.30     |
| 990132 Chicken Tangerine Popcorn               | 4 oz Spoodle | 1         | 197                      | 2.11                   | 254                    | 6          | 10.56     | 0.00                    | 77          | 8.45     | 0.00      | 16.20     |
| 001181 Pizza Nardone Cheese 4x6                | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6       | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular     | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy         | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger                   | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                      | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese                   | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990138 Sandwich Turkey and Cheese                | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                             | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                       | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                                | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                              | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 001189 Grains Rice Fried MS & HS                 | Cup          | 1         | 270                      | 0.00                   | 441                    | 3          | 2.50      | 0.00                    | 0           | 54.08    | 4.01      | 6.01      |
| 990050 Grains Egg roll Vegetable WG              | Each         | 1         | 140                      | 1.00                   | 150                    | 4          | 3.50      | 0.00                    | 0           | 22.00    | 4.00      | 4.00      |
| 000662 Vegetable Blend Oriental Stir Fry         | 1/2 cup      | 1         | 15                       | 0.00                   | 10                     | *2         | 0.00      | 0.00                    | 0           | 2.52     | 1.01      | 1.01      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000317 Fruit Chilled Variety (Canned & Fresh) | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                          | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                      | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free               | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                         | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                     | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet               | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet               | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet       | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz              | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                        |              |           | 6942                     | 96.17                  | 13846                  | *281       | 278.23    | *0.00                   | 1207        | 749.65   | 89.53     | *405.76   |
| % of Calories                                 |              |           |                          | 12.47%                 |                        | *16.2%     | 36.1%     | *0.0%                   |             | 43.2%    |           | *23.4%    |
| Weekly Nutrient Guideline                     |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Thursday - 11/07/2019

### Reimbursable Meal Total 1

|                                     | 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) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000703 Enchilada Cheese Pepper Jack | 2 enchiladas | 1         | 390                      | 12.20                  | 716                    | 1          | 21.69     | 0.00                    | 52          | 32.31    | 2.06      | 17.37     |
| 000774 Burrito Beef & Bean HS Only  | burrito      | 1         | 389                      | 8.80                   | 1015                   | *1         | 18.35     | 1.00                    | 56          | 32.84    | 3.33      | 23.29     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                 | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                          | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                        | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken               | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                        | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle               | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000001 Grains Rice Mexican Fiesta          | 1/2 cup      | 1         | 116                      | 0.70                   | 339                    | *2         | 2.21      | 0.00                    | 0           | 21.50    | 0.50      | 2.50      |
| 000736 Vegetable Beans Black               | 1/2 Cup      | 1         | 102                      | 0.00                   | 143                    | 2          | 0.00      | 0.00                    | 0           | 18.37    | 6.12      | 7.14      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000271 Vegetable Corn Buttery                    | 1/2 cup      | 1         | 74                       | 0.17                   | 4                      | 3          | 0.91      | 0.00                    | 0           | 15.96    | 2.00      | 2.00      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                         | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free                  | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                            | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                        | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet                  | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet                  | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet          | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|                                  | 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) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000893 Condiment Ranch Lite 1 oz | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average           |              |           | 6770                     | 106.75                 | 13886                  | *232       | 276.98    | *1.00                   | 1070        | 731.64   | 94.52     | *393.54   |
| % of Calories                    |              |           |                          | 14.19%                 |                        | *13.7%     | 36.8%     | *0.1%                   |             | 43.2%    |           | *23.3%    |
| Weekly Nutrient Guideline        |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Friday - 11/08/2019

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990143 BBQ Pork Cornbread Bowl             | servings     | 1         | 308                      | 2.58                   | 387                    | 18         | 12.36     | 0.00                    | 49          | 35.43    | 1.00      | 16.24     |
| 000719 Sandwich Hot Dog                    | sandwich     | 1         | 319                      | 6.96                   | 558                    | 4          | 18.41     | 0.00                    | 35          | 28.99    | 4.00      | 10.97     |
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000765 Salad Asian Chicken                       | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                                | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                              | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000527 Vegetable Beans White                     | 1/2 cup      | 1         | 150                      | 0.00                   | 140                    | *2         | 0.00      | 0.00                    | 0           | 28.00    | 6.00      | 7.00      |
| 000634 Vegetable Turnip Greens                   | 1/2 cup      | 1         | 38                       | 0.32                   | 39                     | 0          | 0.79      | 0.00                    | 0           | 3.74     | 2.49      | 2.49      |
| 000986 Vegetable Potato Cottage Fries            | 1/2 cup      | 1         | 173                      | 0.67                   | 27                     | 0          | 4.67      | 0.00                    | 0           | 29.35    | 2.67      | 4.00      |
| 000468 Salad Coleslaw                            | 1/4 cup      | 1         | 51                       | 0.72                   | 133                    | 2          | 4.01      | 0.00                    | 2           | 3.14     | 0.41      | 0.21      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000230 Milk White 1%                    | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free         | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                   | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz               | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet         | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet         | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz        | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                  |              |           | 6739                     | 96.13                  | 12953                  | *250       | 274.05    | *0.00                   | 1048        | 739.31   | 97.09     | *382.15   |
| % of Calories                           |              |           |                          | 12.84%                 |                        | *14.8%     | 36.6%     | *0.0%                   |             | 43.9%    |           | *22.7%    |
| Weekly Nutrient Guideline               |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Monday - 11/11/2019

### Reimbursable Meal Total 1

|                                  | 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) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000966 Chicken Breaded Drumstick | drumstick    | 1         | 220                      | 3.00                   | 530                    | 0          | 13.00     | 0.00                    | 60          | 6.00     | 1.00      | 19.00     |
| 000327 Salisbury Steak w/Gravy   | steaks       | 1         | 164                      | 3.00                   | 658                    | *1         | 8.22      | 0.00                    | 40          | 7.24     | 1.00      | 16.00     |
| 000906 Grains Roll Homestyle     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                 | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                          | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                        | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken               | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                        | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle               | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000986 Vegetable Potato Cottage Fries      | 1/2 cup      | 1         | 173                      | 0.67                   | 27                     | 0          | 4.67      | 0.00                    | 0           | 29.35    | 2.67      | 4.00      |
| 000993 Vegetable Beans Green Frozen        | 1/2 CUP      | 1         | 49                       | 0.15                   | 5                      | *2         | 2.15      | 0.00                    | 0           | 6.16     | 2.05      | 2.05      |



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001237 Fruit Baked Apples                        | 1/2 cup      | 1         | 91                       | 0.00                   | 16                     | 19         | 0.00      | 0.00                    | 0           | 23.03    | 1.62      | 0.00      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                         | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free                  | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                            | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                        | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet                  | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet                  | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet          | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|                                  | 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) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000893 Condiment Ranch Lite 1 oz | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average           |              |           | 6527                     | 92.20                  | 13006                  | *252       | 263.85    | *0.00                   | 1067        | 706.43   | 88.86     | *385.30   |
| % of Calories                    |              |           |                          | 12.71%                 |                        | *15.4%     | 36.4%     | *0.0%                   |             | 43.3%    |           | *23.6%    |
| Weekly Nutrient Guideline        |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

Tuesday - 11/12/2019

Reimbursable Meal Total 1

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000956 Pasta Chicken Broccoli Alfredo Penne | servings     | 1         | 423                      | 7.10                   | 714                    | *2         | 17.27     | 0.00                    | 69          | 37.29    | 2.18      | 28.42     |
| 000515 Hot Pocket Turkey Pepperoni          | each         | 1         | 300                      | 5.00                   | 680                    | 7          | 11.00     | 0.00                    | 45          | 32.00    | 3.00      | 18.00     |
| 001181 Pizza Nardone Cheese 4x6             | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6    | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular  | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy      | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger                | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                   | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese                | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese           | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                        | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000765 Salad Asian Chicken                       | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                                | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                              | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000674 Vegetable Potato Sweet Casserole          | 1/2 CUP      | 1         | 175                      | 0.00                   | 20                     | 26         | 0.00      | 0.00                    | 0           | 42.34    | 2.00      | 1.20      |
| 000907 Vegetable Blend Provence                  | 1/2 Cup      | 1         | 30                       | 0.00                   | 25                     | *2         | 0.00      | 0.00                    | 0           | 3.99     | 1.99      | 1.00      |
| 000258 Vegetable Broccoli Florets Frozen         | 1/2 cup      | 1         | 29                       | 0.00                   | 19                     | 2          | 0.00      | 0.00                    | 0           | 3.82     | 1.91      | 0.96      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990113 Milk Chocolate 1%                | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free         | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                   | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz               | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet         | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet         | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz        | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                  |              |           | 6656                     | 96.99                  | 13127                  | *263       | 262.08    | *0.00                   | 1077        | 730.10   | 91.60     | *390.82   |
| % of Calories                           |              |           |                          | 13.11%                 |                        | *15.8%     | 35.4%     | *0.0%                   |             | 43.9%    |           | *23.5%    |
| Weekly Nutrient Guideline               |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Wednesday - 11/13/2019

### Reimbursable Meal Total 1

|  | 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) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000601 Chicken Pot Pie MS&HS             | servings        | 1         | 462                      | 8.60                   | 1541                   | 10         | 16.45     | 0.00                    | 89          | 44.78    | 4.68      | 33.76     |
| 000310 Corn Dog Mini Turkey WG           | 6 mini corn dog | 1         | 290                      | 3.50                   | 380                    | 7          | 14.00     | 0.00                    | 55          | 30.00    | 3.00      | 10.00     |
| 001181 Pizza Nardone Cheese 4x6          | slices          | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6 | slices          | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001152 Sandwich Chicken WG Breaded Regular       | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy           | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger                     | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                        | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese                     | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese                | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                             | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                       | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                                | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                              | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000737 Vegetable Carrots Whole Baby Buttery      | 1/2 Cup      | 1         | 38                       | 0.27                   | 71                     | 4          | 0.66      | 0.00                    | 0           | 7.47     | 3.20      | 1.07      |
| 000907 Vegetable Blend Provence                  | 1/2 Cup      | 1         | 30                       | 0.00                   | 25                     | *2         | 0.00      | 0.00                    | 0           | 3.99     | 1.99      | 1.00      |
| 990137 Vegetable Roasted Brussel Sprouts         | 1/2 cup      | 1         | 90                       | 0.38                   | 35                     | *3         | 5.75      | 0.00                    | 0           | 6.02     | 4.01      | 4.01      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000875 Vegetable Veggie Bowl Variety          | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots              | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced              | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                          | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced              | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh) | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                          | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                      | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free               | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                         | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                     | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet               | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet               | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet       | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz              | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                        |              |           | 6609                     | 97.63                  | 13721                  | *250       | 270.68    | *0.00                   | 1107        | 702.92   | 97.41     | *391.08   |
| % of Calories                                 |              |           |                          | 13.30%                 |                        | *15.1%     | 36.9%     | *0.0%                   |             | 42.5%    |           | *23.7%    |
| Weekly Nutrient Guideline                     |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

Thursday - 11/14/2019

Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001137 Nachos with Pulled Chicken          | EACH         | 1         | 421                      | 4.68                   | 720                    | *0         | 20.02     | 0.00                    | 59          | 45.74    | 4.05      | 19.06     |
| 001136 Nachos with Beef                    | EACH         | 1         | 442                      | 5.78                   | 800                    | *1         | 22.57     | 0.00                    | 40          | 46.75    | 4.05      | 18.42     |
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                 | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                          | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                        | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken               | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                        | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000001 Grains Rice Mexican Fiesta                | 1/2 cup      | 1         | 116                      | 0.70                   | 339                    | *2         | 2.21      | 0.00                    | 0           | 21.50    | 0.50      | 2.50      |
| 000650 Vegetable Beans Refried Cheesy            | 1/2 cup      | 1         | 75                       | 0.90                   | 248                    | 0          | 1.70      | 0.00                    | 4           | 9.89     | 3.33      | 4.83      |
| 000271 Vegetable Corn Buttery                    | 1/2 cup      | 1         | 74                       | 0.17                   | 4                      | 3          | 0.91      | 0.00                    | 0           | 15.96    | 2.00      | 2.00      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                         | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free                  | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                            | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                        | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet                  | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet                  | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000892 Condiment Mayonnaise Lite Packet | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz        | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                  |              |           | 6826                     | 97.11                  | 13781                  | *229       | 281.24    | *0.00                   | 1066        | 750.50   | 94.44     | *388.05   |
| % of Calories                           |              |           |                          | 12.80%                 |                        | *13.4%     | 37.1%     | *0.0%                   |             | 44.0%    |           | *22.7%    |
| Weekly Nutrient Guideline               |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Friday - 11/15/2019

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000771 Sandwich Hot Ham & Cheese Croissant | sandwich     | 1         | 345                      | 9.25                   | 1020                   | 3          | 19.50     | 0.00                    | 60          | 26.50    | 2.00      | 17.00     |
| 000301 Sandwich BBQ Pulled Pork            | sandwich     | 1         | 270                      | 2.11                   | 589                    | 3          | 7.82      | 0.00                    | 38          | 30.90    | 4.00      | 23.65     |
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000029 Sandwich PB&J                             | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                       | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                                | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                              | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000332 Grains Mac & Cheese Side item             | 1/2 cup      | 1         | 279                      | 8.28                   | 719                    | *2         | 16.27     | 0.00                    | 35          | 21.37    | 0.97      | 10.84     |
| 000299 Vegetable Beans Baked                     | 1/2 cup      | 1         | 150                      | 0.50                   | 540                    | 11         | 1.00      | 0.00                    | 0           | 30.00    | 7.00      | 6.00      |
| 000439 Vegetable Peas & Carrots Frozen           | 1/2 cup      | 1         | 60                       | 0.00                   | 93                     | *5         | 0.00      | 0.00                    | 0           | 12.01    | 4.00      | 4.00      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000230 Milk White 1%                    | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free         | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                   | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz               | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet         | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet         | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz        | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                  |              |           | 6804                     | 105.02                 | 14630                  | *248       | 278.40    | *0.00                   | 1096        | 731.44   | 98.49     | *402.74   |
| % of Calories                           |              |           |                          | 13.89%                 |                        | *14.6%     | 36.8%     | *0.0%                   |             | 43.0%    |           | *23.7%    |
| Weekly Nutrient Guideline               |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Monday - 11/18/2019

### Reimbursable Meal Total 1

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990136 Chicken Popcorn                      | 10 popcorn   | 1         | 260                      | 3.00                   | 550                    | 0          | 13.00     | 0.00                    | 70          | 17.00    | 3.00      | 19.00     |
| 990046 Chicken Buffalo Popcorn Basket MS/HS | 10 popcorn   | 1         | 472                      | 5.23                   | 1558                   | 0          | 24.00     | 0.00                    | 70          | 47.16    | 5.08      | 21.08     |
| 000906 Grains Roll Homestyle                | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                 | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                          | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                        | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken               | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                        | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle               | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000986 Vegetable Potato Cottage Fries      | 1/2 cup      | 1         | 173                      | 0.67                   | 27                     | 0          | 4.67      | 0.00                    | 0           | 29.35    | 2.67      | 4.00      |
| 000993 Vegetable Beans Green Frozen        | 1/2 CUP      | 1         | 49                       | 0.15                   | 5                      | *2         | 2.15      | 0.00                    | 0           | 6.16     | 2.05      | 2.05      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000995 Vegetable Blend Dutch California          | 1/2 cup      | 1         | 27                       | 0.00                   | 27                     | *2         | 0.00      | 0.00                    | 0           | 5.34     | 2.14      | 1.07      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                         | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free                  | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                            | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                        | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet                  | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet                  | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet          | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|                                  | 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) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000893 Condiment Ranch Lite 1 oz | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average           |              |           | 6811                     | 94.44                  | 13935                  | *234       | 279.63    | *0.00                   | 1107        | 739.66   | 95.45     | *391.44   |
| % of Calories                    |              |           |                          | 12.48%                 |                        | *13.7%     | 37.0%     | *0.0%                   |             | 43.4%    |           | *23.0%    |
| Weekly Nutrient Guideline        |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

Tuesday - 11/19/2019

Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001145 Pasta Lasagna with Meat Sauce       | servings     | 1         | 335                      | 6.34                   | 1111                   | 13         | 13.33     | 0.00                    | 49          | 27.70    | 4.67      | 23.27     |
| 990148 Grains Garlic Toast                 | Each         | 1         | 90                       | 0.00                   | 160                    | 0          | 2.50      | 0.00                    | 0           | 15.00    | 1.00      | 3.00      |
| 001154 Sandwich Chicken Parmesan           | sandwich     | 1         | 448                      | 4.92                   | 1075                   | 8          | 16.86     | 0.00                    | 50          | 49.94    | 7.50      | 27.83     |
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000029 Sandwich PB&J                             | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                       | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                                | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                              | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000040 Vegetable Peas Green                      | 1/2 cup      | 1         | 93                       | 0.00                   | 127                    | *7         | 0.00      | 0.00                    | 0           | 16.01    | 5.34      | 5.34      |
| 000995 Vegetable Blend Dutch California          | 1/2 cup      | 1         | 27                       | 0.00                   | 27                     | *2         | 0.00      | 0.00                    | 0           | 5.34     | 2.14      | 1.07      |
| 000258 Vegetable Broccoli Florets Frozen         | 1/2 cup      | 1         | 29                       | 0.00                   | 19                     | 2          | 0.00      | 0.00                    | 0           | 3.82     | 1.91      | 0.96      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000230 Milk White 1%                    | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free         | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                   | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz               | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet         | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet         | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz        | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                  |              |           | 6721                     | 96.14                  | 14188                  | *255       | 266.51    | *0.00                   | 1061        | 728.47   | 103.06    | *402.70   |
| % of Calories                           |              |           |                          | 12.87%                 |                        | *15.2%     | 35.7%     | *0.0%                   |             | 43.4%    |           | *24.0%    |
| Weekly Nutrient Guideline               |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Wednesday - 11/20/2019

### Reimbursable Meal Total 1

|                                      | 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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000712 Corn Dog Chicken              | corndogs     | 1         | 240                      | 2.50                   | 390                    | 5          | 8.00      | 0.00                    | 40          | 30.00    | 5.00      | 9.00      |
| 001098 Sandwich Hot Ham & Cheese Sub | sandwich     | 1         | 305                      | 5.75                   | 1060                   | 4          | 13.50     | 0.00                    | 55          | 28.50    | 3.00      | 18.00     |
| 001181 Pizza Nardone Cheese 4x6      | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                 | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                          | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                        | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken               | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                        | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle               | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000335 Vegetable Beans Texas Ranch         | 1/2 cup      | 1         | 108                      | 0.00                   | 481                    | 1          | 0.49      | 0.00                    | 0           | 19.63    | 4.91      | 5.89      |
| 000465 Vegetable Carrots Honey Glaze       | 1/2 cup      | 1         | 72                       | 0.97                   | 88                     | 9          | 2.37      | 0.00                    | 0           | 12.09    | 3.20      | 1.08      |
| 000907 Vegetable Blend Provence            | 1/2 Cup      | 1         | 30                       | 0.00                   | 25                     | *2         | 0.00      | 0.00                    | 0           | 3.99     | 1.99      | 1.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                         | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free                  | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                            | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                        | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet                  | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet                  | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet          | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|                                  | 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) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000893 Condiment Ranch Lite 1 oz | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average           |              |           | 6454                     | 94.11                  | 13713                  | *244       | 258.18    | *0.00                   | 1058        | 704.86   | 98.62     | *376.21   |
| % of Calories                    |              |           |                          | 13.12%                 |                        | *15.1%     | 36.0%     | *0.0%                   |             | 43.7%    |           | *23.3%    |
| Weekly Nutrient Guideline        |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Thursday - 11/21/2019

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000745 Quesadilla Cheese                   | each         | 1         | 396                      | 10.25                  | 1229                   | 5          | 19.83     | 1.00                    | 45          | 29.78    | 1.00      | 21.00     |
| 000724 Fajita Chicken MS & HS              | 2 fajita     | 1         | 409                      | 8.48                   | 1131                   | 2          | 17.62     | 1.00                    | 74          | 39.17    | 2.39      | 23.47     |
| 001181 Pizza Nardone Cheese 4x6            | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000765 Salad Asian Chicken                       | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                                | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                              | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                      | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken                     | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                              | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle                     | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000001 Grains Rice Mexican Fiesta                | 1/2 cup      | 1         | 116                      | 0.70                   | 339                    | *2         | 2.21      | 0.00                    | 0           | 21.50    | 0.50      | 2.50      |
| 000007 Vegetable Beans Pinto                     | 1/2 cup      | 1         | 92                       | 0.00                   | 130                    | *1         | 0.00      | 0.00                    | 0           | 17.54    | 4.62      | 5.54      |
| 000271 Vegetable Corn Buttery                    | 1/2 cup      | 1         | 74                       | 0.17                   | 4                      | 3          | 0.91      | 0.00                    | 0           | 15.96    | 2.00      | 2.00      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990113 Milk Chocolate 1%                | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free         | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                   | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz               | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet         | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet         | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |
| 000893 Condiment Ranch Lite 1 oz        | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average                  |              |           | 6786                     | 104.48                 | 14501                  | *236       | 274.39    | *2.00                   | 1082        | 734.61   | 91.01     | *395.75   |
| % of Calories                           |              |           |                          | 13.86%                 |                        | *13.9%     | 36.4%     | *0.3%                   |             | 43.3%    |           | *23.3%    |
| Weekly Nutrient Guideline               |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Friday - 11/22/2019

### Reimbursable Meal Total 1

|                                    | 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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000338 Sandwich Grilled Cheese     | sandwich     | 1         | 425                      | 12.92                  | 1371                   | 6          | 27.13     | 0.00                    | 50          | 32.00    | 4.00      | 16.00     |
| 000339 Soup Tomato Healthy Request | 1/2 cup      | 1         | 116                      | 1.27                   | 460                    | 13         | 2.29      | 0.00                    | 5           | 19.67    | 1.04      | 3.04      |
| 001151 Sandwich BBQ Chicken        | sandwich     | 1         | 290                      | 1.53                   | 547                    | 8          | 7.09      | 0.00                    | 66          | 36.96    | 4.00      | 22.30     |
| 001181 Pizza Nardone Cheese 4x6    | slices       | 1         | 310                      | 6.00                   | 360                    | 6          | 12.00     | 0.00                    | 30          | 30.00    | 3.00      | 22.00     |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001191 Pizza Nardone Pepperoni Diced 4x6   | slices       | 1         | 350                      | 7.00                   | 580                    | 6          | 17.00     | 0.00                    | 40          | 29.00    | 3.00      | 22.00     |
| 001152 Sandwich Chicken WG Breaded Regular | sandwich     | 1         | 340                      | 2.00                   | 640                    | 3          | 12.00     | 0.00                    | 35          | 42.00    | 6.00      | 21.00     |
| 000399 Sandwich Chicken WG Hot & Spicy     | sandwich     | 1         | 350                      | 2.50                   | 710                    | 3          | 13.00     | 0.00                    | 55          | 41.00    | 5.00      | 21.00     |
| 990051 Sandwich Cheeseburger               | sandwich     | 1         | 300                      | 4.50                   | 765                    | 3          | 11.50     | 0.00                    | 48          | 30.00    | 5.00      | 22.50     |
| 990052 Sandwich Hamburger                  | sandwich     | 1         | 250                      | 2.00                   | 510                    | 3          | 7.00      | 0.00                    | 35          | 30.00    | 5.00      | 20.00     |
| 001048 Sandwich Ham & Cheese               | sandwich     | 1         | 320                      | 5.75                   | 1032                   | 6          | 13.56     | 0.00                    | 55          | 33.39    | 4.60      | 18.36     |
| 990138 Sandwich Turkey and Cheese          | sandwich     | 1         | 271                      | 2.50                   | 1036                   | 6          | 7.01      | 0.00                    | 28          | 34.19    | 4.13      | 20.58     |
| 000029 Sandwich PB&J                       | sandwich     | 1         | 570                      | 5.00                   | 415                    | 21         | 32.00     | 0.00                    | 0           | 63.00    | 8.00      | 20.00     |
| 000765 Salad Asian Chicken                 | salads       | 1         | 419                      | 8.25                   | 742                    | 16         | 19.99     | 0.00                    | 65          | 37.38    | 4.78      | 23.70     |
| 000139 Salad Chef                          | salads       | 1         | 238                      | 7.62                   | 1415                   | 5          | 12.51     | 0.00                    | 62          | 10.65    | 2.96      | 23.24     |
| 000827 Salad Garden                        | salads       | 1         | 222                      | 8.00                   | 263                    | 5          | 14.29     | 0.00                    | 242         | 9.44     | 3.24      | 14.83     |
| 000539 Salad Chicken Caesar                | salads       | 1         | 131                      | 1.41                   | 647                    | 2          | 3.56      | 0.00                    | 72          | 5.16     | 2.00      | 21.30     |
| 990041 Salad Popcorn Chicken               | salads       | 1         | 265                      | 7.50                   | 465                    | 2          | 15.73     | 0.00                    | 65          | 14.56    | 4.06      | 18.03     |
| 000826 Salad Turkey                        | salads       | 1         | 261                      | 9.00                   | 840                    | 3          | 19.27     | 0.00                    | 80          | 8.41     | 2.96      | 15.66     |
| 000906 Grains Roll Homestyle               | Each         | 1         | 130                      | 0.50                   | 100                    | 6          | 2.00      | 0.00                    | 4           | 24.00    | 0.00      | 3.00      |
| 000261 Vegetable Carrots Buttery           | 1/2 cup      | 1         | 36                       | 0.18                   | 68                     | 4          | 0.44      | 0.00                    | 0           | 7.47     | 3.20      | 1.07      |
| 000040 Vegetable Peas Green                | 1/2 cup      | 1         | 93                       | 0.00                   | 127                    | *7         | 0.00      | 0.00                    | 0           | 16.01    | 5.34      | 5.34      |
| 000995 Vegetable Blend Dutch California    | 1/2 cup      | 1         | 27                       | 0.00                   | 27                     | *2         | 0.00      | 0.00                    | 0           | 5.34     | 2.14      | 1.07      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000986 Vegetable Potato Cottage Fries            | 1/2 cup      | 1         | 173                      | 0.67                   | 27                     | 0          | 4.67      | 0.00                    | 0           | 29.35    | 2.67      | 4.00      |
| 000792 Vegetable Carrots Baby Raw w/Lowfat Ranch | 1/2 cup      | 1         | 28                       | 0.38                   | 78                     | 1          | 2.00      | 0.00                    | 1           | 2.52     | 0.67      | 0.42      |
| 000875 Vegetable Veggie Bowl Variety             | Each         | 1         | 13                       | 0.00                   | 12                     | *1         | 0.08      | *0.00                   | 0           | 2.77     | 0.98      | 0.78      |
| 000300 Salad Tossed with Carrots                 | cups         | 1         | 64                       | 0.38                   | 86                     | 4          | 2.52      | 0.00                    | 1           | 9.09     | 5.22      | 3.27      |
| 000064 Fruit Apples Fresh Sliced                 | EACH         | 1         | 50                       | 0.00                   | 0                      | 10         | 0.00      | 0.00                    | 0           | 12.50    | 2.00      | 0.25      |
| 000068 Fruit Bananas                             | EACH         | 1         | 105                      | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 27.00    | 3.10      | 1.30      |
| 000086 Fruit Orange Whole Sliced                 | Each         | 1         | 76                       | 0.09                   | 2                      | 13         | 0.19      | 0.00                    | 0           | 19.60    | 3.73      | 1.40      |
| 000317 Fruit Chilled Variety (Canned & Fresh)    | 1/2 cup      | 1         | 55                       | 0.01                   | 6                      | 11         | 0.09      | 0.00                    | 0           | 13.66    | 1.08      | *0.29     |
| 000230 Milk White 1%                             | half pint    | 1         | 100                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 12.00    | 0.00      | 8.00      |
| 990113 Milk Chocolate 1%                         | half pint    | 1         | 140                      | 1.50                   | 190                    | 18         | 2.50      | 0.00                    | 15          | 20.00    | 0.00      | 9.00      |
| 000328 Milk Strawberry Fat Free                  | half pint    | 1         | 110                      | 0.00                   | 135                    | 18         | 0.00      | 0.00                    | 5           | 19.00    | 0.00      | 8.00      |
| 001017 Juice Assorted                            | each         | 1         | 97                       | 0.00                   | 17                     | 20         | 0.00      | 0.00                    | 0           | 23.33    | 0.00      | 0.33      |
| 001021 Bottled Water 10oz                        | bottle       | 1         | 0                        | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000222 Condiment Ketchup Packet                  | packet       | 1         | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 3.00     | 0.00      | 0.00      |
| 000223 Condiment Mustard Packet                  | packet       | 1         | 5                        | 0.00                   | 65                     | 0          | 0.00      | 0.00                    | 0           | 0.00     | 0.00      | 0.00      |
| 000892 Condiment Mayonnaise Lite Packet          | Packet       | 1         | 50                       | 0.50                   | 70                     | 0          | 4.50      | 0.00                    | 10          | 2.00     | 0.00      | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

|                                  | 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) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000893 Condiment Ranch Lite 1 oz | 1 oz cup     | 1         | 70                       | 1.00                   | 270                    | 1          | 7.00      | 0.00                    | 5           | 2.00     | 0.00      | 1.00      |
| Weighted Daily Average           |              |           | 6860                     | 101.45                 | 14296                  | *264       | 275.44    | *0.00                   | 1084        | 757.45   | 102.90    | *394.06   |
| % of Calories                    |              |           |                          | 13.31%                 |                        | *15.4%     | 36.1%     | *0.0%                   |             | 44.2%    |           | *23.0%    |
| Weekly Nutrient Guideline        |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

*\*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.**