

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

**Menu Name:** Middle School 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)
990123 Fish Stick & Hushpuppies	Each	1	260	1.75	335	6	11.00	0.00	10	32.00	2.50	8.50
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
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

# 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)
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
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
000907 Vegetable Blend Provence	1/2 Cup	1	30	0.00	25	*2	0.00	0.00	0	3.99	1.99	1.00
990133 Dessert Cookie Chocolate Chip 1 oz	Cookies	1	130	3.00	100	10	6.00	0.00	5	17.00	0.00	1.00
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
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	1	9.09	5.22	3.27
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	0	2.77	0.98	0.78
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			5559	88.91	10956	*240	235.58	*0.00	875	596.02	74.98	*303.09
% of Calories				14.39%		*17.3%	38.1%	*0.0%		42.9%		*21.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
000515 Hot Pocket Turkey Pepperoni	each	1	300	5.00	680	7	11.00	0.00	45	32.00	3.00	18.00
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
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	4	24.00	0.00	3.00
000771 Sandwich Hot Ham & Cheese Croissant	sandwich	1	345	9.25	1020	3	19.50	0.00	60	26.50	2.00	17.00
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

# 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)
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
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	0	5.67	1.13	2.27
000261 Vegetable Carrots Buttery	1/2 cup	1	36	0.18	68	4	0.44	0.00	0	7.47	3.20	1.07
000424 Vegetable Beans Green LS Can	1/2 CUP	1	20	0.00	140	*1	0.00	0.00	0	4.00	2.00	1.00
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			4904	78.21	10621	*224	206.25	*0.00	871	523.90	67.25	*273.08
% of Calories				14.35%		*18.3%	37.9%	*0.0%		42.7%		*22.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Tuesday - 11/05/2019

### 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)
000082 Sandwich Meatball Sub	sandwich	1	410	7.78	908	10	18.20	0.00	43	38.84	5.22	24.12
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
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	78	71.04	7.57	21.71
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
000051 Vegetable Spinach frozen	1/2 cup	1	35	0.00	146	1	0.00	0.00	0	3.51	1.17	2.34
001237 Fruit Baked Apples	1/2 cup	1	91	0.00	16	19	0.00	0.00	0	23.03	1.62	0.00
000052 Vegetable Summer Squash	1/2 cup	1	20	0.00	7	*3	0.00	0.00	0	3.90	0.00	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

# 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			5477	92.42	10925	*250	232.35	*0.00	890	591.69	74.76	*287.18
% of Calories				15.19%		*18.3%	38.2%	*0.0%		43.2%		*21.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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
990132 Chicken Tangerine Popcorn	4 oz Spoodle	1	197	2.11	254	6	10.56	0.00	77	8.45	0.00	16.20
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
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
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
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
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			4940	70.64	9657	*236	206.60	*0.00	974	529.54	64.73	*271.35
% of Calories				12.87%		*19.1%	37.6%	*0.0%		42.9%		*22.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	35	42.00	6.00	21.00
001136 Nachos with Beef	EACH	1	442	5.78	800	*1	22.57	0.00	40	46.75	4.05	18.42

# 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)
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	78	71.04	7.57	21.71
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
000007 Vegetable Beans Pinto	1/2 cup	1	92	0.00	130	*1	0.00	0.00	0	17.54	4.62	5.54
000529 Vegetable Broccoli & Cheese	1/2 cup	1	94	2.71	241	2	4.64	0.00	15	5.54	2.27	4.63
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

# 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)
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			5538	88.96	10391	*215	238.43	*0.00	889	607.49	80.01	*286.04
% of Calories				14.46%		*15.5%	38.7%	*0.0%		43.9%		*20.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 11/08/2019

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)
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
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
001184 Fish Stick Pollock Basket ESMS	basket	1	426	3.10	888	4	19.09	0.00	10	53.37	4.41	10.08
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
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
000299 Vegetable Beans Baked	1/2 cup	1	150	0.50	540	11	1.00	0.00	0	30.00	7.00	6.00
990133 Dessert Cookie Chocolate Chip 1 oz	Cookies	1	130	3.00	100	10	6.00	0.00	5	17.00	0.00	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			5776	86.98	11941	*248	234.91	*0.00	888	640.03	84.93	*320.32
% of Calories				13.55%		*17.2%	36.6%	*0.0%		44.3%		*22.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990143 BBQ Pork Cornbread Bowl	servings	1	308	2.58	387	18	12.36	0.00	49	35.43	1.00	16.24
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
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	4	24.00	0.00	3.00
001101 Sandwich Chicken Italian Sub	sandwich	1	272	3.18	922	5	7.69	0.00	56	30.28	3.00	21.15
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

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000484 Vegetable Potato Crinkle Fries	1/2 cup	1	81	0.00	20	0	1.52	0.00	0	14.17	1.01	2.02
000424 Vegetable Beans Green LS Can	1/2 CUP	1	20	0.00	140	*1	0.00	0.00	0	4.00	2.00	1.00
000907 Vegetable Blend Provence	1/2 Cup	1	30	0.00	25	*2	0.00	0.00	0	3.99	1.99	1.00
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

# 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)
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			4880	69.54	10178	*233	196.88	*0.00	871	536.13	64.92	*275.15
% of Calories				12.82%		*19.1%	36.3%	*0.0%		43.9%		*22.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
000579 Pasta Spaghetti & Meatballs	servings	1	373	5.00	770	*10	12.65	0.00	45	40.89	4.13	19.42
990148 Grains Garlic Toast	Each	1	90	0.00	160	0	2.50	0.00	0	15.00	1.00	3.00
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
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	78	71.04	7.57	21.71
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
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
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

# 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)
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			5690	90.18	10833	*243	237.71	*0.00	926	624.64	81.84	*303.40
% of Calories				14.26%		*17.1%	37.6%	*0.0%		43.9%		*21.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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
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
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	4	24.00	0.00	3.00
000771 Sandwich Hot Ham & Cheese Croissant	sandwich	1	345	9.25	1020	3	19.50	0.00	60	26.50	2.00	17.00

# 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)
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
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
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
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	0	5.67	1.13	2.27
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

# 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)
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			5190	88.19	11671	*242	226.61	*0.00	881	548.00	69.20	*274.09
% of Calories				15.29%		*18.7%	39.3%	*0.0%		42.2%		*21.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

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)
000703 Enchilada Cheese Pepper Jack	2 enchiladas	1	390	12.20	716	1	21.69	0.00	52	32.31	2.06	17.37

# 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
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	78	71.04	7.57	21.71
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
000271 Vegetable Corn Buttery	1/2 cup	1	74	0.17	4	3	0.91	0.00	0	15.96	2.00	2.00
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

# 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)
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			5633	97.17	11062	*218	239.91	*0.00	933	610.12	81.05	*303.22
% of Calories				15.53%		*15.5%	38.3%	*0.0%		43.3%		*21.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 11/15/2019

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)
990155 Chicken Slider Basket	2 mini sliders	1	368	2.20	456	2	13.01	0.00	20	49.44	5.60	14.40
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
001151 Sandwich BBQ Chicken	sandwich	1	290	1.53	547	8	7.09	0.00	66	36.96	4.00	22.30
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
000299 Vegetable Beans Baked	1/2 cup	1	150	0.50	540	11	1.00	0.00	0	30.00	7.00	6.00
990133 Dessert Cookie Chocolate Chip 1 oz	Cookies	1	130	3.00	100	10	6.00	0.00	5	17.00	0.00	1.00
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

# 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			5434	81.29	10756	*246	217.86	*0.00	881	608.53	79.32	*301.52
% of Calories				13.46%		*18.1%	36.1%	*0.0%		44.8%		*22.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2019 thru Nov 22, 2019

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)
000327 Salisbury Steak w/Gravy	steaks	1	164	3.00	658	*1	8.22	0.00	40	7.24	1.00	16.00
000966 Chicken Breaded Drumstick	drumstick	1	220	3.00	530	0	13.00	0.00	60	6.00	1.00	19.00
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
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	4	24.00	0.00	3.00
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
001067 Vegetable Potato Mashed with Brown Gravy	1/2 CUP	1	84	0.00	484	*0	1.70	0.00	0	16.80	0.99	0.99
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

# 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)
000424 Vegetable Beans Green LS Can	1/2 CUP	1	20	0.00	140	*1	0.00	0.00	0	4.00	2.00	1.00
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			4729	70.76	10585	*217	200.60	*0.00	866	494.39	64.11	*271.82
% of Calories				13.47%		*18.4%	38.2%	*0.0%		41.8%		*23.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
000956 Pasta Chicken Broccoli Alfredo Penne	servings	1	423	7.10	714	*2	17.27	0.00	69	37.29	2.18	28.42
990148 Grains Garlic Toast	Each	1	90	0.00	160	0	2.50	0.00	0	15.00	1.00	3.00
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
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	78	71.04	7.57	21.71
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

# 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)
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
001237 Fruit Baked Apples	1/2 cup	1	91	0.00	16	19	0.00	0.00	0	23.03	1.62	0.00
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

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			5817	92.07	10873	*242	237.49	*0.00	950	646.99	83.21	*315.71
% of Calories				14.24%		*16.6%	36.7%	*0.0%		44.5%		*21.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
990136 Chicken Popcorn	10 popcorn	1	260	3.00	550	0	13.00	0.00	70	17.00	3.00	19.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	4	24.00	0.00	3.00
990047 Sandwich Chicken Popcorn Buffalo Wrap	wrap	1	583	13.87	3272	1	37.00	1.00	93	57.59	4.00	26.98
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
990130 Vegetable Potato Waffle Fries	1/2 cup	1	144	1.03	83	0	5.16	0.00	0	22.70	3.10	2.06
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
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	0	5.67	1.13	2.27
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			5299	81.79	13008	*215	226.96	*1.00	927	585.25	74.65	*280.94
% of Calories				13.89%		*16.2%	38.5%	*0.2%		44.2%		*21.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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

# 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)
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
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



# 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)
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			3799	60.88	8104	*199	161.31	*0.00	720	408.66	53.52	*212.74
% of Calories				14.42%		*21.0%	38.2%	*0.0%		43.0%		*22.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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

# 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)
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
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
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

# 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)
000483 Dessert Holiday Sugar Cookie Frosted	cookie	1	160	2.50	105	16	6.00	0.00	10	26.00	0.00	1.00
Weighted Daily Average			3959	63.38	8209	*215	167.31	*0.00	730	434.66	53.52	*213.74
% of Calories				14.41%		*21.7%	38.0%	*0.0%		43.9%		*21.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			5164	81	10611	*230	216.67	*0.06	880	561.63	72.00	*280.84
% of Calories				14.18%		*17.8%	37.8%	*0.0%		43.5%		*21.8%

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* - denotes combined nutrient totals with either missing or incomplete nutrient data
- <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.**