

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: Elementary School Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
001125 Chicken Parmesan	each	1	270	3.52	747	4	12.53	0.00	19.91	19.02
990148 Grains Garlic Toast	Each	1	90	0.00	160	0	2.50	0.00	15.00	3.00
000719 Sandwich Hot Dog	sandwich	1	319	6.96	558	4	18.41	0.00	28.99	10.97
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	71.04	21.71
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000040 Vegetable Peas Green	1/2 cup	1	93	0.00	127	*7	0.00	0.00	16.01	5.34
001237 Fruit Baked Apples	1/2 cup	1	91	0.00	16	19	0.00	0.00	23.03	0.00
000271 Vegetable Corn Buttery	1/2 cup	1	74	0.17	4	3	0.91	0.00	15.96	2.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00

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000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5433	88.95	10188	*242	232.66	*0.00	598.60	*274.78
% of Calories				14.73%		*17.8%	38.5%	*0.0%	44.1%	*20.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Wednesday - 09/04/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990051 Sandwich Cheeseburger	sandwich	1	300	4.50	765	3	11.50	0.00	30.00	22.50
990052 Sandwich Hamburger	sandwich	1	250	2.00	510	3	7.00	0.00	30.00	20.00
000712 Corn Dog Chicken	corndogs	1	240	2.50	390	5	8.00	0.00	30.00	9.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000424 Vegetable Beans Green LS Can	1/2 CUP	1	20	0.00	140	*1	0.00	0.00	4.00	1.00
000986 Vegetable Potato Cottage Fries	1/2 cup	1	173	0.67	27	0	4.67	0.00	29.35	4.00
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	5.67	2.27
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00

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000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			4817	70.55	9964	*214	192.48	*0.00	537.68	*271.52
% of Calories				13.18%		*17.8%	36.0%	*0.0%	44.6%	*22.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 09/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990136 Chicken Popcorn	10 popcorn	1	260	3.00	550	0	13.00	0.00	17.00	19.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
001149 Quesadilla Chicken	each	1	323	4.85	1119	*3	12.65	1.00	29.64	19.37
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	71.04	21.71
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24

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000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000001 Grains Rice Mexican Fiesta	1/2 cup	1	116	0.70	339	*2	2.21	0.00	21.50	2.50
000258 Vegetable Broccoli Florets Frozen	1/2 cup	1	29	0.00	19	2	0.00	0.00	3.82	0.96
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33

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Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5353	87.36	10704	*217	228.18	*1.00	575.66	*279.29
% of Calories				14.69%		*16.2%	38.4%	*0.2%	43.0%	*20.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 09/06/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990123 Fish Stick & Hushpuppies	Each	1	260	1.75	335	6	11.00	0.00	32.00	8.50
001181 Pizza Nardone Cheese 4x6	slices	1	310	6.00	360	6	12.00	0.00	30.00	22.00
001191 Pizza Nardone Pepperoni Diced 4x6	slices	1	350	7.00	580	6	17.00	0.00	29.00	22.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000332 Grains Mac & Cheese Side item	1/2 cup	1	279	8.28	719	*2	16.27	0.00	21.37	10.84
000439 Vegetable Peas & Carrots Frozen	1/2 cup	1	60	0.00	93	*5	0.00	0.00	12.01	4.00
000907 Vegetable Blend Provence	1/2 Cup	1	30	0.00	25	*2	0.00	0.00	3.99	1.00
990133 Dessert Cookie Chocolate Chip 1 oz	Cookies	1	130	3.00	100	10	6.00	0.00	17.00	1.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00

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990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5219	86.91	10316	*237	223.58	*0.00	554.02	*282.09
% of Calories				14.99%		*18.2%	38.6%	*0.0%	42.5%	*21.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Monday - 09/09/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000515 Hot Pocket Turkey Pepperoni	each	1	300	5.00	680	7	11.00	0.00	32.00	18.00
001121 Chicken Nugget Breaded (Elementary)	5 nuggets	1	200	2.00	400	1	10.00	0.00	13.00	15.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36

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990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	5.67	2.27
000261 Vegetable Carrots Buttery	1/2 cup	1	36	0.18	68	4	0.44	0.00	7.47	1.07
000424 Vegetable Beans Green LS Can	1/2 CUP	1	20	0.00	140	*1	0.00	0.00	4.00	1.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40

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000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			4519	68.56	9521	*221	184.75	*0.00	494.80	*253.08
% of Calories				13.65%		*19.6%	36.8%	*0.0%	43.8%	*22.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 09/10/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000082 Sandwich Meatball Sub	sandwich	1	410	7.78	908	10	18.20	0.00	38.84	24.12
001145 Pasta Lasagna with Meat Sauce	servings	1	335	6.34	1111	13	13.33	0.00	27.70	23.27

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990148 Grains Garlic Toast	Each	1	90	0.00	160	0	2.50	0.00	15.00	3.00
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	71.04	21.71
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000051 Vegetable Spinach frozen	1/2 cup	1	35	0.00	146	1	0.00	0.00	3.51	2.34
001237 Fruit Baked Apples	1/2 cup	1	91	0.00	16	19	0.00	0.00	23.03	0.00
000271 Vegetable Corn Buttery	1/2 cup	1	74	0.17	4	3	0.91	0.00	15.96	2.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5531	92.59	10923	*250	233.26	*0.00	603.74	*289.18
% of Calories				15.07%		*18.1%	38.0%	*0.0%	43.7%	*20.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Wednesday - 09/11/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000310 Corn Dog Mini Turkey WG	6 mini corn dog	1	290	3.50	380	7	14.00	0.00	30.00	10.00
990132 Chicken Tangerine Popcorn	4 oz Spoodle	1	197	2.11	254	6	10.56	0.00	8.45	16.20
000659 Grains Rice Fried Elementary	1/2 cup	1	135	0.00	220	2	1.25	0.00	27.04	3.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	5.67	2.27
000465 Vegetable Carrots Honey Glaze	1/2 cup	1	72	0.97	88	9	2.37	0.00	12.09	1.08
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			4528	67.47	9074	*225	189.50	*0.00	491.91	*245.30
% of Calories				13.41%		*19.9%	37.7%	*0.0%	43.5%	*21.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 09/12/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
001136 Nachos with Beef	EACH	1	442	5.78	800	*1	22.57	0.00	46.75	18.42
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	71.04	21.71
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000007 Vegetable Beans Pinto	1/2 cup	1	92	0.00	130	*1	0.00	0.00	17.54	5.54
000529 Vegetable Broccoli & Cheese	1/2 cup	1	94	2.71	241	2	4.64	0.00	5.54	4.63
000271 Vegetable Corn Buttery	1/2 cup	1	74	0.17	4	3	0.91	0.00	15.96	2.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5538	88.96	10391	*215	238.43	*0.00	607.49	*286.04
% of Calories				14.46%		*15.5%	38.7%	*0.0%	43.9%	*20.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 09/13/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990051 Sandwich Cheeseburger	sandwich	1	300	4.50	765	3	11.50	0.00	30.00	22.50
990052 Sandwich Hamburger	sandwich	1	250	2.00	510	3	7.00	0.00	30.00	20.00
001181 Pizza Nardone Cheese 4x6	slices	1	310	6.00	360	6	12.00	0.00	30.00	22.00
001191 Pizza Nardone Pepperoni Diced 4x6	slices	1	350	7.00	580	6	17.00	0.00	29.00	22.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000439 Vegetable Peas & Carrots Frozen	1/2 cup	1	60	0.00	93	*5	0.00	0.00	12.01	4.00
000299 Vegetable Beans Baked	1/2 cup	1	150	0.50	540	11	1.00	0.00	30.00	6.00
990133 Dessert Cookie Chocolate Chip 1 oz	Cookies	1	130	3.00	100	10	6.00	0.00	17.00	1.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5349	83.88	11053	*244	215.81	*0.00	586.67	*310.25
% of Calories				14.11%		*18.2%	36.3%	*0.0%	43.9%	*23.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Monday - 09/16/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990143 BBQ Pork Cornbread Bowl	servings	1	308	2.58	387	18	12.36	0.00	35.43	16.24
001121 Chicken Nugget Breaded (Elementary)	5 nuggets	1	200	2.00	400	1	10.00	0.00	13.00	15.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000484 Vegetable Potato Crinkle Fries	1/2 cup	1	81	0.00	20	0	1.52	0.00	14.17	2.02
000424 Vegetable Beans Green LS Can	1/2 CUP	1	20	0.00	140	*1	0.00	0.00	4.00	1.00
000907 Vegetable Blend Provence	1/2 Cup	1	30	0.00	25	*2	0.00	0.00	3.99	1.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			4568	65.96	9176	*227	187.19	*0.00	503.25	*251.00
% of Calories				13.00%		*19.9%	36.9%	*0.0%	44.1%	*22.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Tuesday - 09/17/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000579 Pasta Spaghetti & Meatballs	servings	1	373	5.00	770	*10	12.65	0.00	40.89	19.42
990148 Grains Garlic Toast	Each	1	90	0.00	160	0	2.50	0.00	15.00	3.00
990051 Sandwich Cheeseburger	sandwich	1	300	4.50	765	3	11.50	0.00	30.00	22.50
990052 Sandwich Hamburger	sandwich	1	250	2.00	510	3	7.00	0.00	30.00	20.00
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	71.04	21.71
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
990137 Vegetable Roasted Brussel Sprouts	1/2 cup	1	90	0.38	35	*3	5.75	0.00	6.02	4.01
001237 Fruit Baked Apples	1/2 cup	1	91	0.00	16	19	0.00	0.00	23.03	0.00

Base Menu Spreadsheet

Portion Values

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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5690	90.18	10833	*243	237.71	*0.00	624.64	*303.40
% of Calories				14.26%		*17.1%	37.6%	*0.0%	43.9%	*21.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Wednesday - 09/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000338 Sandwich Grilled Cheese	sandwich	1	425	12.92	1371	6	27.13	0.00	32.00	16.00
000339 Soup Tomato Healthy Request	1/2 cup	1	116	1.27	460	13	2.29	0.00	19.67	3.04
001121 Chicken Nugget Breaded (Elementary)	5 nuggets	1	200	2.00	400	1	10.00	0.00	13.00	15.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000465 Vegetable Carrots Honey Glaze	1/2 cup	1	72	0.97	88	9	2.37	0.00	12.09	1.08
000258 Vegetable Broccoli Florets Frozen	1/2 cup	1	29	0.00	19	2	0.00	0.00	3.82	0.96
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	5.67	2.27
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			4805	78.54	10571	*239	205.11	*0.00	518.90	*254.09
% of Calories				14.71%		*19.9%	38.4%	*0.0%	43.2%	*21.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Thursday - 09/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000703 Enchilada Cheese Pepper Jack	2 enchiladas	1	390	12.20	716	1	21.69	0.00	32.31	17.37
990051 Sandwich Cheeseburger	sandwich	1	300	4.50	765	3	11.50	0.00	30.00	22.50
990052 Sandwich Hamburger	sandwich	1	250	2.00	510	3	7.00	0.00	30.00	20.00
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	71.04	21.71
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000335 Vegetable Beans Texas Ranch	1/2 cup	1	108	0.00	481	1	0.49	0.00	19.63	5.89
000271 Vegetable Corn Buttery	1/2 cup	1	74	0.17	4	3	0.91	0.00	15.96	2.00
000662 Vegetable Blend Oriental Stir Fry	1/2 cup	1	15	0.00	10	*2	0.00	0.00	2.52	1.01
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5633	97.17	11062	*218	239.91	*0.00	610.12	*303.22
% of Calories				15.53%		*15.5%	38.3%	*0.0%	43.3%	*21.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 09/20/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990045 Chicken Popcorn Basket	10 popcorn	1	457	4.56	1121	0	22.35	0.00	42.96	21.08
001181 Pizza Nardone Cheese 4x6	slices	1	310	6.00	360	6	12.00	0.00	30.00	22.00
001191 Pizza Nardone Pepperoni Diced 4x6	slices	1	350	7.00	580	6	17.00	0.00	29.00	22.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000261 Vegetable Carrots Buttery	1/2 cup	1	36	0.18	68	4	0.44	0.00	7.47	1.07
000299 Vegetable Beans Baked	1/2 cup	1	150	0.50	540	11	1.00	0.00	30.00	6.00
990133 Dessert Cookie Chocolate Chip 1 oz	Cookies	1	130	3.00	100	10	6.00	0.00	17.00	1.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5233	82.12	10874	*237	220.10	*0.00	565.09	*285.89
% of Calories				14.12%		*18.1%	37.9%	*0.0%	43.2%	*21.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Monday - 09/23/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000327 Salisbury Steak w/Gravy	steaks	1	164	3.00	658	*1	8.22	0.00	7.24	16.00
000966 Chicken Breaded Drumstick	drumstick	1	220	3.00	530	0	13.00	0.00	6.00	19.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
001067 Vegetable Potato Mashed with Brown Gravy	1/2 CUP	1	84	0.00	484	*0	1.70	0.00	16.80	0.99
000465 Vegetable Carrots Honey Glaze	1/2 cup	1	72	0.97	88	9	2.37	0.00	12.09	1.08
000424 Vegetable Beans Green LS Can	1/2 CUP	1	20	0.00	140	*1	0.00	0.00	4.00	1.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			4489	68.36	10105	*216	188.60	*0.00	478.79	*253.82
% of Calories				13.71%		*19.2%	37.8%	*0.0%	42.7%	*22.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Tuesday - 09/24/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000956 Pasta Chicken Broccoli Alfredo Penne	servings	1	423	7.10	714	*2	17.27	0.00	37.29	28.42

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990148 Grains Garlic Toast	Each	1	90	0.00	160	0	2.50	0.00	15.00	3.00
990051 Sandwich Cheeseburger	sandwich	1	300	4.50	765	3	11.50	0.00	30.00	22.50
990052 Sandwich Hamburger	sandwich	1	250	2.00	510	3	7.00	0.00	30.00	20.00
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	71.04	21.71
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000040 Vegetable Peas Green	1/2 cup	1	93	0.00	127	*7	0.00	0.00	16.01	5.34
001237 Fruit Baked Apples	1/2 cup	1	91	0.00	16	19	0.00	0.00	23.03	0.00
000271 Vegetable Corn Buttery	1/2 cup	1	74	0.17	4	3	0.91	0.00	15.96	2.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5817	92.07	10873	*242	237.49	*0.00	646.99	*315.71
% of Calories				14.24%		*16.6%	36.7%	*0.0%	44.5%	*21.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Wednesday - 09/25/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000712 Corn Dog Chicken	corndogs	1	240	2.50	390	5	8.00	0.00	30.00	9.00
990136 Chicken Popcorn	10 popcorn	1	260	3.00	550	0	13.00	0.00	17.00	19.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000484 Vegetable Potato Crinkle Fries	1/2 cup	1	81	0.00	20	0	1.52	0.00	14.17	2.02
000335 Vegetable Beans Texas Ranch	1/2 cup	1	108	0.00	481	1	0.49	0.00	19.63	5.89
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	5.67	2.27
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			4652	66.88	9674	*214	186.32	*0.00	519.13	*253.93
% of Calories				12.94%		*18.4%	36.0%	*0.0%	44.6%	*21.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Thursday - 09/26/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000304 Burrito Beef & Cheese Homemade	burrito	1	351	8.69	873	*1	18.04	1.00	26.27	20.96
001121 Chicken Nugget Breaded (Elementary)	5 nuggets	1	200	2.00	400	1	10.00	0.00	13.00	15.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000044 Baked Potato Loaded	Potato	1	697	17.42	472	5	37.00	0.00	71.04	21.71
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000007 Vegetable Beans Pinto	1/2 cup	1	92	0.00	130	*1	0.00	0.00	17.54	5.54
000258 Vegetable Broccoli Florets Frozen	1/2 cup	1	29	0.00	19	2	0.00	0.00	3.82	0.96
000271 Vegetable Corn Buttery	1/2 cup	1	74	0.17	4	3	0.91	0.00	15.96	2.00

Base Menu Spreadsheet

Portion Values

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

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5372	89.66	10102	*218	229.26	*1.00	580.28	*281.90
% of Calories				15.02%		*16.2%	38.4%	*0.2%	43.2%	*21.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Friday - 09/27/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
001181 Pizza Nardone Cheese 4x6	slices	1	310	6.00	360	6	12.00	0.00	30.00	22.00
001191 Pizza Nardone Pepperoni Diced 4x6	slices	1	350	7.00	580	6	17.00	0.00	29.00	22.00
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000439 Vegetable Peas & Carrots Frozen	1/2 cup	1	60	0.00	93	*5	0.00	0.00	12.01	4.00
000299 Vegetable Beans Baked	1/2 cup	1	150	0.50	540	11	1.00	0.00	30.00	6.00
990133 Dessert Cookie Chocolate Chip 1 oz	Cookies	1	130	3.00	100	10	6.00	0.00	17.00	1.00
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			5139	79.38	10418	*241	209.31	*0.00	568.67	*288.75
% of Calories				13.90%		*18.8%	36.7%	*0.0%	44.3%	*22.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0			

Monday - 09/30/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
001121 Chicken Nugget Breaded (Elementary)	5 nuggets	1	200	2.00	400	1	10.00	0.00	13.00	15.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000771 Sandwich Hot Ham & Cheese Croissant	sandwich	1	345	9.25	1020	3	19.50	0.00	26.50	17.00
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36
990138 Sandwich Turkey and Cheese	sandwich	1	271	2.50	1036	6	7.01	0.00	34.19	20.58
000029 Sandwich PB&J	sandwich	1	570	5.00	415	21	32.00	0.00	63.00	20.00
000765 Salad Asian Chicken	salads	1	419	8.25	742	16	19.99	0.00	37.38	23.70
000139 Salad Chef	salads	1	238	7.62	1415	5	12.51	0.00	10.65	23.24
000827 Salad Garden	salads	1	222	8.00	263	5	14.29	0.00	9.44	14.83

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000539 Salad Chicken Caesar	salads	1	131	1.41	647	2	3.56	0.00	5.16	21.30
990041 Salad Popcorn Chicken	salads	1	265	7.50	465	2	15.73	0.00	14.56	18.03
000826 Salad Turkey	salads	1	261	9.00	840	3	19.27	0.00	8.41	15.66
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000680 Vegetable Blend Spring	1/2 cup	1	34	0.00	28	*2	0.00	0.00	5.67	2.27
000994 Vegetable Peas Sugar Snap	1/2 cup	1	44	0.00	0	*3	0.00	0.00	7.80	2.93
000465 Vegetable Carrots Honey Glaze	1/2 cup	1	72	0.97	88	9	2.37	0.00	12.09	1.08
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	28	0.38	78	1	2.00	0.00	2.52	0.42
000875 Vegetable Veggie Bowl Variety	Each	1	13	0.00	12	*1	0.08	*0.00	2.77	0.78
000300 Salad Tossed with Carrots	cups	1	64	0.38	86	4	2.52	0.00	9.09	3.27
000064 Fruit Apples Fresh Sliced	EACH	1	50	0.00	0	10	0.00	0.00	12.50	0.25
000068 Fruit Bananas	EACH	1	105	0.00	0	14	0.00	0.00	27.00	1.30
000086 Fruit Orange Whole Sliced	Each	1	76	0.09	2	13	0.19	0.00	19.60	1.40
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	55	0.01	6	11	0.09	0.00	13.66	*0.29
000230 Milk White 1%	half pint	1	100	1.50	125	12	2.50	0.00	12.00	8.00
990113 Milk Chocolate 1%	half pint	1	140	1.50	190	18	2.50	0.00	20.00	9.00
000328 Milk Strawberry Fat Free	half pint	1	110	0.00	135	18	0.00	0.00	19.00	8.00
001017 Juice Assorted	each	1	97	0.00	17	20	0.00	0.00	23.33	0.33

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
001021 Bottled Water 10oz	bottle	1	0	0.00	9	*N/A*	0.00	0.00	0.00	0.00
000222 Condiment Ketchup Packet	packet	1	10	0.00	85	2	0.00	0.00	3.00	0.00
000223 Condiment Mustard Packet	packet	1	5	0.00	65	0	0.00	0.00	0.00	0.00
000892 Condiment Mayonnaise Lite Packet	Packet	1	50	0.50	70	0	4.50	0.00	2.00	0.00
000893 Condiment Ranch Lite 1 oz	1 oz cup	1	70	1.00	270	1	7.00	0.00	2.00	1.00
Weighted Daily Average			4624	73.61	9741	*223	195.19	*0.00	497.72	*254.02
% of Calories				14.33%		*19.3%	38.0%	*0.0%	43.1%	*22.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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