

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: High School Menu 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)
000944 Calzone Cheese WG	calzone	1	291	2.00	778	10	5.00	0.00	41.26	20.38
000945 Calzone Meat WG	calzone	1	291	2.00	838	10	5.00	0.00	41.26	19.38
001012 Pasta Cajun Chicken Penne	servings	1	287	6.52	613	*1	13.57	0.00	24.03	17.91
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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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	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)
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
000258 Vegetable Broccoli Florets Frozen	1/2 cup	1	29	0.00	19	2	0.00	0.00	3.82	0.96
000908 Vegetable Blend Tuscan	1/2 Cup	1	30	0.00	15	*2	0.00	0.00	6.01	1.00
001237 Fruit Baked Apples	1/2 cup	1	91	0.00	16	19	0.00	0.00	23.03	0.00
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

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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			6718	95.40	13948	*267	257.38	*0.00	750.06	*400.87
% of Calories				12.78%		*15.9%	34.5%	*0.0%	44.7%	*23.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001101 Sandwich Chicken Italian Sub	sandwich	1	272	3.18	922	5	7.69	0.00	30.28	21.15
990047 Sandwich Chicken Popcorn Buffalo Wrap	wrap	1	583	13.87	3272	1	37.00	1.00	57.59	26.98
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00

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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)
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
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
000602 Vegetable Beans Buttery Lima Frozen	1/2 CUP	1	159	0.54	73	1	1.32	0.00	28.02	9.34
000529 Vegetable Broccoli & Cheese	1/2 cup	1	94	2.71	241	2	4.64	0.00	5.54	4.63
000052 Vegetable Summer Squash	1/2 cup	1	20	0.00	7	*3	0.00	0.00	3.90	0.00
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

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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			6827	105.18	16183	*236	284.46	*1.00	735.98	*403.34
% of Calories				13.87%		*13.8%	37.5%	*0.1%	43.1%	*23.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 09/05/2019

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)
000724 Fajita Chicken MS & HS	2 fajita	1	409	8.48	1131	2	17.62	1.00	39.17	23.47
001171 Taco Chicken Soft Shell	2 tacos	1	424	7.62	1100	*1	17.06	1.00	42.40	23.94
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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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000001 Grains Rice Mexican Fiesta	1/2 cup	1	116	0.70	339	*2	2.21	0.00	21.50	2.50
000736 Vegetable Beans Black	1/2 Cup	1	102	0.00	143	2	0.00	0.00	18.37	7.14
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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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			6824	101.85	14386	*233	271.62	*2.00	748.06	*400.29
% of Calories				13.43%		*13.7%	35.8%	*0.3%	43.8%	*23.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001151 Sandwich BBQ Chicken	sandwich	1	290	1.53	547	8	7.09	0.00	36.96	22.30
001104 Fish & Fry Basket High	basket	1	515	3.96	1056	5	25.78	0.00	57.38	13.95
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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

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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
000634 Vegetable Turnip Greens	1/2 cup	1	38	0.32	39	0	0.79	0.00	3.74	2.49
000439 Vegetable Peas & Carrots Frozen	1/2 cup	1	60	0.00	93	*5	0.00	0.00	12.01	4.00
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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	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)
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			6693	91.07	13440	*244	273.22	*0.00	726.76	*388.00
% of Calories				12.25%		*14.6%	36.7%	*0.0%	43.4%	*23.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 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)
001122 Chicken Nugget Breaded (Middle/High School)	6 nuggets	1	240	2.40	480	1	12.00	0.00	15.60	18.00
000730 Chicken Blazin Buffalo MS & HS	6 nuggets	1	290	4.64	1930	1	17.48	0.00	29.56	18.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
001181 Pizza Nardone Cheese 4x6	slices	1	310	6.00	360	6	12.00	0.00	30.00	22.00

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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)
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
000986 Vegetable Potato Cottage Fries	1/2 cup	1	173	0.67	27	0	4.67	0.00	29.35	4.00
000993 Vegetable Beans Green Frozen	1/2 CUP	1	49	0.15	5	*2	2.15	0.00	6.16	2.05
000995 Vegetable Blend Dutch California	1/2 cup	1	27	0.00	27	*2	0.00	0.00	5.34	1.07

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			6609	93.25	14238	*236	272.12	*0.00	720.66	*387.37
% of Calories				12.70%		*14.3%	37.1%	*0.0%	43.6%	*23.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 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)
990043 Pasta Penne Meat Sauce - Rational	servings	1	362	2.12	655	*10	6.90	0.00	53.84	18.85
001123 Chicken Parmesan w/Penne	servings	1	610	5.16	1585	*18	16.28	0.00	80.27	32.18
990148 Grains Garlic Toast	Each	1	90	0.00	160	0	2.50	0.00	15.00	3.00
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
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
000040 Vegetable Peas Green	1/2 cup	1	93	0.00	127	*7	0.00	0.00	16.01	5.34
000908 Vegetable Blend Tuscan	1/2 Cup	1	30	0.00	15	*2	0.00	0.00	6.01	1.00
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

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			6914	92.16	14230	*262	259.49	*0.00	785.61	*402.56
% of Calories				12.00%		*15.2%	33.8%	*0.0%	45.5%	*23.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 09/11/2019

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)
001220 Meatballs Spicy Teriyaki	servings	1	324	5.00	942	33	12.00	0.00	38.20	13.00
990135 Chicken General Tso Popcorn - (MS & HS)	4 oz spoodle	1	296	3.17	380	11	15.85	0.00	13.73	24.30
990132 Chicken Tangerine Popcorn	4 oz Spoodle	1	197	2.11	254	6	10.56	0.00	8.45	16.20

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)
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
001189 Grains Rice Fried MS & HS	Cup	1	270	0.00	441	3	2.50	0.00	54.08	6.01
990050 Grains Egg roll Vegetable WG	Each	1	140	1.00	150	4	3.50	0.00	22.00	4.00

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)
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
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			6942	96.17	13846	*281	278.23	*0.00	749.65	*405.76
% of Calories				12.47%		*16.2%	36.1%	*0.0%	43.2%	*23.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 09/12/2019

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
000774 Burrito Beef & Bean HS Only	burrito	1	389	8.80	1015	*1	18.35	1.00	32.84	23.29
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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

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)
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
000001 Grains Rice Mexican Fiesta	1/2 cup	1	116	0.70	339	*2	2.21	0.00	21.50	2.50
000736 Vegetable Beans Black	1/2 Cup	1	102	0.00	143	2	0.00	0.00	18.37	7.14
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

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)
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			6770	106.75	13886	*232	276.98	*1.00	731.64	*393.54
% of Calories				14.19%		*13.7%	36.8%	*0.1%	43.2%	*23.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 09/13/2019

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
000719 Sandwich Hot Dog	sandwich	1	319	6.96	558	4	18.41	0.00	28.99	10.97
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

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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
000527 Vegetable Beans White	1/2 cup	1	150	0.00	140	*2	0.00	0.00	28.00	7.00
000634 Vegetable Turnip Greens	1/2 cup	1	38	0.32	39	0	0.79	0.00	3.74	2.49
000986 Vegetable Potato Cottage Fries	1/2 cup	1	173	0.67	27	0	4.67	0.00	29.35	4.00
000468 Salad Coleslaw	1/4 cup	1	51	0.72	133	2	4.01	0.00	3.14	0.21

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			6739	96.13	12953	*250	274.05	*0.00	739.31	*382.15
% of Calories				12.84%		*14.8%	36.6%	*0.0%	43.9%	*22.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 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)
000966 Chicken Breaded Drumstick	drumstick	1	220	3.00	530	0	13.00	0.00	6.00	19.00
000327 Salisbury Steak w/Gravy	steaks	1	164	3.00	658	*1	8.22	0.00	7.24	16.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
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
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
000986 Vegetable Potato Cottage Fries	1/2 cup	1	173	0.67	27	0	4.67	0.00	29.35	4.00
000993 Vegetable Beans Green Frozen	1/2 CUP	1	49	0.15	5	*2	2.15	0.00	6.16	2.05
001237 Fruit Baked Apples	1/2 cup	1	91	0.00	16	19	0.00	0.00	23.03	0.00
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			6527	92.20	13006	*252	263.85	*0.00	706.43	*385.30
% of Calories				12.71%		*15.4%	36.4%	*0.0%	43.3%	*23.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 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)
000956 Pasta Chicken Broccoli Alfredo Penne	servings	1	423	7.10	714	*2	17.27	0.00	37.29	28.42
000515 Hot Pocket Turkey Pepperoni	each	1	300	5.00	680	7	11.00	0.00	32.00	18.00
001181 Pizza Nardone Cheese 4x6	slices	1	310	6.00	360	6	12.00	0.00	30.00	22.00

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)
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
000674 Vegetable Potato Sweet Casserole	1/2 CUP	1	175	0.00	20	26	0.00	0.00	42.34	1.20
000907 Vegetable Blend Provence	1/2 Cup	1	30	0.00	25	*2	0.00	0.00	3.99	1.00
000258 Vegetable Broccoli Florets Frozen	1/2 cup	1	29	0.00	19	2	0.00	0.00	3.82	0.96

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			6656	96.99	13127	*263	262.08	*0.00	730.10	*390.82
% of Calories				13.11%		*15.8%	35.4%	*0.0%	43.9%	*23.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 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)
000601 Chicken Pot Pie MS&HS	servings	1	462	8.60	1541	10	16.45	0.00	44.78	33.76
000310 Corn Dog Mini Turkey WG	6 mini corn dog	1	290	3.50	380	7	14.00	0.00	30.00	10.00
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
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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

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)
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
000737 Vegetable Carrots Whole Baby Buttery	1/2 Cup	1	38	0.27	71	4	0.66	0.00	7.47	1.07
000907 Vegetable Blend Provence	1/2 Cup	1	30	0.00	25	*2	0.00	0.00	3.99	1.00
990137 Vegetable Roasted Brussel Sprouts	1/2 cup	1	90	0.38	35	*3	5.75	0.00	6.02	4.01
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

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)
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			6609	97.63	13721	*250	270.68	*0.00	702.92	*391.08
% of Calories				13.30%		*15.1%	36.9%	*0.0%	42.5%	*23.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001137 Nachos with Pulled Chicken	EACH	1	421	4.68	720	*0	20.02	0.00	45.74	19.06
001136 Nachos with Beef	EACH	1	442	5.78	800	*1	22.57	0.00	46.75	18.42
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

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)
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
000001 Grains Rice Mexican Fiesta	1/2 cup	1	116	0.70	339	*2	2.21	0.00	21.50	2.50
000650 Vegetable Beans Refried Cheesy	1/2 cup	1	75	0.90	248	0	1.70	0.00	9.89	4.83
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			6826	97.11	13781	*229	281.24	*0.00	750.50	*388.05
% of Calories				12.80%		*13.4%	37.1%	*0.0%	44.0%	*22.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

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)
000771 Sandwich Hot Ham & Cheese Croissant	sandwich	1	345	9.25	1020	3	19.50	0.00	26.50	17.00
000301 Sandwich BBQ Pulled Pork	sandwich	1	270	2.11	589	3	7.82	0.00	30.90	23.65
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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

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)
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
000299 Vegetable Beans Baked	1/2 cup	1	150	0.50	540	11	1.00	0.00	30.00	6.00
000439 Vegetable Peas & Carrots Frozen	1/2 cup	1	60	0.00	93	*5	0.00	0.00	12.01	4.00
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

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)
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			6804	105.02	14630	*248	278.40	*0.00	731.44	*402.74
% of Calories				13.89%		*14.6%	36.8%	*0.0%	43.0%	*23.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 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)
990136 Chicken Popcorn	10 popcorn	1	260	3.00	550	0	13.00	0.00	17.00	19.00
990046 Chicken Buffalo Popcorn Basket MS/HS	10 popcorn	1	472	5.23	1558	0	24.00	0.00	47.16	21.08
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
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
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
001048 Sandwich Ham & Cheese	sandwich	1	320	5.75	1032	6	13.56	0.00	33.39	18.36

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)
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
000986 Vegetable Potato Cottage Fries	1/2 cup	1	173	0.67	27	0	4.67	0.00	29.35	4.00
000993 Vegetable Beans Green Frozen	1/2 CUP	1	49	0.15	5	*2	2.15	0.00	6.16	2.05
000995 Vegetable Blend Dutch California	1/2 cup	1	27	0.00	27	*2	0.00	0.00	5.34	1.07
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

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)
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			6811	94.44	13935	*234	279.63	*0.00	739.66	*391.44
% of Calories				12.48%		*13.7%	37.0%	*0.0%	43.4%	*23.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 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)
001145 Pasta Lasagna with Meat Sauce	servings	1	335	6.34	1111	13	13.33	0.00	27.70	23.27
990148 Grains Garlic Toast	Each	1	90	0.00	160	0	2.50	0.00	15.00	3.00

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)
001154 Sandwich Chicken Parmesan	sandwich	1	448	4.92	1075	8	16.86	0.00	49.94	27.83
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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

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)
000995 Vegetable Blend Dutch California	1/2 cup	1	27	0.00	27	*2	0.00	0.00	5.34	1.07
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
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			6721	96.14	14188	*255	266.51	*0.00	728.47	*402.70
% of Calories				12.87%		*15.2%	35.7%	*0.0%	43.4%	*24.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 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
001098 Sandwich Hot Ham & Cheese Sub	sandwich	1	305	5.75	1060	4	13.50	0.00	28.50	18.00
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
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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

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)
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
000335 Vegetable Beans Texas Ranch	1/2 cup	1	108	0.00	481	1	0.49	0.00	19.63	5.89
000465 Vegetable Carrots Honey Glaze	1/2 cup	1	72	0.97	88	9	2.37	0.00	12.09	1.08
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
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

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)
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			6454	94.11	13713	*244	258.18	*0.00	704.86	*376.21
% of Calories				13.12%		*15.1%	36.0%	*0.0%	43.7%	*23.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 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)
000745 Quesadilla Cheese	each	1	396	10.25	1229	5	19.83	1.00	29.78	21.00
000724 Fajita Chicken MS & HS	2 fajita	1	409	8.48	1131	2	17.62	1.00	39.17	23.47
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

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)
001152 Sandwich Chicken WG Breaded Regular	sandwich	1	340	2.00	640	3	12.00	0.00	42.00	21.00
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
000001 Grains Rice Mexican Fiesta	1/2 cup	1	116	0.70	339	*2	2.21	0.00	21.50	2.50
000007 Vegetable Beans Pinto	1/2 cup	1	92	0.00	130	*1	0.00	0.00	17.54	5.54
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			6786	104.48	14501	*236	274.39	*2.00	734.61	*395.75
% of Calories				13.86%		*13.9%	36.4%	*0.3%	43.3%	*23.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

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)
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
001151 Sandwich BBQ Chicken	sandwich	1	290	1.53	547	8	7.09	0.00	36.96	22.30
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
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
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
000261 Vegetable Carrots Buttery	1/2 cup	1	36	0.18	68	4	0.44	0.00	7.47	1.07
000040 Vegetable Peas Green	1/2 cup	1	93	0.00	127	*7	0.00	0.00	16.01	5.34
000995 Vegetable Blend Dutch California	1/2 cup	1	27	0.00	27	*2	0.00	0.00	5.34	1.07
000986 Vegetable Potato Cottage Fries	1/2 cup	1	173	0.67	27	0	4.67	0.00	29.35	4.00
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

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			6860	101.45	14296	*264	275.44	*0.00	757.45	*394.06
% of Calories				13.31%		*15.4%	36.1%	*0.0%	44.2%	*23.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001122 Chicken Nugget Breaded (Middle/High School)	6 nuggets	1	240	2.40	480	1	12.00	0.00	15.60	18.00
000906 Grains Roll Homestyle	Each	1	130	0.50	100	6	2.00	0.00	24.00	3.00
000082 Sandwich Meatball Sub	sandwich	1	410	7.78	908	10	18.20	0.00	38.84	24.12
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
000399 Sandwich Chicken WG Hot & Spicy	sandwich	1	350	2.50	710	3	13.00	0.00	41.00	21.00
990051 Sandwich Cheeseburger	sandwich	1	300	4.50	765	3	11.50	0.00	30.00	22.50

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)
990052 Sandwich Hamburger	sandwich	1	250	2.00	510	3	7.00	0.00	30.00	20.00
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
000993 Vegetable Beans Green Frozen	1/2 CUP	1	49	0.15	5	*2	2.15	0.00	6.16	2.05
000995 Vegetable Blend Dutch California	1/2 cup	1	27	0.00	27	*2	0.00	0.00	5.34	1.07
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

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)
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			6627	96.68	13277	*253	270.54	*0.00	712.68	*390.56
% of Calories				13.13%		*15.3%	36.7%	*0.0%	43.0%	*23.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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.