

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

Menu Name: LUNCH MIDDLE AND K8

Include Cost: No

Site:

Report Style: Detailed

Monday - 12/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990779 CHICKEN, TENDERS	3 TENDERS	1	225	390	0	10.00	18.00	4.00	17.00
990773 BREADSTICK, LOCO-324/1 OZ	1 BREADSTICK	1	70	95	0	0.50	14.00	1.00	2.00
990326 SALAD, SOUTHWEST ES/MS	SALADS	1	*388	*560	*3	*23.54	*32.77	*4.69	*17.49
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	0.00	23.30	4.44	3.33
990055 POTATOES, FRESH BAKED SWEET 1/2 EACH	1/2 EACH	1	108	54	*1	1.92	*21.27	*3.18	*1.98
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	2.50	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			*1448	*2122	*82	*43.68	*192.30	*19.98	*74.80
% of Calories					*22.7%	*27.1%	*53.1%		*20.7%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Tuesday - 12/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990204 HAMBURGER	EACH	1	280	370	4	9.50	28.00	3.00	22.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	3.58	1.23	0.84
990734 SANDWICH, GRILLED CHICKEN CLUB	1 EACH	1	325	724	3	13.55	26.77	2.00	24.21
990805 CUCUMBERS, FRESH, SLICED	1/2 CUP	1	81	127	4	6.08	7.74	0.38	0.49
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	0.45	9.18	3.20	1.87
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990390 SAUCE,	POUCH	1	10	100	2	0.00	3.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

KETCHUP IND PKS									
990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
990179 COOKIE DOUGH, SUGAR	1 COOKIE	1	150	120	12	4.50	26.00	2.00	2.00
Weighted Daily Average			1457	2390	*96	43.57	184.24	*14.48	84.41
% of Calories					*26.4%	26.9%	50.6%		23.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Wednesday - 12/15/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990270 BAKED SPAGHETTI	1 CUP	1	370	634	*5	15.05	38.56	*4.90	51.08
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	16.93	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	16.00	52.89	6.00	15.54
990269 BENTO BOX-MOZZARELLA CHEESE	1 BOX	1	370	631	*20	15.38	49.73	5.00	16.67
990307 CORN, ITALIAN, CANNED	1/2 CUP	1	*4	*4	*0	*0.44	*0.02	*0.01	*0.00
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	0.37	4.84	2.35	1.84
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			*2160	*2977	*138	*69.17	*294.60	*27.22	*133.53
% of Calories					*25.6%	*28.8%	*54.6%		*24.7%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Thursday - 12/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	14.00	27.00	1.00	10.00
990294 HOT HAM & CHEESE ES/MS	1 each	1	311	682	4	11.55	30.01	2.00	23.04
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	13.10	3.02	1.76
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	0.09	5.79	2.04	0.45
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			1282	2449	*90	41.24	158.87	*10.73	68.24
% of Calories					*28.1%	29.0%	49.6%		21.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Friday - 12/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990806 QUESADILLA, PIZZA, PEPPERONI & CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	526	974	4	35.99	27.42	3.00	26.91
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	0.00	4.67	*3.20	3.20
990808 POTATO, ROASTED, GARLIC	1/2 CUP	1	111	166	*1	2.33	20.89	*1.50	2.44
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			1170	1828	*72	43.55	132.45	*10.38	65.05
% of Calories					*24.6%	33.5%	45.3%		22.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Monday - 12/20/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Tuesday - 12/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

Wednesday - 12/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Thursday - 12/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Friday - 12/24/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Monday - 12/27/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Tuesday - 12/28/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

Wednesday - 12/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Thursday - 12/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Friday - 12/31/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Monday - 01/03/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Tuesday - 01/04/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990204 HAMBURGER	EACH	1	280	370	4	9.50	28.00	3.00	22.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	3.58	1.23	0.84
990734 SANDWICH, GRILLED CHICKEN CLUB	1 EACH	1	325	724	3	13.55	26.77	2.00	24.21
990805 CUCUMBERS,	1/2 CUP	1	81	127	4	6.08	7.74	0.38	0.49

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

FRESH, SLICED									
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	0.45	9.18	3.20	1.87
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
990179 COOKIE DOUGH, SUGAR	1 COOKIE	1	150	120	12	4.50	26.00	2.00	2.00
Weighted Daily Average			1457	2390	*96	43.57	184.24	*14.48	84.41
% of Calories					*26.4%	26.9%	50.6%		23.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Wednesday - 01/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990270 BAKED SPAGHETTI	1 CUP	1	370	634	*5	15.05	38.56	*4.90	51.08
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	16.93	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	16.00	52.89	6.00	15.54

Base Menu Spreadsheet

Portion Values

990269 BENTO BOX-MOZZARELLA CHEESE	1 BOX	1	370	631	*20	15.38	49.73	5.00	16.67
990307 CORN, ITALIAN, CANNED	1/2 CUP	1	*4	*4	*0	*0.44	*0.02	*0.01	*0.00
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	0.37	4.84	2.35	1.84
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			*2160	*2977	*138	*69.17	*294.60	*27.22	*133.53
% of Calories					*25.6%	*28.8%	*54.6%		*24.7%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Thursday - 01/06/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	14.00	27.00	1.00	10.00
990294 HOT HAM & CHEESE ES/MS	1 each	1	311	682	4	11.55	30.01	2.00	23.04
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	13.10	3.02	1.76
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	0.09	5.79	2.04	0.45
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			1282	2449	*90	41.24	158.87	*10.73	68.24
% of Calories					*28.1%	29.0%	49.6%		21.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Friday - 01/07/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990806 QUESADILLA, PIZZA, PEPPERONI & CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	526	974	4	35.99	27.42	3.00	26.91
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	0.00	4.67	*3.20	3.20
990808 POTATO, ROASTED, GARLIC	1/2 CUP	1	111	166	*1	2.33	20.89	*1.50	2.44
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

FREE PET									
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			1170	1828	*72	43.55	132.45	*10.38	65.05
% of Calories					*24.6%	33.5%	45.3%		22.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Monday - 01/10/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990409 CHICKEN N WAFFLES (TENDERS)	1 EACH	1	525	740	12	23.00	61.00	7.00	21.00
990802 PIZZA, BITES, PEPPERONI	6 PIECES	1	350	735	6	12.75	41.00	6.00	18.00
001075 POTATO, MASHED	1/2 CUP	1	92	137	*0	2.23	*14.29	*0.60	*1.19
990272 CAULIFLOWER, CHEESY	1/2 CUP	1	94	192	2	8.22	5.52	2.28	8.18
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			1567	2371	*86	51.42	*201.27	*18.54	*80.86
% of Calories					*22.0%	29.5%	*51.4%		*20.6%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

Tuesday - 01/11/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000145 CHEESEBURGER	EACH	1	320	512	5	12.54	29.01	3.00	25.54
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	3.58	1.23	0.84
001440 SUB, TURKEY ES/MS	SANDWICH	1	416	682	7	9.67	57.88	5.85	24.74
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	4.09	1.43	0.70
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	13.10	3.02	1.76
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	0.09	5.79	2.04	0.45
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			1463	3318	*90	38.37	196.42	*19.25	87.03
% of Calories					*24.6%	23.6%	53.7%		23.8%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Wednesday - 01/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990297 SHEPHERDS PIE	5 x 5	1	287	356	*0	15.52	*17.24	*1.24	*14.68
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	2.50	24.00	5.00	6.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	2	0.48	5.49	2.94	2.81
000523 SWEET POTATO SOUFFLE	1/2 CUP	1	157	74	*21	3.56	*29.64	*1.51	*0.76
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			1120	1244	*91	27.29	*155.83	*13.37	*56.75
% of Calories					*32.5%	21.9%	*55.7%		*20.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Thursday - 01/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	9.50	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0	0.27	3.58	1.23	0.84
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	10.00	34.00	2.00	13.00
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	0.45	9.18	3.20	1.87
990805 CUCUMBERS, FRESH, SLICED	1/2 CUP	1	81	127	4	6.08	7.74	0.38	0.49
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			1341	2318	*87	35.52	178.47	*12.48	76.20
% of Calories					*26.0%	23.8%	53.2%		22.7%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Friday - 01/14/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990209 WRAP, FAJITA CHICKEN (ELEMENTARY/MIDDLE)	1 WRAP	1	280	637	*2	12.20	26.86	2.52	19.59
990316 NACHOS, BEEF SUPREME (BEEF AND CHEESE) ES/MS	1 SERVING	1	411	276	*0	27.43	17.68	1.61	19.27
990089 BEANS, CHEESY DIP W. CHIPS	1/2 CUP	1	238	368	3	8.92	30.41	9.54	13.03
990092 CORN, SEASONED, FROZEN	1/2 CUP	1	121	36	*7	4.54	*15.77	*1.95	*2.93
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	1.00	39.17	2.01	1.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
Weighted Daily Average			1563	1757	*90	59.08	*175.88	*17.63	*79.82
% of Calories					*23.0%	34.0%	*45.0%		*20.4%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

Monday - 01/17/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0
% of Calories					0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Tuesday - 01/18/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990204 HAMBURGER	EACH	1	280	370	4	9.50	28.00	3.00	22.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	3.58	1.23	0.84
990734 SANDWICH, GRILLED CHICKEN CLUB	1 EACH	1	325	724	3	13.55	26.77	2.00	24.21
990805 CUCUMBERS, FRESH, SLICED	1/2 CUP	1	81	127	4	6.08	7.74	0.38	0.49
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	0.45	9.18	3.20	1.87
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			1307	2270	*84	39.07	158.24	*12.48	82.41
% of Calories					*25.7%	26.9%	48.4%		25.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Wednesday - 01/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990270 BAKED SPAGHETTI	1 CUP	1	370	634	*5	15.05	38.56	*4.90	51.08
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	16.93	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	16.00	52.89	6.00	15.54
990269 BENTO BOX-MOZZARELLA CHEESE	1 BOX	1	370	631	*20	15.38	49.73	5.00	16.67
990307 CORN, ITALIAN, CANNED	1/2 CUP	1	*4	*4	*0	*0.44	*0.02	*0.01	*0.00
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	0.37	4.84	2.35	1.84
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	29.15	3.98	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			*2160	*2977	*138	*69.17	*294.60	*27.22	*133.53
% of Calories					*25.6%	*28.8%	*54.6%		*24.7%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Thursday - 01/20/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	14.00	27.00	1.00	10.00
990294 HOT HAM & CHEESE ES/MS	1 each	1	311	682	4	11.55	30.01	2.00	23.04
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	13.10	3.02	1.76
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	0.09	5.79	2.04	0.45
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			1282	2449	*90	41.24	158.87	*10.73	68.24
% of Calories					*28.1%	29.0%	49.6%		21.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Friday - 01/21/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990806 QUESADILLA, PIZZA, PEPPERONI & CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	526	974	4	35.99	27.42	3.00	26.91
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	0.00	4.67	*3.20	3.20
990808 POTATO, ROASTED, GARLIC	1/2 CUP	1	111	166	*1	2.33	20.89	*1.50	2.44
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			1170	1828	*72	43.55	132.45	*10.38	65.05
% of Calories					*24.6%	33.5%	45.3%		22.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Monday - 01/24/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990409 CHICKEN N WAFFLES (TENDERS)	1 EACH	1	525	740	12	23.00	61.00	7.00	21.00
990802 PIZZA, BITES, PEPPERONI	6 PIECES	1	350	735	6	12.75	41.00	6.00	18.00
001075 POTATO, MASHED	1/2 CUP	1	92	137	*0	2.23	*14.29	*0.60	*1.19
990272 CAULIFLOWER, CHEESY	1/2 CUP	1	94	192	2	8.22	5.52	2.28	8.18
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			1567	2371	*86	51.42	*201.27	*18.54	*80.86
% of Calories					*22.0%	29.5%	*51.4%		*20.6%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Tuesday - 01/25/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000145 CHEESEBURGER	EACH	1	320	512	5	12.54	29.01	3.00	25.54
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	3.58	1.23	0.84
001440 SUB, TURKEY ES/MS	SANDWICH	1	416	682	7	9.67	57.88	5.85	24.74
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	4.09	1.43	0.70
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	13.10	3.02	1.76
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	0.09	5.79	2.04	0.45
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			1463	3318	*90	38.37	196.42	*19.25	87.03
% of Calories					*24.6%	23.6%	53.7%		23.8%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Wednesday - 01/26/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990297 SHEPHERDS PIE	5 x 5	1	287	356	*0	15.52	*17.24	*1.24	*14.68
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	2.50	24.00	5.00	6.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	2	0.48	5.49	2.94	2.81
000523 SWEET POTATO SOUFFLE	1/2 CUP	1	157	74	*21	3.56	*29.64	*1.51	*0.76
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
Weighted Daily Average			1120	1244	*91	27.29	*155.83	*13.37	*56.75
% of Calories					*32.5%	21.9%	*55.7%		*20.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Thursday - 01/27/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	9.50	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0	0.27	3.58	1.23	0.84
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	10.00	34.00	2.00	13.00
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	0.45	9.18	3.20	1.87
990805 CUCUMBERS, FRESH, SLICED	1/2 CUP	1	81	127	4	6.08	7.74	0.38	0.49
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	3.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.50	0.00	0.50
Weighted Daily Average			1341	2318	*87	35.52	178.47	*12.48	76.20
% of Calories					*26.0%	23.8%	53.2%		22.7%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Friday - 01/28/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990209 WRAP, FAJITA CHICKEN (ELEMENTARY/MIDDLE)	1 WRAP	1	280	637	*2	12.20	26.86	2.52	19.59
990316 NACHOS, BEEF SUPREME (BEEF AND CHEESE) ES/MS	1 SERVING	1	411	276	*0	27.43	17.68	1.61	19.27
990089 BEANS, CHEESY DIP W. CHIPS	1/2 CUP	1	238	368	3	8.92	30.41	9.54	13.03
990092 CORN, SEASONED, FROZEN	1/2 CUP	1	121	36	*7	4.54	*15.77	*1.95	*2.93
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	1.00	39.17	2.01	1.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	13.01	0.00	8.00
Weighted Daily Average			1563	1757	*90	59.08	*175.88	*17.63	*79.82
% of Calories					*23.0%	34.0%	*45.0%		*20.4%
Weekly Nutrient Guideline			600 - 650	1230		<=0			

Base Menu Spreadsheet

Portion Values

Dec 13, 2021 thru Jan 28, 2022

			Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			*960	*1513	*61	*30.15	*122.64	*10.54	*53.94
% of Calories					*25.4%	*28.3%	*51.1%		*22.5%

**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.