

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

### Monday - 03/02/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000277 Macaroni & Cheese	Cup	40	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
000637 Pizza, Cheese Stuffed Pepper	slice	48	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
008044 Peas, Seasoned	1/2 cup	40	73	0.60	60	4	1.11	0.00	2	11.93	3.77	4.30	1785	20.2	8.26	1.27
000648 Mandarin Oranges	1/2 cup	45	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			702	10.11	1076	*44	22.13	*0.00	56	94.62	6.51	31.48	5758	753.9	31.87	4.06
% of Calories				12.96%		*25.1%	28.4%	*0.0%		53.9%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 03/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
008106 Beefy Nachos (Elem)	serving	58	387	5.47	698	3	18.44	0.35	54	36.80	4.82	21.76	916	163.5	6.31	3.17
001016 Hot Dog on Bun	sandwich	10	353	5.62	808	4	19.31	0.00	59	30.38	2.00	13.56	1	118.1	2.41	2.06
000601 Hot Dog on Bun (w/ 2 oz chili)	1 each	20	432	7.47	1033	*5	23.26	*0.00	72	36.00	3.06	19.45	289	154.6	4.09	3.16
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	30	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000334 Cinnamon Rolls, Rich's	2 oz roll	15	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001273 Taco Toppings	serving	20	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
001003 Corn, Seasoned	1/2 cup	55	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28

# Base Menu Spreadsheet

Lee's Summit R-7 School District

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000372	Black Beans	1/2 cup	20	154	0.01	195	0	0.78	0.00	0	28.18	11.21	9.84	12	31.7	0.03	15.28
008035	Apples, Cinnamon	1/2 cup	35	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
000624	Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240	Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222	Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000418	Dressing, Ranch FF	TBSP	2	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765	Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
990024	Salsa *RESIZED*	2 oz	5	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077	Jalapeno Peppers	oz	5	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
Weighted Daily Average				699	7.11	1034	*39	22.11	*0.20	69	94.62	9.66	32.74	4188	520.7	20.96	7.06
% of Calories					9.15%		*22.3%	28.5%	*0.3%		54.1%		18.7%				
Weekly Nutrient Guideline				600 - 650	<10	1230		<=0									

Wednesday - 03/04/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	-serving	38	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
000388 Chicken Alfredo	servings	30	492	4.05	633	4	10.19	0.00	45	74.37	3.24	23.77	275	235.1	218.37	3.20
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000891 Pizza, Big Daddy Pepperoni	slice	10	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000681 Broccoli, Seasoned	1/2 cup	45	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000098 Strawberries: frozen	1/2 cup	55	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
000085 Orange Smiles	1/2 EACH	45	40	0.00	0	7	0.00	0.00	0	9.50	1.50	0.50	50	30.0	39.00	0.00
000624 Juice, Assorted 4 oz	4 oz serving	25	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	20	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			922	13.88	1099	*57	36.45	*0.00	101	112.82	7.23	35.93	5259	556.1	137.23	3.83
% of Calories				13.55%		*24.7%	35.6%	*0.0%		48.9%		15.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 03/05/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001000 Chicken Nuggets	serving/5	68	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
000861 Pizza, Southwest (Fiestada)	slice	20	360	6.00	780	9	14.00	0.00	25	41.00	5.00	18.00	500	250.0	0.00	2.70
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	50	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008048 Gravy, Poultry Low Sodium	TBSP	40	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01
000433 Mixed Vegetables	1/2 cup	30	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000419 Fruit Cocktail:canned,lt syrup	1/2 cup	55	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	0.00
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			610	4.45	937	*42	17.50	*0.00	37	85.51	7.14	28.99	4399	449.0	30.51	3.08
% of Calories				6.57%		*27.5%	25.8%	*0.0%		56.1%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 03/06/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990124 Battered Fish Nuggets	Each	20	46	0.30	58	0	1.60	0.00	10	4.60	0.40	3.00	0	4.0	0.00	0.29
008081 Corn Dog Nuggets	serving of 6	28	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00

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## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000661 Bosco Sticks/Marinara Sauce	-serving 2	40	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
008096 Green Beans, Seasoned	1/2 cup	40	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
001304 Waffle Cut Fries	2.89 oz serving	50	140	1.00	75	0	5.00	0.00	0	21.00	3.00	2.00	0	0.0	3.60	0.72
001216 Applesauce	1/2 cup	50	49	0.00	2	11	0.00	0.00	0	13.51	0.96	0.96	77	0.0	0.00	0.00
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000010 Tarter Sauce	1 oz	5	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			598	5.27	796	*40	15.01	*0.00	38	90.40	7.14	25.04	4187	556.3	31.66	3.07
% of Calories				7.93%		*26.8%	22.6%	*0.0%		60.5%		16.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 03/09/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990120 Mandarin Orange Chicken	3.6 oz	28	299	0.55	438	*16	3.25	0.00	40	52.13	0.32	13.50	8	4.9	1.32	2.13
990083 Egg Roll, Vegetable	1.5 oz	28	80	0.75	200	1	3.00	0.00	0	12.00	1.00	2.00	27	16.0	3.00	1.00
000861 Pizza, Southwest (Fiestada)	slice	60	360	6.00	780	9	14.00	0.00	25	41.00	5.00	18.00	500	250.0	0.00	2.70
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
008044 Peas, Seasoned	1/2 cup	20	73	0.60	60	4	1.11	0.00	2	11.93	3.77	4.30	1785	20.2	8.26	1.27
000419 Fruit Cocktail:canned,lt syrup	1/2 cup	45	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	0.00
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00



# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000124 Sweet and Sour Sauce	oz	10	24	0.02	83	*4	0.09	*0.00	0	5.23	0.06	0.43	10	4.4	1.11	0.10
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			615	5.29	949	*45	13.71	*0.00	41	95.47	6.79	28.64	4578	542.3	18.38	3.87
% of Calories				7.74%		*29.3%	20.1%	*0.0%		62.1%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Tuesday - 03/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001088 Walking Taco	portions	45	255	5.32	360	2	12.53	0.00	34	22.46	1.81	12.52	524	85.6	3.65	1.58
001223 Breaded Drumstick	each	43	190	2.50	450	0	11.00	0.00	50	5.00	1.00	16.00	100	20.0	0.00	1.08
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000987 Salad Bar Set Up	salads	30	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000334 Cinnamon Rolls, Rich's	2 oz roll	15	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001273 Taco Toppings	serving	20	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
001003 Corn, Seasoned	1/2 cup	40	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000008 Refried Beans: canned	1/2 cup	25	122	0.30	179	1	0.56	0.00	1	20.96	5.05	7.67	166	59.2	9.62	2.63
000648 Mandarin Oranges	1/2 cup	40	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000418 Dressing, Ranch FF	TBSP	2	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	5	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077 Jalapeno Peppers	oz	5	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
Weighted Daily Average			538	5.26	694	*40	14.77	*0.00	54	74.52	5.57	27.04	4318	437.2	30.16	3.29
% of Calories				8.80%		*29.7%	24.7%	*0.0%		55.4%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 03/11/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990107 Bacon Scramble Burrito	Each	30	225	4.32	339	1	9.86	0.00	75	23.09	3.45	11.95	319	159.4	3.82	0.34
000611 Popcorn Chicken	3.08 oz	38	161	1.31	326	0	7.84	0.00	30	8.96	0.93	13.72	101	16.8	0.00	0.93
000890 Pizza, Big Daddy, Cheese	slice	20	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
008096 Green Beans, Seasoned	1/2 cup	45	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
000487 French Fries, Seasoned	2.52 oz	55	118	1.26	277	0	5.04	0.00	0	15.96	1.68	1.68	0	0.0	4.03	0.60
008035 Apples, Cinnamon	1/2 cup	35	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
000624 Juice, Assorted 4 oz	4 oz serving	25	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	20	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
008121 Salsa	1.50 oz	10	15	0.00	103	1	0.00	0.00	0	2.93	0.00	0.00	733	0.0	8.80	1.58
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			573	6.02	900	*36	16.26	*0.00	58	79.04	7.32	26.36	4320	497.3	18.96	2.87
% of Calories				9.46%		*25.1%	25.5%	*0.0%		55.2%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 03/12/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990114 Chicken & Waffles	5 each 2 waffle	68	359	2.98	659	7	9.46	0.00	35	36.88	3.00	16.99	100	20.0	90.00	2.87
001239 Chicken Taquitos/Chips/Queso	serving of 1	20	537	9.40	1406	12	24.93	0.12	60	54.61	4.76	27.01	201	325.0	4.80	1.30
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	50	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008048 Gravy, Poultry Low Sodium	TBSP	40	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000483	Blueberries, frozen	1/2 cup	45	40	0.04	1	7	0.50	0.00	0	9.43	2.09	0.33	36	6.2	1.94	0.14
000098	Strawberries: frozen	1/2 cup	40	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
000624	Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240	Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222	Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418	Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765	Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345	Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average				722	5.23	1207	*53	15.75	*0.02	50	105.98	7.45	30.36	4017	488.2	99.97	3.64
% of Calories					6.52%		*29.4%	19.6%	*0.0%		58.7%		16.8%				
Weekly Nutrient Guideline				600 - 650	<10	1230		<=0									

### Friday - 03/13/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
008081	Corn Dog Nuggets	serving of 6	40	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000385 BBQ Rib/bun	sandwich	10	338	3.60	584	7	13.00	0.00	41	33.74	3.47	21.00	192	94.0	3.40	2.44
000661 Bosco Sticks/Marinara Sauce	serving 2	40	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000712 Baked Beans-district	1/2 CUP	40	170	0.00	230	13	1.23	*0.00	0	33.16	6.62	8.71	316	57.0	1.28	1.38
001084 Scalloped Potatoes	1/2 cup	25	164	3.66	496	4	6.61	0.00	7	24.96	2.00	3.00	125	43.8	7.32	0.49
001021 Pears, Chilled	1/2 cup	40	78	0.00	6	16	0.00	0.00	0	20.76	2.60	0.00	71	0.0	1.56	0.47
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
000763 Pickles, Sliced Dill	3 slices	10	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			709	5.75	1035	*50	16.51	*0.00	44	110.72	9.26	30.64	4218	601.2	38.53	3.90
% of Calories				7.30%		*28.2%	21.0%	*0.0%		62.5%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 03/16/2020

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Tuesday - 03/17/2020

#### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 03/18/2020

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 03/19/2020

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									



# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

### Friday - 03/20/2020

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 03/23/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000277 Macaroni & Cheese	Cup	40	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
000637 Pizza, Cheese Stuffed Pepper	slice	48	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
008096 Green Beans, Seasoned	1/2 cup	40	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
001021 Pears, Chilled	1/2 cup	45	78	0.00	6	16	0.00	0.00	0	20.76	2.60	0.00	71	0.0	1.56	0.47

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			689	10.34	1138	*42	22.42	*0.00	57	91.88	6.85	30.40	4734	758.5	18.54	3.78
% of Calories				13.51%		*24.4%	29.3%	*0.0%		53.3%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Tuesday - 03/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990131 Totchos	boat	50	451	6.44	1087	4	20.28	0.00	42	50.93	6.49	15.48	607	159.2	3.16	2.20
000149 Cheeseburger on Bun	each	38	275	4.27	417	*1	13.02	0.00	48	21.01	2.00	20.54	152	155.9	0.00	2.16
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000987 Salad Bar Set Up	salads	30	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000334 Cinnamon Rolls, Rich's	2 oz roll	15	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001273 Taco Toppings	serving	20	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
001003 Corn, Seasoned	1/2 cup	40	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000372 Black Beans	1/2 cup	25	154	0.01	195	0	0.78	0.00	0	28.18	11.21	9.84	12	31.7	0.03	15.28
000437 Peaches: canned, light syrup	1/2 cup	50	76	0.00	13	14	0.00	0.00	0	17.76	0.00	0.00	381	0.0	1.52	0.00
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000418 Dressing, Ranch FF	TBSP	2	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	5	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077 Jalapeno Peppers	oz	5	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
000222 Ketchup packet	packet	20	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	50	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	30	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000763 Pickles, Sliced Dill	3 slices	10	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			692	6.56	1129	*41	19.85	*0.00	56	98.85	9.35	30.62	4116	522.1	18.26	7.02
% of Calories				8.53%		*23.7%	25.8%	*0.0%		57.1%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	serving	48	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
000470 Chicken Patty/Bun	sandwich	20	440	3.00	490	3	19.00	0.00	25	42.00	5.00	23.00	100	128.0	0.00	3.80
000890 Pizza, Big Daddy, Cheese	slice	100	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000891 Pizza, Big Daddy Pepperoni	slice	100	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000433 Mixed Vegetables	1/2 cup	40	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
000085 Orange Smiles	1/2 EACH	45	40	0.00	0	7	0.00	0.00	0	9.50	1.50	0.50	50	30.0	39.00	0.00

# Base Menu Spreadsheet

Lee's Summit R-7 School District

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000624	Juice, Assorted 4 oz	4 oz serving	25	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240	Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222	Ketchup packet	packet	20	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	50	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	30	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000763	Pickles, Sliced Dill	3 slices	10	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000418	Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765	Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345	Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average				1624	31.89	2405	*60	75.52	*0.00	183	164.89	9.31	70.50	5304	875.1	33.10	8.21
% of Calories					17.67%		*14.8%	41.9%	*0.0%		40.6%		17.4%				
Weekly Nutrient Guideline				600 - 650	<10	1230		<=0									

Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990114	Chicken & Waffles	5 each 2 waffle	68	359	2.98	659	7	9.46	0.00	35	36.88	3.00	16.99	100	20.0	90.00	2.87

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000995 Mashed Potato Bowl/Elementary	bowl	20	276	4.17	744	4	11.47	0.00	34	29.92	2.76	14.69	99	103.8	24.60	0.97
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000505 Mashed Potatoes	1/2 cup	40	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008048 Gravy, Poultry Low Sodium	TBSP	35	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01
001003 Corn, Seasoned	1/2 cup	50	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000098 Strawberries: frozen	1/2 cup	55	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	20	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			680	4.71	1014	*53	13.72	*0.00	47	102.51	6.83	27.83	4069	436.8	104.88	3.42
% of Calories				6.23%		*31.2%	18.2%	*0.0%		60.3%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 03/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990124 Battered Fish Nuggets	Each	20	46	0.30	58	0	1.60	0.00	10	4.60	0.40	3.00	0	4.0	0.00	0.29
008081 Corn Dog Nuggets	serving of 6	48	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
000661 Bosco Sticks/Marinara Sauce	serving 2	20	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000681 Broccoli, Seasoned	1/2 cup	45	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000487 French Fries, Seasoned	2.52 oz	55	118	1.26	277	0	5.04	0.00	0	15.96	1.68	1.68	0	0.0	4.03	0.60
008035 Apples, Cinnamon	1/2 cup	45	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			605	4.49	820	*43	15.18	*0.00	38	91.76	8.13	23.86	5077	522.6	70.29	3.02
% of Calories				6.68%		*28.4%	22.6%	*0.0%		60.7%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 03/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000613 Spaghetti & Meatballs	servings	40	371	3.50	703	4	11.68	0.00	36	46.47	4.06	18.91	597	108.2	7.87	4.48
000611 Popcorn Chicken	3.08 oz	48	161	1.31	326	0	7.84	0.00	30	8.96	0.93	13.72	101	16.8	0.00	0.93



# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000433 Mixed Vegetables	1/2 cup	30	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
000648 Mandarin Oranges	1/2 cup	60	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46
001151 Blueberry/cherry combo	1/2 cup	30	67	0.03	5	*3	0.31	0.00	0	16.87	1.55	0.63	475	9.4	2.23	0.90
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	101	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			592	3.50	845	*49	12.25	*0.00	44	93.61	6.85	27.51	5301	444.6	37.13	4.00
% of Calories				5.32%		*33.1%	18.6%	*0.0%		63.2%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000496 Taco Salad - Elem	#12	40	341	6.52	353	2	18.58	0.34	34	31.80	3.17	13.49	380	135.0	2.88	1.96
990126 Chicken Wings	4-5 each	48	239	4.00	809	7	13.00	0.00	115	9.97	1.12	20.00	224	0.0	0.00	0.72
000908 Baked Potato Entree	each	5	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000334 Cinnamon Rolls, Rich's	2 oz roll	15	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001003 Corn, Seasoned	1/2 cup	60	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000008 Refried Beans: canned	1/2 cup	30	122	0.30	179	1	0.56	0.00	1	20.96	5.05	7.67	166	59.2	9.62	2.63
001216 Applesauce	1/2 cup	50	49	0.00	2	11	0.00	0.00	0	13.51	0.96	0.96	77	0.0	0.00	0.00
000624 Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
008121 Salsa	1.50 oz	10	15	0.00	103	1	0.00	0.00	0	2.93	0.00	0.00	733	0.0	8.80	1.58
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
Weighted Daily Average			606	6.57	862	*39	18.83	*0.14	87	81.26	6.77	30.92	4333	440.0	19.06	3.31
% of Calories				9.76%		*25.7%	28.0%	*0.2%		53.6%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	716	8	1055	*45	21.65	*0.02	62	98.14	7.54	31.70	4599	553	44.68	4.20
% of Calories		10.09%		*25.1%	27.2%	*0.0%		54.8%		17.7%				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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