

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: Head Start Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000277 Macaroni & Cheese	Cup	100	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
990058 Peas, Seasoned *RESIZED*	1/4 cup	100	37	0.30	30	2	0.55	0.00	1	5.96	1.88	2.15	892	10.1	4.13	0.64
990049 Mandarin Oranges *RESIZED*	1/4 cup	100	39	0.00	4	10	0.00	0.00	0	10.30	0.64	0.00	547	0.0	12.75	0.23
000693 Milk, Choc Skim	half pint	90	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	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			767	16.63	1048	40	29.77	*0.00	86	88.14	4.56	33.86	3098	776.5	17.06	2.72
% of Calories				19.51%		20.9%	34.9%	*0.0%		46.0%		17.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Tuesday - 03/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001016 Hot Dog on Bun	sandwich	100	353	5.62	808	4	19.31	0.00	59	30.38	2.00	13.56	1	118.1	2.41	2.06
990047 Corn, Seasoned *RESIZED*	1/4 cup	100	40	0.56	7	1	1.37	0.00	2	7.40	0.99	0.99	54	1.6	1.04	0.14

Base Menu Spreadsheet

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Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Apples, Cinnamon *RESIZED*	1/4 cup	100	43	0.00	7	7	0.00	*0.00	0	8.86	1.38	0.01	29	1.5	0.01	0.01
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	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			566	6.26	1031	35	20.81	*0.00	65	70.39	4.37	22.16	569	406.2	3.99	2.22
% of Calories				9.95%		24.7%	33.1%	*0.0%		49.7%		15.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Wednesday - 03/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	serving	100	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
990050 Broccoli, Seasoned *RESIZED*	1/4 cup	100	23	0.40	22	1	0.88	0.00	0	2.96	1.78	1.78	1223	35.5	31.95	0.43
990043 Strawberries: frozen *RESIZED*	1/4 cup	100	66	0.00	0	14	0.00	0.00	0	15.50	1.00	0.50	72	10.0	10.50	0.18
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

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000349 Syrup	packet	100	120	0.00	40	16	0.00	0.00	0	31.00	0.00	0.00	80	0.0	0.00	0.00
Weighted Daily Average			1217	24.95	1450	71	68.84	0.00	177	113.63	3.61	37.27	2019	347.2	42.99	2.29
% of Calories				18.45%		23.3%	50.9%	0.0%		37.3%		12.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001000 Chicken Nuggets	servings/5	100	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
990044 Mashed Potatoes *RESIZED*	1/4 cup	100	33	0.09	125	1	0.34	0.00	0	6.99	0.51	0.74	3	8.1	11.79	0.11
008048 Gravy, Poultry Low Sodium	TBSP	100	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01
990068 Fruit Cocktail:canned,lt syrup *RESIZED*	1/4 cup	100	32	0.00	3	6	0.00	0.00	0	8.05	0.54	0.54	107	0.0	0.64	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

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990082 BBQ Sauce *RESIZED*	2 TBSP	100	39	0.00	179	7	0.00	0.00	0	8.97	1.12	0.00	224	0.0	0.00	0.00
Weighted Daily Average			511	2.67	989	36	16.55	0.00	29	65.00	5.17	24.88	914	294.2	12.97	1.91
% of Calories				4.70%		28.2%	29.1%	0.0%		50.9%		19.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Friday - 03/06/2020

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Monday - 03/09/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000637 Pizza, Cheese Stuffed Pepper	slice	100	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
990058 Peas, Seasoned *RESIZED*	1/4 cup	100	37	0.30	30	2	0.55	0.00	1	5.96	1.88	2.15	892	10.1	4.13	0.64
990068 Fruit Cocktail:canned,lt syrup *RESIZED*	1/4 cup	100	32	0.00	3	6	0.00	0.00	0	8.05	0.54	0.54	107	0.0	0.64	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
Weighted Daily Average			519	4.88	1031	33	14.68	0.00	25	70.76	5.42	27.29	2030	647.1	6.04	3.74
% of Calories				8.46%		25.4%	25.5%	0.0%		54.5%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Tuesday - 03/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001223 Breaded Drumstick	each	100	190	2.50	450	0	11.00	0.00	50	5.00	1.00	16.00	100	20.0	0.00	1.08
990047 Corn, Seasoned *RESIZED*	1/4 cup	1	40	0.56	7	1	1.37	0.00	2	7.40	0.99	0.99	54	1.6	1.04	0.14
990049 Mandarin Oranges *RESIZED*	1/4 cup	100	39	0.00	4	10	0.00	0.00	0	10.30	0.64	0.00	547	0.0	12.75	0.23
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
Weighted Daily Average			350	2.58	582	30	11.14	0.00	54	37.13	1.65	23.61	1123	305.0	13.30	1.31
% of Calories				6.63%		34.3%	28.6%	0.0%		42.4%		27.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Wednesday - 03/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990087 Breakfast Scramble Pizza	3 oz	100	244	2.25	398	4	9.96	0.00	45	28.33	2.98	10.49	2	15.0	0.00	10.18
990048 Green Beans, Seasoned *RESIZED*	1/4 cup	100	21	0.58	109	1	0.92	0.00	2	2.46	1.57	0.80	188	15.8	0.94	0.29
990040 Apples, Cinnamon *RESIZED*	1/4 cup	100	43	0.00	7	7	0.00	*0.00	0	8.86	1.38	0.01	29	1.5	0.01	0.01
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
990024 Salsa *RESIZED*	2 oz	100	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
Weighted Daily Average			448	2.90	778	34	11.01	*0.00	52	65.31	5.92	18.90	1672	317.3	13.22	12.59
% of Calories				5.83%		30.4%	22.1%	*0.0%		58.3%		16.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Thursday - 03/12/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990114 Chicken & Waffles	5 each 2 waffle	100	359	2.98	659	7	9.46	0.00	35	36.88	3.00	16.99	100	20.0	90.00	2.87
990044 Mashed Potatoes *RESIZED*	1/4 cup	100	33	0.09	125	1	0.34	0.00	0	6.99	0.51	0.74	3	8.1	11.79	0.11
008048 Gravy, Poultry Low Sodium	TBSP	100	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990075 Blueberries, frozen *RESIZED*	1/4 cup	100	20	0.02	0	3	0.25	0.00	0	4.72	1.05	0.16	18	3.1	0.97	0.07
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
Weighted Daily Average			589	3.17	1093	39	11.26	0.00	39	81.25	4.67	25.50	658	350.6	110.98	3.06
% of Calories				4.84%		26.5%	17.2%	0.0%		55.2%		17.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Friday - 03/13/2020

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (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			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Monday - 03/16/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Tuesday - 03/17/2020

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Wednesday - 03/18/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Thursday - 03/19/2020

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Friday - 03/20/2020

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Monday - 03/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000277 Macaroni & Cheese	Cup	100	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
990048 Green Beans, Seasoned *RESIZED*	1/4 cup	100	21	0.58	109	1	0.92	0.00	2	2.46	1.57	0.80	188	15.8	0.94	0.29
990056 Pears, Chilled *RESIZED*	1/4 cup	100	39	0.00	3	8	0.00	0.00	0	10.38	1.30	0.00	36	0.0	0.78	0.23
000693 Milk, Choc Skim	half pint	90	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	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			751	16.92	1126	37	30.13	*0.00	87	84.71	4.90	32.52	1882	782.2	1.90	2.38
% of Calories				20.28%		19.7%	36.1%	*0.0%		45.1%		17.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Tuesday - 03/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000149 Cheeseburger on Bun	each	100	275	4.27	417	*1	13.02	0.00	48	21.01	2.00	20.54	152	155.9	0.00	2.16
990047 Corn, Seasoned *RESIZED*	1/4 cup	100	40	0.56	7	1	1.37	0.00	2	7.40	0.99	0.99	54	1.6	1.04	0.14
990042 Peaches: canned, light syrup *RESIZED*	1/4 cup	100	38	0.00	6	7	0.00	0.00	0	8.88	0.00	0.00	190	0.0	0.76	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

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000763 Pickles, Sliced Dill	3 slices	100	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			484	4.90	742	*32	14.52	0.00	54	61.05	2.99	29.13	881	442.5	2.34	2.30
% of Calories				9.11%		*26.4%	27.0%	0.0%		50.5%		24.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000470 Chicken Patty/Bun	sandwich	100	440	3.00	490	3	19.00	0.00	25	42.00	5.00	23.00	100	128.0	0.00	3.80
990053 Mixed Vegetables *RESIZED*	1/4 cup	100	41	0.42	47	2	0.66	0.00	2	7.07	1.33	1.76	464	0.2	2.11	0.16
990049 Mandarin Oranges *RESIZED*	1/4 cup	100	39	0.00	4	10	0.00	0.00	0	10.30	0.64	0.00	547	0.0	12.75	0.23
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
000223 Mustard: individual PC	packet	100	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	100	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000763 Pickles, Sliced Dill	3 slices	100	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			656	3.50	990	37	20.79	0.00	31	82.12	6.98	32.36	1587	413.2	15.40	4.20
% of Calories				4.80%		22.6%	28.5%	0.0%		50.1%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
008074 Breaded Chicken Fried Steak	each	100	260	4.00	180	1	16.00	0.00	30	16.00	3.00	15.00	100	40.0	1.20	2.70
990044 Mashed Potatoes *RESIZED*	1/4 cup	100	33	0.09	125	1	0.34	0.00	0	6.99	0.51	0.74	3	8.1	11.79	0.11
008048 Gravy, Poultry Low Sodium	TBSP	100	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01
990043 Strawberries: frozen *RESIZED*	1/4 cup	100	66	0.00	0	14	0.00	0.00	0	15.50	1.00	0.50	72	10.0	10.50	0.18
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
Weighted Daily Average			529	4.17	590	43	17.55	0.00	34	69.76	4.51	23.84	687	377.5	31.71	2.99
% of Calories				7.09%		32.5%	29.9%	0.0%		52.7%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Friday - 03/27/2020

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Monday - 03/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000613 Spaghetti & Meatballs	servings	100	371	3.50	703	4	11.68	0.00	36	46.47	4.06	18.91	597	108.2	7.87	4.48
990053 Mixed Vegetables *RESIZED*	1/4 cup	100	41	0.42	47	2	0.66	0.00	2	7.07	1.33	1.76	464	0.2	2.11	0.16
990049 Mandarin Oranges *RESIZED*	1/4 cup	100	39	0.00	4	10	0.00	0.00	0	10.30	0.64	0.00	547	0.0	12.75	0.23
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
Weighted Daily Average			572	4.00	882	37	12.47	0.00	42	85.59	6.04	28.28	2084	393.4	23.27	4.88
% of Calories				6.29%		25.9%	19.6%	0.0%		59.9%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
000496 Taco Salad - Elem	#12	100	341	6.52	353	2	18.58	0.34	34	31.80	3.17	13.49	380	135.0	2.88	1.96
990067 Refried Beans: canned *RESIZED*	1/4 cup	100	61	0.15	89	1	0.28	0.00	1	10.48	2.53	3.83	83	29.6	4.81	1.31
990072 Applesauce *RESIZED*	1/4 cup	100	25	0.00	1	5	0.00	0.00	0	6.76	0.48	0.48	39	0.0	0.00	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
008121 Salsa	1.50 oz	100	15	0.00	103	1	0.00	0.00	0	2.93	0.00	0.00	733	0.0	8.80	1.58
Weighted Daily Average			562	6.74	674	30	18.99	0.34	39	73.71	6.18	25.41	1710	449.6	17.02	4.86
% of Calories				10.79%		21.4%	30.4%	0.5%		52.5%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30					8.00	835	267.00	15.00	3.30

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	609	7	929	*38	21.32	*0.02	58	74.90	4.78	27.50	1494	450	22.30	3.68
% of Calories		11.01%		*25.0%	31.5%	*0.0%		49.2%		18.1%				

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.