

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

**Menu Name:** High School 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)
990120 Mandarin Orange Chicken	3.6 oz	10	299	0.55	438	*16	3.25	0.00	40	52.13	0.32	13.50	8	4.9	1.32	2.13
000861 Pizza, Southwest (Fiestada)	slice	40	360	6.00	780	9	14.00	0.00	25	41.00	5.00	18.00	500	250.0	0.00	2.70
001038 Chicken Tender Basket	basket	15	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000661 Bosco Sticks/Marinara Sauce	serving 2	18	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	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
990132 Minh Fried Rice	1/2 CUP	30	140	0.00	220	2	1.50	0.00	0	27.00	2.00	3.00	0	5.0	0.00	0.40
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41

# 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)
000009 Fruit Fresh, Whole and Sliced	each	40	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	45	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	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			704	6.15	1092	*48	18.55	*0.00	28	106.96	10.20	29.71	4857	561.5	59.60	3.93
% of Calories				7.86%		*27.3%	23.7%	*0.0%		60.8%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 03/03/2020

Reimbursable Meal Total 200

# 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)
001251 Tacos, Beef Hard Shells	tacos	40	228	5.89	419	2	14.06	*0.00	34	13.92	2.15	11.99	715	97.8	2.36	1.47
990116 BBQ Bacon Burger	Each	20	345	4.55	503	6	14.91	0.00	47	31.48	2.56	21.29	113	108.0	0.00	3.19
990115 Chicken Wing Basket	4-5 wings	10	345	4.48	795	0	17.84	0.00	115	25.22	1.94	21.94	0	0.0	0.00	1.42
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
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
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
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
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
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
001273 Taco Toppings	serving	30	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06

# 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	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	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
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
990024	Salsa *RESIZED*	2 oz	4	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	4	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
008054	Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				332	3.59	444	*24	9.56	*0.00	27	48.49	4.61	14.84	2260	242.0	21.86	3.59
% of Calories					9.73%		*28.9%	25.9%	*0.0%		58.4%		17.9%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=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)
000277 Macaroni & Cheese	Cup	30	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
008081 Corn Dog Nuggets	serving of 6	19	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
001036 *Bacon Cheeseburger Basket*	sandwich	20	483	6.38	587	3	20.84	0.00	54	46.97	3.12	27.07	153	193.9	5.00	3.65
000661 Bosco Sticks/Marinara Sauce	serving 2	10	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	10	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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	25	73	0.60	60	4	1.11	0.00	2	11.93	3.77	4.30	1785	20.2	8.26	1.27
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000596 Crisp, Blueberry	1/2 cup	40	229	4.59	5	*27	7.91	*0.00	19	38.84	2.71	1.97	288	24.5	1.71	0.85
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	10	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	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 <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)
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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			772	11.32	878	*48	26.78	*0.00	64	103.34	7.09	30.49	4303	579.7	30.30	3.62
% of Calories				13.20%		*24.9%	31.2%	*0.0%		53.5%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	servings/5	40	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
008074 Breaded Chicken Fried Steak	each	15	260	4.00	180	1	16.00	0.00	30	16.00	3.00	15.00	100	40.0	1.20	2.70
001038 Chicken Tender Basket	basket	10	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
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

# 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)
000891 Pizza, Big Daddy Pepperoni	slice	15	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
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	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	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
008096 Green Beans, Seasoned	1/2 cup	55	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000501 Crisp - Asst. Fruit	1/2 cup	20	218	3.83	50	*22	7.67	*0.00	8	35.87	2.04	2.02	613	20.4	1.11	0.96
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	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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

# 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)
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			620	6.81	1018	*41	21.24	*0.00	37	82.13	8.12	26.66	3749	403.2	31.97	3.39
% of Calories				9.89%		*26.5%	30.8%	*0.0%		53.0%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	40	46	0.30	58	0	1.60	0.00	10	4.60	0.40	3.00	0	4.0	0.00	0.29
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
001091 Bosco Sticks, Pepperoni	serving/2	13	480	9.00	1000	6	18.00	0.00	50	28.00	2.00	22.00	800	300.0	3.60	3.60
001039 Popcorn Chicken Basket*	Basket	10	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000908 Baked Potato Entree	each	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54



# 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)
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
000433 Mixed Vegetables	1/2 cup	25	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
001304 Waffle Cut Fries	2.89 oz serving	55	140	1.00	75	0	5.00	0.00	0	21.00	3.00	2.00	0	0.0	3.60	0.72
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054	Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				635	6.78	963	*39	19.87	*0.03	37	87.65	7.26	24.49	3458	433.1	29.94	2.49
% of Calories					9.61%		*24.6%	28.2%	*0.0%		55.2%		15.4%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=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)	
000388	Chicken Alfredo	servings	10	492	4.05	633	4	10.19	0.00	45	74.37	3.24	23.77	275	235.1	218.37	3.20
000637	Pizza, Cheese Stuffed Pepper	slice	40	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
001038	Chicken Tender Basket	basket	15	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000661	Bosco Sticks/Marinara Sauce	serving 2	18	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	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449	Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100	Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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	60	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85

# 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)
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	40	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	45	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	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			677	6.02	1089	*45	19.06	*0.00	26	99.58	9.62	29.97	5272	634.5	91.18	4.21
% of Calories				8.00%		*26.6%	25.3%	*0.0%		58.8%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Tuesday - 03/10/2020

Reimbursable Meal Total 200

	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)
990090 Burrito/Chips/Salsa	each	40	403	4.40	893	3	13.26	0.12	25	55.18	2.76	19.34	1278	101.7	14.13	2.69
001223 Breaded Drumstick	each	20	190	2.50	450	0	11.00	0.00	50	5.00	1.00	16.00	100	20.0	0.00	1.08
990115 Chicken Wing Basket	4-5 wings	10	345	4.48	795	0	17.84	0.00	115	25.22	1.94	21.94	0	0.0	0.00	1.42
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
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
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
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
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
001167 Spanish Rice	1/2 cup	20	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80

# 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)
001273 Taco Toppings	serving	30	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
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
990024 Salsa *RESIZED*	2 oz	4	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	4	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	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)
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			337	3.10	524	*24	8.99	*0.02	25	51.42	3.18	14.60	2439	230.2	25.04	1.89
% of Calories				8.28%		*28.5%	24.0%	*0.1%		61.0%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Wednesday - 03/11/2020

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)
001111 Thai Chili Rice Bowl	servings	20	334	2.17	740	*27	9.44	0.00	29	47.17	2.81	14.25	629	17.6	0.00	1.52
990083 Egg Roll, Vegetable	1.5 oz	20	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	40	360	6.00	780	9	14.00	0.00	25	41.00	5.00	18.00	500	250.0	0.00	2.70
001036 *Bacon Cheeseburger Basket*	sandwich	15	483	6.38	587	3	20.84	0.00	54	46.97	3.12	27.07	153	193.9	5.00	3.65
000661 Bosco Sticks/Marinara Sauce	serving 2	15	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	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449 Peanut Butter & Jelly Sandwich	each	3	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
008044 Peas, Seasoned	1/2 cup	35	73	0.60	60	4	1.11	0.00	2	11.93	3.77	4.30	1785	20.2	8.26	1.27
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91

# 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)	
000701	Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000181	Homemade Bread	each	10	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
001273	Taco Toppings	serving	25	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139	Salad, Tossed	cup	10	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000754	Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
000693	Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	10	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008077	Jalapeno Peppers	oz	4	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	50	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
008055	Dressing, Salad Miracle Whip	packet	3	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)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			618	6.26	1004	*41	16.87	*0.00	38	89.09	7.39	28.43	3316	492.1	21.32	3.84
% of Calories				9.12%		*26.5%	24.6%	*0.0%		57.7%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001000 Chicken Nuggets	serving/5	40	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
001219 Spicy Chicken Tenders	serving/3	15	220	2.00	375	2	12.00	0.00	50	9.00	1.00	20.00	0	0.0	0.00	1.44
001038 Chicken Tender Basket	basket	10	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
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	15	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
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	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	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



# 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)
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
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000501 Crisp - Asst. Fruit	1/2 cup	20	218	3.83	50	*22	7.67	*0.00	8	35.87	2.04	2.02	613	20.4	1.11	0.96
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	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			608	6.33	1015	*41	20.36	*0.00	39	80.34	7.35	27.17	3678	392.4	31.51	3.11
% of Calories				9.37%		*27.0%	30.1%	*0.0%		52.9%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	50	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
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
001091 Bosco Sticks, Pepperoni	serving/2	13	480	9.00	1000	6	18.00	0.00	50	28.00	2.00	22.00	800	300.0	3.60	3.60
001039 Popcorn Chicken Basket*	Basket	10	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000908 Baked Potato Entree	each	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	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	35	170	0.00	230	13	1.23	*0.00	0	33.16	6.62	8.71	316	57.0	1.28	1.38
001304 Waffle Cut Fries	2.89 oz serving	55	140	1.00	75	0	5.00	0.00	0	21.00	3.00	2.00	0	0.0	3.60	0.72
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91

# 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)	
000139	Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701	Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754	Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
000693	Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055	Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
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
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054	Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				681	4.97	845	*46	19.59	*0.00	39	97.97	9.28	26.14	3343	419.7	52.39	3.21
% of Calories					6.57%		*27.0%	25.9%	*0.0%		57.5%		15.4%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0									

# Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

## 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 (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			750 - 850	<10	1420		<=0									

## Tuesday - 03/17/2020

### 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 (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			750 - 850	<10	1420		<=0									

## 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 <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			750 - 850	<10	1420		<=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			750 - 850	<10	1420		<=0									

### 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			750 - 850	<10	1420		<=0									

# 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 <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)
990133 General Tso's Chicken	3.9 oz	25	412	1.80	652	*15	10.24	0.00	50	62.71	2.30	16.28	27	39.1	3.00	3.11
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
001038 Chicken Tender Basket	basket	25	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000661 Bosco Sticks/Marinara Sauce	serving 2	13	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000891 Pizza, Big Daddy Pepperoni	slice	7	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	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
990132 Minh Fried Rice	1/2 CUP	351	140	0.00	220	2	1.50	0.00	0	27.00	2.00	3.00	0	5.0	0.00	0.40
000798 Vegetable Variety	6 oz	20	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	20	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06

# 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	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	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1197	6.05	1908	*55	25.35	*0.00	33	198.80	17.43	40.81	5959	533.0	64.83	5.64
% of Calories				4.55%		*18.4%	19.1%	*0.0%		66.4%		13.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001255 Beefy Nachos (Sec)	serving	20	454	5.87	744	3	21.37	0.46	54	46.41	5.58	22.76	916	178.5	6.31	3.38

# 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)
001232 Spicy Chicken Nuggets	serving	18	260	2.50	390	1	15.00	0.00	25	17.00	3.00	15.00	100	0.0	0.00	2.70
990115 Chicken Wing Basket	4-5 wings	10	345	4.48	795	0	17.84	0.00	115	25.22	1.94	21.94	0	0.0	0.00	1.42
000891 Pizza, Big Daddy Pepperoni	slice	20	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
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
000908 Baked Potato Entree	each	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
001167 Spanish Rice	1/2 cup	30	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80
990089 Fruit Salsa	1/2 cup	25	65	0.00	41	*14	0.01	*0.00	0	16.61	0.89	0.06	403	10.7	11.16	0.32
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000334 Cinnamon Rolls, Rich's	2 oz roll	10	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	15	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139 Salad, Tossed	cup	10	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	10	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	10	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	4	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	50	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
008055 Dressing, Salad Miracle Whip	packet	3	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			589	6.10	859	*43	17.99	*0.10	48	82.83	4.85	25.05	3092	411.2	37.59	3.73
% of Calories				9.32%		*29.2%	27.5%	*0.2%		56.3%		17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 03/25/2020

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)
000277 Macaroni & Cheese	Cup	30	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
001222 Lasagna Roll Up	servings	19	302	3.50	941	8	7.33	0.00	20	39.67	3.78	16.78	1067	335.6	14.00	2.36
001036 *Bacon Cheeseburger Basket*	sandwich	20	483	6.38	587	3	20.84	0.00	54	46.97	3.12	27.07	153	193.9	5.00	3.65
000661 Bosco Sticks/Marinara Sauce	serving 2	10	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	10	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000596 Crisp, Blueberry	1/2 cup	40	229	4.59	5	*27	7.91	*0.00	19	38.84	2.71	1.97	288	24.5	1.71	0.85
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	10	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	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 <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)
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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			775	11.59	985	*47	26.02	*0.00	61	104.01	7.05	31.75	4395	629.9	22.85	3.81
% of Calories				13.46%		*24.3%	30.2%	*0.0%		53.7%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	40	359	2.98	659	7	9.46	0.00	35	36.88	3.00	16.99	100	20.0	90.00	2.87
000169 Mashed Potato Bowl	bowl	15	332	4.45	918	6	13.55	0.00	39	36.51	3.42	17.50	130	107.3	25.06	1.19
001038 Chicken Tender Basket	basket	10	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
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

# 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)
000891 Pizza, Big Daddy Pepperoni	slice	15	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
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	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	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	55	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000501 Crisp - Asst. Fruit	1/2 cup	20	218	3.83	50	*22	7.67	*0.00	8	35.87	2.04	2.02	613	20.4	1.11	0.96
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	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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

# 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)
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			691	7.04	1121	*45	19.15	*0.00	42	99.00	7.55	27.64	3606	405.6	71.65	3.43
% of Calories				9.17%		*26.0%	24.9%	*0.0%		57.3%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
008081 Corn Dog Nuggets	serving of 6	50	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
000383 BBQ Pulled Pork on Bun	sandwiches	10	437	4.50	751	9	14.00	0.00	100	34.97	3.12	29.00	224	88.0	0.00	2.00
001091 Bosco Sticks, Pepperoni	serving/2	13	480	9.00	1000	6	18.00	0.00	50	28.00	2.00	22.00	800	300.0	3.60	3.60
001039 Popcorn Chicken Basket*	Basket	10	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000908 Baked Potato Entree	each	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54

# 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)
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	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	35	170	0.00	230	13	1.23	*0.00	0	33.16	6.62	8.71	316	57.0	1.28	1.38
000043 Potato, Tator Tots	2.50 oz	55	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	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)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			664	4.73	911	*47	18.75	*0.00	45	94.24	8.50	26.29	3346	419.1	50.07	2.93
% of Calories				6.41%		*28.3%	25.4%	*0.0%		56.8%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000896 Spaghetti & Meatballs HS	servings	25	371	3.50	703	4	11.68	0.00	36	46.47	4.06	18.91	597	108.2	7.87	4.48
000637 Pizza, Cheese Stuffed Pepper	slice	20	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
001038 Chicken Tender Basket	basket	25	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000661 Bosco Sticks/Marinara Sauce	serving 2	13	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000891 Pizza, Big Daddy Pepperoni	slice	7	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	6	439	13.79	446	3	23.82	0.00	69	39.95	3.00	17.94	873	434.6	15.00	0.54
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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

# 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)
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
000798 Vegetable Variety	6 oz	20	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	20	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
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
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			694	6.07	1175	*45	20.05	*0.00	29	100.34	9.66	30.20	5290	521.3	38.71	4.38
% of Calories				7.87%		*25.9%	26.0%	*0.0%		57.8%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Tuesday - 03/31/2020

### Reimbursable Meal Total 200

	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)
000821 Taco Salad - HS	#10	40	455	8.69	471	3	24.77	0.45	45	42.31	4.19	17.96	491	179.6	3.75	2.60
000303 Chicken, Grilled	patty	20	160	2.50	410	0	11.00	0.00	40	4.00	0.00	12.00	0	60.0	0.00	0.72
990115 Chicken Wing Basket	4-5 wings	10	345	4.48	795	0	17.84	0.00	115	25.22	1.94	21.94	0	0.0	0.00	1.42
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
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
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
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
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
001003 Corn, Seasoned	1/2 cup	1	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

## 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)
001273 Taco Toppings	serving	55	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	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
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
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
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
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
990024 Salsa *RESIZED*	2 oz	4	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	4	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	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)
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			337	3.71	447	*23	10.62	*0.09	27	47.16	3.58	14.41	2205	257.5	23.17	1.97
% of Calories				9.91%		*27.3%	28.4%	*0.2%		56.0%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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			643	6	958	*41	18.75	*0.01	38	92.55	7.81	26.39	3798	445	41.41	3.48
% of Calories				8.78%		*25.5%	26.2%	*0.0%		57.6%		16.4%				

\*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.