

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: Middle School 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)
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 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)
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			600 - 700	<10	1360		<=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 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)
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 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)	
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				600 - 700	<10	1360		<=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 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	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 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)
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			600 - 700	<10	1360		<=0									

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	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
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 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)
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

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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)
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			600 - 700	<10	1360		<=0									

Friday - 03/06/2020

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)
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 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)
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 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)	
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				600 - 700	<10	1360		<=0									

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)	
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 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)
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 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)
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			600 - 700	<10	1360		<=0									

Tuesday - 03/10/2020

Reimbursable Meal Total 200

	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)
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 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)
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 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)
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			600 - 700	<10	1360		<=0									

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)	Calcm (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 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)	
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 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)
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			600 - 700	<10	1360		<=0									

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)
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 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)
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 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)
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			600 - 700	<10	1360		<=0									

Friday - 03/13/2020

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)
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 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)	
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				600 - 700	<10	1360		<=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 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)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

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 (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 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			600 - 700	<10	1360		<=0									

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			600 - 700	<10	1360		<=0									

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			600 - 700	<10	1360		<=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 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)
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 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)
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			600 - 700	<10	1360		<=0									

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)
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 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)
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 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	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			600 - 700	<10	1360		<=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 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	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 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
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			600 - 700	<10	1360		<=0									

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)
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 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)
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 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)
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			600 - 700	<10	1360		<=0									

Friday - 03/27/2020

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)
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 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)
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 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)
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			600 - 700	<10	1360		<=0									

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)
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 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)
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 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)
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			600 - 700	<10	1360		<=0									

Tuesday - 03/31/2020

Reimbursable Meal Total 200

	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)
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 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)
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 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)
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			600 - 700	<10	1360		<=0									

			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)
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

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.