

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: Miller Park Lunch

Include Cost: No

Site:

Report Style: Detailed

### Monday - 03/02/2020

### 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)
000661 Bosco Sticks/Marinara Sauce	serving 2	100	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000681 Broccoli, Seasoned	1/2 cup	100	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000419 Fruit Cocktail:canned,lt syrup	1/2 cup	100	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			64707	706.67	89072	3738	1509.35	0.00	3019	9495.83	801.30	3410.90	351931	74509.6	6638.50	407.50
% of Calories				9.83%		23.1%	21.0%	0.0%		58.7%		21.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Tuesday - 03/03/2020

### 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)
001251 Tacos, Beef Hard Shells	tacos	100	228	5.89	419	2	14.06	*0.00	34	13.92	2.15	11.99	715	97.8	2.36	1.47
001003 Corn, Seasoned	1/2 cup	100	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
001021 Pears, Chilled	1/2 cup	100	78	0.00	6	16	0.00	0.00	0	20.76	2.60	0.00	71	0.0	1.56	0.47
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	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)
008121 Salsa	1.50 oz	100	15	0.00	103	1	0.00	0.00	0	2.93	0.00	0.00	733	0.0	8.80	1.58
Weighted Daily Average			51096	701.29	66964	4021	1680.72	*0.00	4253	7141.62	672.70	2196.80	212774	40090.5	1598.00	379.70
% of Calories				12.35%		31.5%	29.6%	*0.0%		55.9%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Wednesday - 03/04/2020

### 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)
000277 Macaroni & Cheese	Cup	100	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
008044 Peas, Seasoned	1/2 cup	100	73	0.60	60	4	1.11	0.00	2	11.93	3.77	4.30	1785	20.2	8.26	1.27
000098 Strawberries: frozen	1/2 cup	100	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			87735	1685.99	106299	5821	3019.78	*0.00	8506	11054.87	780.30	3701.70	358766	80662.0	3046.30	348.90
% of Calories				17.30%		26.5%	31.0%	*0.0%		50.4%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Thursday - 03/05/2020

### 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)
008074 Breaded Chicken Fried Steak	each	100	260	4.00	180	1	16.00	0.00	30	16.00	3.00	15.00	100	40.0	1.20	2.70

# 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)	
000181	Homemade Bread	each	100	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	100	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008049	Gravy, Country Fat Free	TBSP	100	35	0.99	140	1	1.98	0.00	0	4.94	0.00	0.00	5	0.9	0.00	0.00
000437	Peaches: canned, light syrup	1/2 cup	100	76	0.00	13	14	0.00	0.00	0	17.76	0.00	0.00	381	0.0	1.52	0.00
001005	Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average				68271	517.34	95555	3985	2048.30	0.00	3335	9895.31	675.20	2903.20	100885	39342.9	2750.30	422.80
% of Calories					6.82%		23.3%	27.0%	0.0%		58.0%		17.0%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=35									

### Friday - 03/06/2020

### 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)	
990124	Battered Fish Nuggets	Each	100	46	0.30	58	0	1.60	0.00	10	4.60	0.40	3.00	0	4.0	0.00	0.29
001084	Scalloped Potatoes	1/2 cup	100	164	3.66	496	4	6.61	0.00	7	24.96	2.00	3.00	125	43.8	7.32	0.49
001151	Blueberry/cherry combo	1/2 cup	100	67	0.03	5	*3	0.31	0.00	0	16.87	1.55	0.63	475	9.4	2.23	0.90
001005	Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000222	Ketchup packet	packet	75	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	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)
000010 Tarter Sauce	1 oz	25	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
Weighted Daily Average			40083	399.90	75057	*2791	889.43	0.00	2048	6760.40	395.72	1462.85	111880	35725.8	1075.72	169.00
% of Calories				8.98%		*27.9%	20.0%	0.0%		67.5%		14.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Monday - 03/09/2020

### 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)
000637 Pizza, Cheese Stuffed Pepper	slice	100	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
001020 Carrots with Dip	2 oz serving	100	55	0.51	169	3	3.57	0.00	5	5.17	1.64	0.36	7819	18.1	1.47	0.50
001216 Applesauce	1/2 cup	100	49	0.00	2	11	0.00	0.00	0	13.51	0.96	0.96	77	0.0	0.00	0.00
000624 Juice, Assorted 4 oz	4 oz serving	100	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			60407	501.30	117449	4965	1757.37	0.00	2833	8835.25	560.90	2632.80	903074	75348.7	2259.40	360.50
% of Calories				7.47%		32.9%	26.2%	0.0%		58.5%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Tuesday - 03/10/2020

### Reimbursable Meal Total 1

# 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)
990090 Burrito/Chips/Salsa	each	100	403	4.40	893	3	13.26	0.12	25	55.18	2.76	19.34	1278	101.7	14.13	2.69
001167 Spanish Rice	1/2 cup	100	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80
000092 Pineapple tidbit:canned,lt syr	1/2 cup	100	73	0.00	1	17	0.00	0.00	0	19.60	1.22	0.00	61	12.2	11.76	0.44
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			63276	452.34	116601	*3993	1403.19	*11.90	2833	10224.39	405.00	2781.50	253019	41559.0	3537.80	492.30
% of Calories				6.43%		*25.2%	20.0%	*0.2%		64.6%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Wednesday - 03/11/2020

### 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)
001083 Bacon Cheeseburger	sandwich	100	361	5.82	570	3	16.94	0.00	54	28.01	2.00	24.84	153	183.9	0.00	3.19
008044 Peas, Seasoned	1/2 cup	100	73	0.60	60	4	1.11	0.00	2	11.93	3.77	4.30	1785	20.2	8.26	1.27
008035 Apples, Cinnamon	1/2 cup	100	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	100	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <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)
000763 Pickles, Sliced Dill	3 slices	100	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			65492	642.12	111577	4186	1904.69	*0.00	5983	7966.54	851.70	3715.10	250591	50718.1	947.40	449.10
% of Calories				8.82%		25.6%	26.2%	*0.0%		48.7%		22.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Thursday - 03/12/2020

### 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)
001000 Chicken Nuggets	serving/5	100	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
000181 Homemade Bread	each	100	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
008096 Green Beans, Seasoned	1/2 cup	100	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
000085 Orange Smiles	1/2 EACH	100	40	0.00	0	7	0.00	0.00	0	9.50	1.50	0.50	50	30.0	39.00	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000473 BBQ Sauce	TBSP	100	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
Weighted Daily Average			61863	366.75	110394	3780	1865.45	0.00	3333	8317.16	1092.40	3064.80	116682	39794.0	4208.60	368.50
% of Calories				5.34%		24.4%	27.1%	0.0%		53.8%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Friday - 03/13/2020

### 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)
008081 Corn Dog Nuggets	serving of 6	100	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
000712 Baked Beans-district	1/2 CUP	100	170	0.00	230	13	1.23	*0.00	0	33.16	6.62	8.71	316	57.0	1.28	1.38
000591 Pears, Rosey	1/2 cup	100	91	0.00	125	*15	0.00	*0.00	0	21.74	2.54	2.39	70	0.1	22.69	0.46
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			64816	190.19	92895	*6086	1223.24	*0.00	3734	10890.65	1215.90	2809.80	101009	42309.1	7618.20	283.50
% of Calories				2.64%		*37.6%	17.0%	*0.0%		67.2%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Monday - 03/16/2020

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Tuesday - 03/17/2020

### Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

**Wednesday - 03/18/2020**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

**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		<=35									



# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

### Friday - 03/20/2020

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Monday - 03/23/2020

### 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)
990133 General Tso's Chicken	3.9 oz	100	412	1.80	652	*15	10.24	0.00	50	62.71	2.30	16.28	27	39.1	3.00	3.11
000681 Broccoli, Seasoned	1/2 cup	100	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000648 Mandarin Oranges	1/2 cup	100	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			64740	260.16	83033	*5455	1200.05	0.00	5359	10823.42	714.10	2782.50	406826	41010.3	9359.70	442.50
% of Calories				3.62%		*33.7%	16.7%	0.0%		66.9%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Tuesday - 03/24/2020

### 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)
001255 Beefy Nachos (Sec)	serving	100	454	5.87	744	3	21.37	0.46	54	46.41	5.58	22.76	916	178.5	6.31	3.38
001167 Spanish Rice	1/2 cup	100	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80
000483 Blueberries, frozen	1/2 cup	100	40	0.04	1	7	0.50	0.00	0	9.43	2.09	0.33	36	6.2	1.94	0.14
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
008121 Salsa	1.50 oz	100	15	0.00	103	1	0.00	0.00	0	2.93	0.00	0.00	733	0.0	8.80	1.58
Weighted Daily Average			66469	603.11	111928	*3070	2263.12	*46.43	5750	8623.55	773.80	3156.40	287579	48635.5	2653.50	690.40
% of Calories				8.17%		*18.5%	30.6%	*0.6%		51.9%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Wednesday - 03/25/2020

### 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)
001222 Lasagna Roll Up	servings	100	302	3.50	941	8	7.33	0.00	20	39.67	3.78	16.78	1067	335.6	14.00	2.36
001145 Frozen WW Breadstick	2 oz breadstick	100	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000139 Salad, Tossed	cup	100	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000098 Strawberries: frozen	1/2 cup	100	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	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)
000418 Dressing, Ranch FF	TBSP	100	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			75177	402.58	148580	*6243	1277.41	0.00	2833	12527.04	1096.80	3228.10	1167332	74321.8	4866.20	559.80
% of Calories				4.82%		*33.2%	15.3%	0.0%		66.7%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Thursday - 03/26/2020

### 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)
990114 Chicken & Waffles	5 each 2 waffle	100	359	2.98	659	7	9.46	0.00	35	36.88	3.00	16.99	100	20.0	90.00	2.87
001003 Corn, Seasoned	1/2 cup	100	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
008035 Apples, Cinnamon	1/2 cup	100	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000473 BBQ Sauce	TBSP	100	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
Weighted Daily Average			65481	410.62	90269	4522	1220.94	*0.00	4313	9289.15	828.60	2697.70	87854	32617.0	9328.00	318.00
% of Calories				5.64%		27.6%	16.8%	*0.0%		56.7%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Friday - 03/27/2020

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001190 BBQ Shredded Pork (Bag)	servings	100	340	2.60	656	11	10.00	0.00	44	39.00	4.00	24.00	371	126.0	5.00	3.00
000712 Baked Beans-district	1/2 CUP	100	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	100	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
000624 Juice, Assorted 4 oz	4 oz serving	100	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000763 Pickles, Sliced Dill	3 slices	100	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			67065	301.31	124093	4112	1452.31	*0.00	4400	10382.65	1226.80	3353.00	77728	26631.8	2547.60	467.30
% of Calories				4.04%		24.5%	19.5%	*0.0%		61.9%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Monday - 03/30/2020

### 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000613 Spaghetti & Meatballs	servings	100	371	3.50	703	4	11.68	0.00	36	46.47	4.06	18.91	597	108.2	7.87	4.48
001145 Frozen WW Breadstick	2 oz breadstick	100	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000433 Mixed Vegetables	1/2 cup	100	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
001216 Applesauce	1/2 cup	100	49	0.00	2	11	0.00	0.00	0	13.51	0.96	0.96	77	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)
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			74959	434.12	117094	4219	1482.45	0.00	4293	12039.51	1041.90	3595.10	212112	44491.3	1329.10	611.80
% of Calories				5.21%		22.5%	17.8%	0.0%		64.2%		19.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

## Tuesday - 03/31/2020

### 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)
000303 Chicken, Grilled	patty	100	160	2.50	410	0	11.00	0.00	40	4.00	0.00	12.00	0	60.0	0.00	0.72
001003 Corn, Seasoned	1/2 cup	100	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000419 Fruit Cocktail:canned,lt syrup	1/2 cup	100	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000223 Mustard: individual PC	packet	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	100	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000763 Pickles, Sliced Dill	3 slices	100	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			42955	362.06	87739	3517	1474.67	0.00	4813	5490.56	305.40	2304.80	82322	36314.5	455.70	100.00
% of Calories				7.59%		32.8%	30.9%	0.0%		51.1%		21.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2020 thru Mar 31, 2020

			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			63800	526	102623	*4383	1627.79	*3.43	4214	9397.52	790.50	2929.24	298963	48475	3777.65	404.21
% of Calories				7.42%		*27.5%	23.0%	*0.0%		58.9%		18.4%				

\*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.