

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

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)
001088 Walking Taco	portions	45	255	5.32	360	2	12.53	0.00	34	22.46	1.81	12.52	524	85.6	3.65	1.58
000611 Popcorn Chicken	3.08 oz	43	161	1.31	326	0	7.84	0.00	30	8.96	0.93	13.72	101	16.8	0.00	0.93
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	30	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000334 Cinnamon Rolls, Rich's	2 oz roll	15	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001273 Taco Toppings	serving	20	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
001003 Corn, Seasoned	1/2 cup	40	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000648 Mandarin Oranges	1/2 cup	50	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	2	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	20	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	5	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077 Jalapeno Peppers	oz	5	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
Weighted Daily Average			508	4.67	617	*42	13.27	*0.00	45	74.14	4.52	24.14	4409	421.1	30.31	2.62
% of Calories				8.27%		*33.1%	23.5%	*0.0%		58.4%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 09/04/2019

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)
000983 French Toast /Sausage*	serving	58	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
000861 Pizza, Southwest (Fiestada)	slice	30	360	6.00	780	9	14.00	0.00	25	41.00	5.00	18.00	500	250.0	0.00	2.70
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95

# Base Menu Spreadsheet

Lee's Summit R-7 School District

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
001084	Scalloped Potatoes	1/2 cup	30	164	3.66	496	4	6.61	0.00	7	24.96	2.00	3.00	125	43.8	7.32	0.49
008035	Apples, Cinnamon	1/2 cup	45	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
000624	Juice, Assorted 4 oz	4 oz serving	25	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240	Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222	Ketchup packet	packet	20	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000418	Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765	Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345	Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average				954	18.30	1397	*48	48.86	*0.00	124	94.17	5.99	34.31	4120	477.0	16.06	3.05
% of Calories					17.26%		*20.1%	46.1%	*0.0%		39.5%		14.4%				
Weekly Nutrient Guideline				600 - 650	<10	1230		<=0									

Thursday - 09/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
001000	Chicken Nuggets	serving/5	68	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
001162 Dutch Waffle	waffle	68	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00	0	40.0	0.00	1.80
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
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	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
000098 Strawberries: frozen	1/2 cup	55	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			784	5.52	1050	*56	25.22	*0.00	55	110.17	8.02	30.06	4007	439.4	37.73	4.06
% of Calories				6.34%		*28.6%	29.0%	*0.0%		56.2%		15.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 09/06/2019

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	70	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	18	338	3.60	584	7	13.00	0.00	41	33.74	3.47	21.00	192	94.0	3.40	2.44
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000712 Baked Beans-district	1/2 CUP	30	170	0.00	230	13	1.23	*0.00	0	33.16	6.62	8.71	316	57.0	1.28	1.38
008084 French Fries, Crispy	2.58 oz	80	146	1.72	267	0	6.88	0.00	0	19.78	0.86	1.72	0	0.0	4.13	0.62
001008 Shape Up	each	40	36	0.00	9	8	0.00	0.00	0	8.89	0.00	0.00	40	0.0	1.07	0.00
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
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	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990082 BBQ Sauce *RESIZED*	2 TBSP	5	39	0.00	179	7	0.00	0.00	0	8.97	1.12	0.00	224	0.0	0.00	0.00
000763 Pickles, Sliced Dill	3 slices	5	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			689	4.56	971	*47	19.24	*0.00	45	103.72	7.63	26.18	4060	462.2	55.26	3.16
% of Calories				5.96%		*27.3%	25.1%	*0.0%		60.2%		15.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 09/09/2019

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)
000820 Spaghetti & Meatsauce	Cup	40	324	3.12	606	2	9.96	0.00	26	41.47	3.06	16.27	572	44.2	6.87	3.61
000661 Bosco Sticks/Marinara Sauce	serving 2	48	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22

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## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000987 Salad Bar Set Up	salads	30	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000337 WW Roll/Breadstick Frozen	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
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
001216 Applesauce	1/2 cup	60	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	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	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
000693 Milk, Choc Skim	half pint	80	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	5	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000314 Dressing, Italian FF	TBSP	2	8	0.00	130	1	0.00	0.00	0	1.50	0.00	0.00	5	0.0	0.00	0.00
Weighted Daily Average			613	5.82	856	*38	14.24	*0.00	38	92.81	6.75	30.03	4937	597.3	46.91	4.25
% of Calories				8.54%		*24.8%	20.9%	*0.0%		60.6%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 09/10/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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	30	403	4.40	893	3	13.26	0.12	25	55.18	2.76	19.34	1278	101.7	14.13	2.69
000149	Cheeseburger on Bun	each	58	275	4.27	417	*1	13.02	0.00	48	21.01	2.00	20.54	152	155.9	0.00	2.16
000908	Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288	Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493	Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987	Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000334	Cinnamon Rolls, Rich's	2 oz roll	15	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001167	Spanish Rice	1/2 cup	40	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80
000008	Refried Beans: canned	1/2 cup	30	122	0.30	179	1	0.56	0.00	1	20.96	5.05	7.67	166	59.2	9.62	2.63
000092	Pineapple tidbit:canned,lt syr	1/2 cup	50	73	0.00	1	17	0.00	0.00	0	19.60	1.22	0.00	61	12.2	11.76	0.44
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	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240	Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222	Ketchup packet	packet	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	2	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000763	Pickles, Sliced Dill	3 slices	10	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00



# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
990024 Salsa *RESIZED*	2 oz	1	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
000473 BBQ Sauce	TBSP	20	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
Weighted Daily Average			626	5.21	933	*41	15.37	*0.04	50	91.71	6.03	32.16	4713	511.9	29.34	4.87
% of Calories				7.49%		*26.2%	22.1%	*0.1%		58.6%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 09/11/2019

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)
000679 Biscuit, Sausage/Gravy	each	40	605	18.01	1251	4	45.04	0.00	60	33.89	1.00	16.03	20	81.8	0.00	1.63
000890 Pizza, Big Daddy, Cheese	slice	28	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	20	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	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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	45	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
000043 Potato, Tator Tots	2.50 oz	80	91	0.41	165	1	3.29	0.00	0	14.00	1.65	0.82	0	0.0	0.00	0.30
001008 Shape Up	each	55	36	0.00	9	8	0.00	0.00	0	8.89	0.00	0.00	40	0.0	1.07	0.00
000624 Juice, Assorted 4 oz	4 oz serving	25	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	10	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			803	13.61	1354	*41	33.34	*0.00	60	96.02	6.26	29.23	4259	534.8	15.30	3.55
% of Calories				15.25%		*20.4%	37.4%	*0.0%		47.8%		14.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 09/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001000 Chicken Nuggets	serving/5	68	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
001287 Pepperoni Pinwheel Pocket	each	20	280	5.00	600	1	10.00	0.00	20	28.00	3.00	18.00	200	250.0	9.00	2.70
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	45	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
000576 Melon, fresh	1/2 cup	60	27	0.01	9	6	0.04	0.00	0	6.89	0.52	0.44	1346	7.5	16.03	0.19
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	30	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			550	4.00	878	*36	16.24	*0.00	35	74.21	5.75	27.53	4777	452.5	38.77	3.08
% of Calories				6.55%		*26.2%	26.6%	*0.0%		54.0%		20.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 09/13/2019

### 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)
000470 Chicken Patty/Bun	sandwich	58	440	3.00	490	3	19.00	0.00	25	42.00	5.00	23.00	100	128.0	0.00	3.80
001016 Hot Dog on Bun	sandwich	30	353	5.62	808	4	19.31	0.00	59	30.38	2.00	13.56	1	118.1	2.41	2.06
000863 Baked Chips, small bag	servings	30	134	0.29	214	0	5.07	0.00	0	19.71	1.57	2.14	50	57.1	0.00	0.59
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000433 Mixed Vegetables	1/2 cup	30	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
000648 Mandarin Oranges	1/2 cup	60	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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
000763 Pickles, Sliced Dill	3 slices	10	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
<b>Weighted Daily Average</b>			<b>731</b>	<b>4.97</b>	<b>955</b>	<b>*46</b>	<b>22.11</b>	<b>*0.00</b>	<b>47</b>	<b>100.80</b>	<b>7.72</b>	<b>31.23</b>	<b>4832</b>	<b>508.9</b>	<b>32.11</b>	<b>4.49</b>
% of Calories				6.12%		*25.2%	27.2%	*0.0%		55.2%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 09/16/2019

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)
990096 Macaroni Cheese/Fish Nuggets	1/2 cup 2 fish	40	397	8.88	583	4	18.55	*0.00	65	35.81	2.02	19.36	579	243.2	0.00	1.65
000637 Pizza, Cheese Stuffed Pepper	slice	48	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
008044 Peas, Seasoned	1/2 cup	40	73	0.60	60	4	1.11	0.00	2	11.93	3.77	4.30	1785	20.2	8.26	1.27
001021 Pears, Chilled	1/2 cup	50	78	0.00	6	16	0.00	0.00	0	20.76	2.60	0.00	71	0.0	1.56	0.47
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	5	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000010 Tarter Sauce	1 oz	3	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			640	7.16	965	*42	17.95	*0.00	50	90.78	7.23	29.74	5071	664.7	21.17	4.00
% of Calories				10.07%		*26.2%	25.2%	*0.0%		56.7%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 09/17/2019

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)
001251 Tacos, Beef Hard Shells	tacos	43	228	5.89	419	2	14.06	*0.00	34	13.92	2.15	11.99	715	97.8	2.36	1.47
000470 Chicken Patty/Bun	sandwich	45	440	3.00	490	3	19.00	0.00	25	42.00	5.00	23.00	100	128.0	0.00	3.80
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000334 Cinnamon Rolls, Rich's	2 oz roll	15	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001273 Taco Toppings	serving	20	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000372 Black Beans	1/2 cup	25	154	0.01	195	0	0.78	0.00	0	28.18	11.21	9.84	12	31.7	0.03	15.28
000437 Peaches: canned, light syrup	1/2 cup	50	76	0.00	13	14	0.00	0.00	0	17.76	0.00	0.00	381	0.0	1.52	0.00
000624 Juice, Assorted 4 oz	4 oz serving	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

Sep 3, 2019 thru Sep 30, 2019

	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	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	2	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000763 Pickles, Sliced Dill	3 slices	10	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	2	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	5	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077 Jalapeno Peppers	oz	5	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
Weighted Daily Average			622	5.17	774	*38	18.17	*0.00	41	83.33	7.92	30.02	4463	476.9	15.92	7.42
% of Calories				7.48%		*24.4%	26.3%	*0.0%		53.6%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 09/18/2019

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	-serving	58	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
001222 Lasagna Roll Up	servings	30	302	3.50	941	8	7.33	0.00	20	39.67	3.78	16.78	1067	335.6	14.00	2.36
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000681 Broccoli, Seasoned	1/2 cup	40	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000098 Strawberries: frozen	1/2 cup	50	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
000624 Juice, Assorted 4 oz	4 oz serving	25	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	20	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	10	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	4	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			935	16.80	1313	*55	45.75	*0.00	120	96.15	6.21	34.96	5277	526.6	54.12	3.31
% of Calories				16.17%		*23.5%	44.0%	*0.0%		41.1%		15.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 09/19/2019

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)
000158 Chicken Strips	3 strips	30	213	1.60	330	0	10.30	0.00	33	17.30	0.00	12.80	84	20.0	87.00	1.00
000661 Bosco Sticks/Marinara Sauce	serving 2	58	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000337 WW Roll/Breadstick Frozen	each	15	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	45	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
990030 Gravy, Country Fat Free *RESIZED*	2 TBSP	35	69	1.98	280	2	3.96	0.00	0	9.89	0.00	0.00	10	1.8	0.00	0.01
000085 Orange Smiles	1/2 EACH	55	40	0.00	0	7	0.00	0.00	0	9.50	1.50	0.50	50	30.0	39.00	0.00
000624 Juice, Assorted 4 oz	4 oz serving	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

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
Weighted Daily Average			623	6.10	1003	*34	15.75	*0.00	40	91.67	5.34	29.13	4083	619.2	71.06	3.31
% of Calories				8.81%		*21.8%	22.8%	*0.0%		58.9%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 09/20/2019

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	70	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
000722 Meatball Grinder	each	18	348	4.08	528	5	13.67	0.00	36	35.24	3.70	19.87	289	141.6	6.56	3.95
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000712 Baked Beans-district	1/2 CUP	30	170	0.00	230	13	1.23	*0.00	0	33.16	6.62	8.71	316	57.0	1.28	1.38
008035 Apples, Cinnamon	1/2 cup	50	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	75	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			598	3.27	727	*49	13.86	*0.00	44	92.52	8.30	24.61	4077	472.3	52.10	2.95
% of Calories				4.92%		*32.8%	20.9%	*0.0%		61.9%		16.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 09/23/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
000363 Sweet and Sour Chicken/Rice	Servings	20	618	1.40	632	*49	8.29	*0.00	30	116.24	1.69	18.60	246	32.1	3.62	3.92
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
000890 Pizza, Big Daddy, Cheese	slice	38	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	30	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	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000879 Peas & Carrots, seasoned	1/2 cup	40	65	0.79	77	5	1.58	0.00	3	11.51	3.53	3.51	10829	26.3	9.18	1.07
000648 Mandarin Oranges	1/2 cup	50	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000418 Dressing, Ranch FF	TBSP	4	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	4	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			733	8.07	918	*57	18.04	*0.00	48	113.39	6.13	30.86	9095	565.5	34.49	4.59
% of Calories				9.91%		*31.1%	22.2%	*0.0%		61.9%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 09/24/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000496 Taco Salad - Elem	#12	40	341	6.52	353	2	18.58	0.34	34	31.80	3.17	13.49	380	135.0	2.88	1.96
000611 Popcorn Chicken	3.08 oz	48	161	1.31	326	0	7.84	0.00	30	8.96	0.93	13.72	101	16.8	0.00	0.93
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000334 Cinnamon Rolls, Rich's	2 oz roll	15	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
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
000008 Refried Beans: canned	1/2 cup	30	122	0.30	179	1	0.56	0.00	1	20.96	5.05	7.67	166	59.2	9.62	2.63
001216 Applesauce	1/2 cup	50	49	0.00	2	11	0.00	0.00	0	13.51	0.96	0.96	77	0.0	0.00	0.00
000624 Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	20	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
008121 Salsa	1.50 oz	10	15	0.00	103	1	0.00	0.00	0	2.93	0.00	0.00	733	0.0	8.80	1.58
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
Weighted Daily Average			540	4.64	685	*36	14.93	*0.14	43	75.53	5.62	26.86	4440	446.7	20.30	3.78
% of Calories				7.73%		*26.7%	24.9%	*0.2%		55.9%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 09/25/2019

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)
001272 Cheeseburger Basket	basket	45	409	4.55	631	*1	18.10	0.00	48	40.73	3.57	22.69	202	213.1	0.00	2.75
000158 Chicken Strips	3 strips	43	213	1.60	330	0	10.30	0.00	33	17.30	0.00	12.80	84	20.0	87.00	1.00
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)	
000493	Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987	Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000337	WW Roll/Breadstick Frozen	each	15	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	60	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	50	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	0.00
000624	Juice, Assorted 4 oz	4 oz serving	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	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240	Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222	Ketchup packet	packet	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
000763	Pickles, Sliced Dill	3 slices	10	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	20	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418	Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00



# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
Weighted Daily Average			599	4.62	761	*36	17.51	*0.00	53	84.21	5.48	29.32	4132	478.2	52.20	2.88
% of Calories				6.94%		*24.0%	26.3%	*0.0%		56.2%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 09/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001000 Chicken Nuggets	serving/5	68	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
001162 Dutch Waffle	waffle	68	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00	0	40.0	0.00	1.80
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
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	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	40	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
000437 Peaches: canned,light syrup	1/2 cup	50	76	0.00	13	14	0.00	0.00	0	17.76	0.00	0.00	381	0.0	1.52	0.00
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	25	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	20	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			770	5.99	1152	*48	25.96	*0.00	57	104.42	8.23	30.15	4279	441.0	27.69	4.09
% of Calories				7.00%		*24.9%	30.3%	*0.0%		54.2%		15.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 09/27/2019

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)
001282 Fish & Chips	basket	20	400	3.50	600	1	16.00	0.00	50	46.00	3.00	17.00	0	20.0	4.80	2.16
008081 Corn Dog Nuggets	serving of 6	68	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000712 Baked Beans-district	1/2 CUP	40	170	0.00	230	13	1.23	*0.00	0	33.16	6.62	8.71	316	57.0	1.28	1.38
001021 Pears, Chilled	1/2 cup	50	78	0.00	6	16	0.00	0.00	0	20.76	2.60	0.00	71	0.0	1.56	0.47
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	75	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000010 Tarter Sauce	1 oz	5	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			625	3.20	777	*51	14.58	*0.00	47	99.69	8.76	25.12	4063	453.7	51.77	3.01
% of Calories				4.61%		*32.6%	21.0%	*0.0%		63.8%		16.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 09/30/2019

### 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	45	492	4.05	633	4	10.19	0.00	45	74.37	3.24	23.77	275	235.1	218.37	3.20
001211 Gourmet Deli Sub	sandwich	43	271	2.66	535	3	9.02	0.00	44	27.61	2.00	18.94	152	135.9	3.12	1.87
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
001288 Chef Salad, Elementary	each	5	237	6.02	447	*4	12.72	*0.00	110	16.36	3.37	15.61	8254	191.7	19.30	2.30
000493 Yogurt, Assorted	each	2	387	5.43	369	*17	11.93	0.00	29	57.43	2.00	15.43	559	410.0	0.34	1.05
000987 Salad Bar Set Up	salads	35	105	0.02	99	*4	1.71	*0.00	0	18.14	3.62	4.62	8121	71.9	19.42	1.95
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000681 Broccoli, Seasoned	1/2 cup	45	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000177 Tropical fruit mix	1/2 cup	50	66	0.00	3	16	0.00	0.00	0	17.38	1.09	0.00	435	6.1	15.28	0.39
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	70	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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
000240 Milk, Strawberry Skim	half pint	20	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000222 Ketchup packet	packet	10	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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
000763 Pickles, Sliced Dill	3 slices	1	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000418 Dressing, Ranch FF	TBSP	5	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000765 Dressing, Honey Mustard	TBSP	5	22	0.00	150	4	0.00	0.00	0	5.00	0.00	0.00	22	0.0	0.00	0.00
000345 Jelly	TBSP	2	51	0.00	6	10	0.00	*N/A*	0	13.29	0.19	0.03	1	1.3	0.17	0.04
Weighted Daily Average			641	4.54	828	*40	12.64	*0.00	53	99.71	6.63	32.55	5322	581.3	150.83	3.93
% of Calories				6.37%		*25.0%	17.7%	*0.0%		62.2%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

\*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.