

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: Head Start Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

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)
000611 Popcorn Chicken	3.08 oz	100	161	1.31	326	0	7.84	0.00	30	8.96	0.93	13.72	101	16.8	0.00	0.93
990047 Corn, Seasoned *RESIZED*	1/4 cup	100	40	0.56	7	1	1.37	0.00	2	7.40	0.99	0.99	54	1.6	1.04	0.14
990049 Mandarin Oranges *RESIZED*	1/4 cup	100	39	0.00	4	10	0.00	0.00	0	10.30	0.64	0.00	547	0.0	12.75	0.23
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
990082 BBQ Sauce *RESIZED*	2 TBSP	100	39	0.00	179	7	0.00	0.00	0	8.97	1.12	0.00	224	0.0	0.00	0.00
Weighted Daily Average			410	1.87	733	40	9.21	0.00	36	59.12	4.25	22.71	1539	318.4	14.98	1.30
% of Calories				4.10%		39.0%	20.2%	0.0%		57.7%		22.2%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Wednesday - 09/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	serving	100	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Apples, Cinnamon *RESIZED*	1/4 cup	100	43	0.00	7	7	0.00	*0.00	0	8.86	1.38	0.01	29	1.5	0.01	0.01
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
Weighted Daily Average			1209	28.14	1902	49	74.45	*0.00	183	96.24	4.20	38.40	828	361.9	8.52	2.19
% of Calories				20.95%		16.2%	55.4%	*0.0%		31.8%		12.7%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Thursday - 09/05/2019

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	100	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	100	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00	0	40.0	0.00	1.80
990044 Mashed Potatoes *RESIZED*	1/4 cup	100	33	0.09	125	1	0.34	0.00	0	6.99	0.51	0.74	3	8.1	11.79	0.11
990043 Strawberries: frozen *RESIZED*	1/4 cup	100	66	0.00	0	14	0.00	0.00	0	15.50	1.00	0.50	72	10.0	10.50	0.18
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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
000349 Syrup	packet	100	120	0.00	40	16	0.00	0.00	0	31.00	0.00	0.00	80	0.0	0.00	0.00
Weighted Daily Average			908	5.59	1132	66	28.34	0.00	48	135.97	8.07	29.24	867	358.1	23.49	3.89
% of Calories				5.54%		29.1%	28.1%	0.0%		59.9%		12.9%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Friday - 09/06/2019

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)
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 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Tuesday - 09/10/2019

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)
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
990067 Refried Beans: canned *RESIZED*	1/4 cup	100	61	0.15	89	1	0.28	0.00	1	10.48	2.53	3.83	83	29.6	4.81	1.31
990060 Pineapple tidbit:canned,lt syr *RESIZED*	1/4 cup	100	37	0.00	1	9	0.00	0.00	0	9.80	0.61	0.00	31	6.1	5.88	0.22

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
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			611	4.55	1110	31	13.54	0.12	29	94.46	5.90	31.17	1892	437.4	26.02	4.22
% of Calories				6.70%		20.3%	19.9%	0.2%		61.8%		20.4%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Wednesday - 09/11/2019

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)
000679 Biscuit, Sausage/Gravy	each	100	605	18.01	1251	4	45.04	0.00	60	33.89	1.00	16.03	20	81.8	0.00	1.63
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
001008 Shape Up	each	100	36	0.00	9	8	0.00	0.00	0	8.89	0.00	0.00	40	0.0	1.07	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
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			851	18.42	1576	33	48.33	0.00	63	77.78	2.65	24.85	570	381.8	2.27	1.92
% of Calories				19.48%		15.5%	51.1%	0.0%		36.6%		11.7%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Thursday - 09/12/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
001287 Pepperoni Pinwheel Pocket	each	100	280	5.00	600	1	10.00	0.00	20	28.00	3.00	18.00	200	250.0	9.00	2.70
000377 Cucumbers, Raw	oz	100	3	0.02	1	0	0.05	0.00	0	0.61	0.20	0.17	20	4.0	0.91	0.06
990068 Fruit Cocktail:canned,lt syrup *RESIZED*	1/4 cup	100	32	0.00	3	6	0.00	0.00	0	8.05	0.54	0.54	107	0.0	0.64	0.00
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
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			460	5.52	855	26	13.55	0.00	28	56.16	3.74	26.70	828	554.0	11.75	2.76
% of Calories				10.80%		22.6%	26.5%	0.0%		48.8%		23.2%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Friday - 09/13/2019

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)
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 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Monday - 09/16/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lee's Summit R-7 School District

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000637 Pizza, Cheese Stuffed Pepper	slice	100	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
990058 Peas, Seasoned *RESIZED*	1/4 cup	100	37	0.30	30	2	0.55	0.00	1	5.96	1.88	2.15	892	10.1	4.13	0.64
990056 Pears, Chilled *RESIZED*	1/4 cup	100	39	0.00	3	8	0.00	0.00	0	10.38	1.30	0.00	36	0.0	0.78	0.23
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			516	4.80	1030	32	14.55	0.00	25	70.34	6.18	27.15	1983	662.1	6.83	3.97
% of Calories				8.37%		24.8%	25.4%	0.0%		54.5%		21.0%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Tuesday - 09/17/2019

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)
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
990041 Black Beans *RESIZED*	1/4 cup	100	77	0.00	98	0	0.39	0.00	0	14.09	5.61	4.92	6	15.9	0.02	7.64
990042 Peaches: canned, light syrup *RESIZED*	1/4 cup	100	38	0.00	6	7	0.00	0.00	0	8.88	0.00	0.00	190	0.0	0.76	0.00
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			468	5.90	752	29	14.45	*0.00	38	58.82	7.76	24.91	2144	413.6	13.13	10.69
% of Calories				11.35%		24.8%	27.8%	*0.0%		50.3%		21.3%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Wednesday - 09/18/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000983 French Toast /Sausage*	-serving	100	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
990050 Broccoli, Seasoned *RESIZED*	1/4 cup	100	23	0.40	22	1	0.88	0.00	0	2.96	1.78	1.78	1223	35.5	31.95	0.43
990079 Strawberries, Fresh *RESIZED*	1/4 cup	100	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
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
Weighted Daily Average			1038	24.88	1422	41	68.82	0.00	176	68.15	3.33	37.41	1901	357.9	54.32	2.26
% of Calories				21.57%		15.8%	59.7%	0.0%		26.3%		14.4%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Thursday - 09/19/2019

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)
000158 Chicken Strips	3 strips	100	213	1.60	330	0	10.30	0.00	33	17.30	0.00	12.80	84	20.0	87.00	1.00
990044 Mashed Potatoes *RESIZED*	1/4 cup	100	33	0.09	125	1	0.34	0.00	0	6.99	0.51	0.74	3	8.1	11.79	0.11
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
990073 Orange Smiles *RESIZED*	1/4 EACH	100	20	0.00	0	4	0.00	0.00	0	4.75	0.75	0.25	25	15.0	19.50	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

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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	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			430	2.68	812	27	12.62	0.00	36	57.47	1.82	21.79	729	344.0	119.49	1.11
% of Calories				5.61%		25.1%	26.4%	0.0%		53.5%		20.3%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Friday - 09/20/2019

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)
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 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Monday - 09/23/2019

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)
000890 Pizza, Big Daddy, Cheese	slice	100	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
990076 Peas & Carrots, seasoned *RESIZED*	1/4 cup	100	32	0.39	39	2	0.79	0.00	2	5.76	1.76	1.76	5414	13.2	4.59	0.54
990049 Mandarin Oranges *RESIZED*	1/4 cup	100	39	0.00	4	10	0.00	0.00	0	10.30	0.64	0.00	547	0.0	12.75	0.23

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
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			582	9.39	749	40	17.79	0.00	45	77.06	4.41	28.76	6962	563.2	18.54	3.47
% of Calories				14.52%		27.5%	27.5%	0.0%		53.0%		19.8%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Tuesday - 09/24/2019

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)
000496 Taco Salad - Elem	#12	100	341	6.52	353	2	18.58	0.34	34	31.80	3.17	13.49	380	135.0	2.88	1.96
990067 Refried Beans: canned *RESIZED*	1/4 cup	100	61	0.15	89	1	0.28	0.00	1	10.48	2.53	3.83	83	29.6	4.81	1.31
990072 Applesauce *RESIZED*	1/4 cup	100	25	0.00	1	5	0.00	0.00	0	6.76	0.48	0.48	39	0.0	0.00	0.00
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			552	6.66	673	28	18.86	0.34	38	70.96	6.18	25.81	1735	464.6	17.68	4.86
% of Calories				10.86%		20.3%	30.8%	0.6%		51.4%		18.7%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Wednesday - 09/25/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000149 Cheeseburger on Bun	each	100	275	4.27	417	*1	13.02	0.00	48	21.01	2.00	20.54	152	155.9	0.00	2.16
990047 Corn, Seasoned *RESIZED*	1/4 cup	100	40	0.56	7	1	1.37	0.00	2	7.40	0.99	0.99	54	1.6	1.04	0.14
990068 Fruit Cocktail:canned,lt syrup *RESIZED*	1/4 cup	100	32	0.00	3	6	0.00	0.00	0	8.05	0.54	0.54	107	0.0	0.64	0.00
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
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			468	4.83	794	*29	14.40	0.00	53	57.47	3.53	30.07	823	457.5	2.88	2.30
% of Calories				9.29%		*24.8%	27.7%	0.0%		49.1%		25.7%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Thursday - 09/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001223 Breaded Drumstick	each	100	190	2.50	450	0	11.00	0.00	50	5.00	1.00	16.00	100	20.0	0.00	1.08
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
990044 Mashed Potatoes *RESIZED*	1/4 cup	100	33	0.09	125	1	0.34	0.00	0	6.99	0.51	0.74	3	8.1	11.79	0.11
008048 Gravy, Poultry Low Sodium	TBSP	100	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01
990042 Peaches: canned,light syrup *RESIZED*	1/4 cup	100	38	0.00	6	7	0.00	0.00	0	8.88	0.00	0.00	190	0.0	0.76	0.00

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	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)
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			534	2.59	1107	31	14.25	0.00	53	70.39	4.24	29.29	816	365.6	13.75	2.50
% of Calories				4.37%		23.2%	24.0%	0.0%		52.7%		21.9%				
Weekly Nutrient Guideline			600 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

Friday - 09/27/2019

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)
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 - 0	<10			<=30					8.00	835	267.00	15.00	3.30

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.