

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: High School Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990090	Burrito/Chips/Salsa	each	40	403	4.40	893	3	13.26	0.12	25	55.18	2.76	19.34	1278	101.7	14.13	2.69
000604	Chicken Strips-Secondary	4 strips	20	237	1.78	367	0	11.44	0.00	37	19.22	0.00	14.22	93	22.2	96.67	1.11
001039	Popcorn Chicken Basket*	Basket	10	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000891	Pizza, Big Daddy Pepperoni	slice	10	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000890	Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000908	Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449	Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100	Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181	Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
001003	Corn, Seasoned	1/2 cup	75	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
001167	Spanish Rice	1/2 cup	1	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80
001273	Taco Toppings	serving	30	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139	Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798	Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91

# 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)
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	4	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077 Jalapeno Peppers	oz	4	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			345	3.08	493	*24	9.13	*0.02	20	54.02	3.32	14.29	2391	231.5	34.37	1.77
% of Calories				8.03%		*27.8%	23.8%	*0.1%		62.6%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001111 Thai Chili Rice Bowl	servings	25	334	2.17	740	*27	9.44	0.00	29	47.17	2.81	14.25	629	17.6	0.00	1.52
990083 Egg Roll, Vegetable	1.5 oz	25	80	0.75	200	1	3.00	0.00	0	12.00	1.00	2.00	27	16.0	3.00	1.00
000861 Pizza, Southwest (Fiestada)	slice	30	360	6.00	780	9	14.00	0.00	25	41.00	5.00	18.00	500	250.0	0.00	2.70
001036 *Bacon Cheeseburger Basket*	sandwich	15	483	6.38	587	3	20.84	0.00	54	46.97	3.12	27.07	153	193.9	5.00	3.65
001091 Bosco Sticks, Pepperoni	serving/2	20	480	9.00	1000	6	18.00	0.00	50	28.00	2.00	22.00	800	300.0	3.60	3.60
000908 Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	3	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000681 Broccoli, Seasoned	1/2 cup	50	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50

# 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)	
000181	Homemade Bread	each	10	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
001273	Taco Toppings	serving	25	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139	Salad, Tossed	cup	10	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000754	Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624	Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	10	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008077	Jalapeno Peppers	oz	4	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
000222	Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	3	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

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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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			633	6.86	1067	*41	18.19	*0.00	42	84.25	7.43	28.89	4003	501.1	51.25	3.92
% of Calories				9.75%		*25.9%	25.9%	*0.0%		53.2%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	servings/5	40	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
008074 Breaded Chicken Fried Steak	each	15	260	4.00	180	1	16.00	0.00	30	16.00	3.00	15.00	100	40.0	1.20	2.70
001038 Chicken Tender Basket	basket	10	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000891 Pizza, Big Daddy Pepperoni	slice	15	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	40	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008048 Gravy, Poultry Low Sodium	TBSP	35	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01

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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)	
008044	Peas, Seasoned	1/2 cup	30	73	0.60	60	4	1.11	0.00	2	11.93	3.77	4.30	1785	20.2	8.26	1.27
000139	Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798	Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701	Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754	Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000501	Crisp - Asst. Fruit	1/2 cup	20	218	3.83	50	*22	7.67	*0.00	8	35.87	2.04	2.02	613	20.4	1.11	0.96
000624	Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222	Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00

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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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			619	6.35	917	*41	20.56	*0.00	35	83.01	7.53	27.07	4078	391.9	33.42	3.46
% of Calories				9.23%		*26.5%	29.9%	*0.0%		53.6%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	40	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
000383 BBQ Pulled Pork on Bun	sandwiches	10	437	4.50	751	9	14.00	0.00	100	34.97	3.12	29.00	224	88.0	0.00	2.00
001220 Spicy Chicken Tender Basket	serving/3	13	360	3.50	705	2	18.00	0.00	50	28.00	3.00	22.00	0	0.0	4.80	2.16
001039 Popcorn Chicken Basket*	Basket	20	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000908 Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000712 Baked Beans-district	1/2 CUP	45	537	0.00	700	36	4.18	*0.00	0	102.64	22.03	29.61	975	188.9	4.46	4.64
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57

# 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)	
000701	Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754	Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624	Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222	Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054	Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				784	3.90	1038	*56	18.72	*0.00	45	120.60	15.20	36.75	3569	440.2	47.08	4.24
% of Calories					4.48%		*28.6%	21.5%	*0.0%		61.5%		18.8%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0									

Monday - 09/09/2019

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)	
000637	Pizza, Cheese Stuffed Pepper	slice	25	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
000983	French Toast /Sausage*	serving	25	883	24.48	1248	18	67.83	0.00	172	41.43	0.83	27.40	163	16.7	0.00	1.68
001038	Chicken Tender Basket	basket	13	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000891	Pizza, Big Daddy Pepperoni	slice	10	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000890	Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000908	Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449	Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100	Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181	Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
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
001084	Scalloped Potatoes	1/2 cup	45	164	3.66	496	4	6.61	0.00	7	24.96	2.00	3.00	125	43.8	7.32	0.49
000798	Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139	Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701	Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754	Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	40	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624	Juice, Assorted 4 oz	4 oz serving	45	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00

# 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)
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			860	13.35	1480	*51	36.36	*0.00	71	105.10	8.81	31.50	3995	531.3	34.93	3.72
% of Calories				13.97%		*23.7%	38.1%	*0.0%		48.9%		14.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 09/10/2019

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)
000144 Chipotle Rice Bowl	Bowls	1	329	7.10	1187	8	12.69	*0.00	96	27.61	1.77	25.22	1129	133.7	13.24	3.44
000470 Chicken Patty/Bun	sandwich	29	440	3.00	490	3	19.00	0.00	25	42.00	5.00	23.00	100	128.0	0.00	3.80
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

# 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)
000890 Pizza, Big Daddy, Cheese	slice	20	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000908 Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
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
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000334 Cinnamon Rolls, Rich's	2 oz roll	10	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001273 Taco Toppings	serving	15	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139 Salad, Tossed	cup	10	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	10	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

# 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)
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	10	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077 Jalapeno Peppers	oz	4	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	3	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			644	6.50	777	*42	18.18	*0.00	36	93.86	8.42	27.92	2742	445.6	32.44	7.20
% of Calories				9.08%		*26.1%	25.4%	*0.0%		58.3%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000277 Macaroni & Cheese	Cup	30	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
000385 BBQ Rib/bun	sandwich	19	338	3.60	584	7	13.00	0.00	41	33.74	3.47	21.00	192	94.0	3.40	2.44
001036 *Bacon Cheeseburger Basket*	sandwich	20	483	6.38	587	3	20.84	0.00	54	46.97	3.12	27.07	153	193.9	5.00	3.65

# 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)
001091 Bosco Sticks, Pepperoni	-serving/2	10	480	9.00	1000	6	18.00	0.00	50	28.00	2.00	22.00	800	300.0	3.60	3.60
000908 Baked Potato Entree	each	10	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000433 Mixed Vegetables	1/2 cup	25	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
000712 Baked Beans-district	1/2 CUP	40	537	0.00	700	36	4.18	*0.00	0	102.64	22.03	29.61	975	188.9	4.46	4.64
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000596 Crisp, Blueberry	1/2 cup	40	229	4.59	5	*27	7.91	*0.00	19	38.84	2.71	1.97	288	24.5	1.71	0.85
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	10	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00

# 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	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1008	11.97	1237	*62	29.35	*0.00	68	142.50	15.57	44.47	4538	648.3	22.38	5.55
% of Calories				10.69%		*24.6%	26.2%	*0.0%		56.5%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	40	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
000661 Bosco Sticks/Marinara Sauce	serving 2	10	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
001038 Chicken Tender Basket	basket	10	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000891 Pizza, Big Daddy Pepperoni	slice	15	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55

# 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)
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	40	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008048 Gravy, Poultry Low Sodium	TBSP	35	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01
008075 Carrots, Glazed	1/2 cup	1	87	1.12	62	13	3.13	*0.00	38	16.92	2.79	1.38	6899	35.9	1.64	0.07
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000501 Crisp - Asst. Fruit	1/2 cup	20	218	3.83	50	*22	7.67	*0.00	8	35.87	2.04	2.02	613	20.4	1.11	0.96
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

# 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)
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			601	6.21	944	*41	19.19	*0.00	33	82.59	6.32	25.69	3632	417.6	30.77	2.99
% of Calories				9.30%		*27.3%	28.7%	*0.0%		55.0%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
008081 Corn Dog Nuggets	serving of 6	40	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
000395 Spicy Chicken Filet on bun	sandwich	5	374	2.70	590	*2	15.50	0.00	32	37.00	2.00	21.00	98	90.0	2.00	3.20
001220 Spicy Chicken Tender Basket	serving/3	13	360	3.50	705	2	18.00	0.00	50	28.00	3.00	22.00	0	0.0	4.80	2.16
001039 Popcorn Chicken Basket*	Basket	20	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000908 Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67

# 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)	
000181	Homemade Bread	each	5	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
990092	Broccoli and Rice Casserole	1/2 cup	40	101	1.74	197	*2	3.45	*0.01	9	*12.26	2.96	4.80	*1348	108.7	*33.38	0.89
000798	Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139	Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701	Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754	Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624	Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222	Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			558	4.27	756	*40	17.60	*0.01	40	*77.67	6.26	23.50	*3652	394.4	*58.52	2.46
% of Calories				6.89%		*28.7%	28.4%	*0.0%		*55.7%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000661 Bosco Sticks/Marinara Sauce	serving 2	25	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000388 Chicken Alfredo	servings	10	492	4.05	633	4	10.19	0.00	45	74.37	3.24	23.77	275	235.1	218.37	3.20
001038 Chicken Tender Basket	basket	32	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000891 Pizza, Big Daddy Pepperoni	slice	6	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000908 Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000681 Broccoli, Seasoned	1/2 cup	60	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91

# Base Menu Spreadsheet

## Portion Values

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)	
000139	Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701	Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754	Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	40	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624	Juice, Assorted 4 oz	4 oz serving	45	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222	Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054	Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				704	6.75	1097	*46	20.43	*0.00	27	102.25	10.80	30.78	5159	556.9	91.80	4.04
% of Calories					8.63%		*26.1%	26.1%	*0.0%		58.1%		17.5%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0									

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

Tuesday - 09/17/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
001251 Tacos, Beef Hard Shells	tacos	1	228	5.89	419	2	14.06	*0.00	34	13.92	2.15	11.99	715	97.8	2.36	1.47
000604 Chicken Strips-Secondary	4 strips	20	237	1.78	367	0	11.44	0.00	37	19.22	0.00	14.22	93	22.2	96.67	1.11
001039 Popcorn Chicken Basket*	Basket	10	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000891 Pizza, Big Daddy Pepperoni	slice	10	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000008 Refried Beans: canned	1/2 cup	1	122	0.30	179	1	0.56	0.00	1	20.96	5.05	7.67	166	59.2	9.62	2.63
001167 Spanish Rice	1/2 cup	1	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80
001273 Taco Toppings	serving	30	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41

# 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)
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	4	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077 Jalapeno Peppers	oz	4	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			236	1.81	312	*22	5.52	*0.00	14	37.60	2.06	9.78	2099	210.8	30.83	1.14
% of Calories				6.90%		*37.3%	21.1%	*0.0%		63.7%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000363 Sweet and Sour Chicken/Rice	Servings	25	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	25	80	0.75	200	1	3.00	0.00	0	12.00	1.00	2.00	27	16.0	3.00	1.00
000722 Meatball Grinder	each	36	348	4.08	528	5	13.67	0.00	36	35.24	3.70	19.87	289	141.6	6.56	3.95
001036 *Bacon Cheeseburger Basket*	sandwich	10	483	6.38	587	3	20.84	0.00	54	46.97	3.12	27.07	153	193.9	5.00	3.65
001091 Bosco Sticks, Pepperoni	serving/2	10	480	9.00	1000	6	18.00	0.00	50	28.00	2.00	22.00	800	300.0	3.60	3.60
000908 Baked Potato Entree	each	10	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	8	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000879 Peas & Carrots, seasoned	1/2 cup	50	65	0.79	77	5	1.58	0.00	3	11.51	3.53	3.51	10829	26.3	9.18	1.07
000139 Salad, Tossed	cup	10	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	10	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	45	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

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)
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			740	6.00	928	*53	18.71	*0.00	44	111.53	7.12	30.77	8265	478.6	33.83	4.95
% of Calories				7.30%		*28.6%	22.8%	*0.0%		60.3%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001000 Chicken Nuggets	servings/5	40	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
008074 Breaded Chicken Fried Steak	each	15	260	4.00	180	1	16.00	0.00	30	16.00	3.00	15.00	100	40.0	1.20	2.70
001038 Chicken Tender Basket	basket	10	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70

# Base Menu Spreadsheet

## Portion Values

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)
000891 Pizza, Big Daddy Pepperoni	slice	15	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	40	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008048 Gravy, Poultry Low Sodium	TBSP	35	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01
008096 Green Beans, Seasoned	1/2 cup	1	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000501 Crisp - Asst. Fruit	1/2 cup	20	218	3.83	50	*22	7.67	*0.00	8	35.87	2.04	2.02	613	20.4	1.11	0.96
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

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)
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			597	6.18	901	*40	20.25	*0.00	34	79.48	6.43	25.80	3546	386.1	30.96	3.08
% of Calories				9.32%		*26.8%	30.5%	*0.0%		53.3%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001282 Fish & Chips	basket	30	400	3.50	600	1	16.00	0.00	50	46.00	3.00	17.00	0	20.0	4.80	2.16
000303 Chicken, Grilled	patty	23	160	2.50	410	0	11.00	0.00	40	4.00	0.00	12.00	0	60.0	0.00	0.72
001220 Spicy Chicken Tender Basket	serving/3	10	360	3.50	705	2	18.00	0.00	50	28.00	3.00	22.00	0	0.0	4.80	2.16
001039 Popcorn Chicken Basket*	Basket	20	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000908 Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55

# 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)
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	10	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	50	537	0.00	700	36	4.18	*0.00	0	102.64	22.03	29.61	975	188.9	4.46	4.64
000574 Coleslaw HS	1/2 cup	20	53	0.06	555	*8	0.23	*0.00	2	12.26	3.27	1.97	140	64.9	38.76	0.53
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

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)	
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
000473	BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054	Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				840	4.22	1243	*57	20.14	*0.00	44	130.62	16.59	39.67	4485	469.2	40.48	4.90
% of Calories					4.52%		*27.1%	21.6%	*0.0%		62.2%		18.9%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0									

### Monday - 09/23/2019

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)	
000637	Pizza, Cheese Stuffed Pepper	slice	20	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
000820	Spaghetti & Meatsauce	Cup	25	324	3.12	606	2	9.96	0.00	26	41.47	3.06	16.27	572	44.2	6.87	3.61
001038	Chicken Tender Basket	basket	25	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000890	Pizza, Big Daddy, Cheese	slice	6	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	7	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000908	Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449	Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100	Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67

# 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)	
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
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
000798	Vegetable Variety	6 oz	20	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139	Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701	Carrots, Baby	2 oz bag	20	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754	Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009	Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624	Juice, Assorted 4 oz	4 oz serving	40	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693	Milk, Choc Skim	half pint	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240	Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544	Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225	Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222	Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			645	5.97	1162	*43	19.34	*0.00	27	92.58	9.70	27.55	5158	485.8	38.04	4.06
% of Calories				8.33%		*26.7%	27.0%	*0.0%		57.4%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
001255 Beefy Nachos (Sec)	serving	20	454	5.87	744	3	21.37	0.46	54	46.41	5.58	22.76	916	178.5	6.31	3.38
000470 Chicken Patty/Bun	sandwich	29	440	3.00	490	3	19.00	0.00	25	42.00	5.00	23.00	100	128.0	0.00	3.80
000891 Pizza, Big Daddy Pepperoni	slice	20	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000890 Pizza, Big Daddy, Cheese	slice	20	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000908 Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
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
990089 Fruit Salsa	1/2 cup	30	65	0.00	41	*14	0.01	*0.00	0	16.61	0.89	0.06	403	10.7	11.16	0.32
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50

# 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)
000334 Cinnamon Rolls, Rich's	2 oz roll	10	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001273 Taco Toppings	serving	15	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139 Salad, Tossed	cup	10	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	10	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
990024 Salsa *RESIZED*	2 oz	10	20	0.00	137	2	0.00	0.00	0	3.91	0.00	0.00	978	0.0	11.73	2.11
008077 Jalapeno Peppers	oz	4	5	0.00	331	0	0.00	0.00	0	0.94	0.94	0.00	94	18.9	2.27	0.34
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	3	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

# 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)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			703	6.93	917	*45	20.68	*0.09	43	98.97	8.60	31.05	2969	481.3	35.67	7.77
% of Calories				8.87%		*25.6%	26.5%	*0.1%		56.3%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000277 Macaroni & Cheese	Cup	30	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
001232 Spicy Chicken Nuggets	serving	19	260	2.50	390	1	15.00	0.00	25	17.00	3.00	15.00	100	0.0	0.00	2.70
001036 *Bacon Cheeseburger Basket*	sandwich	20	483	6.38	587	3	20.84	0.00	54	46.97	3.12	27.07	153	193.9	5.00	3.65
001091 Bosco Sticks, Pepperoni	serving/2	10	480	9.00	1000	6	18.00	0.00	50	28.00	2.00	22.00	800	300.0	3.60	3.60
000908 Baked Potato Entree	each	10	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000681 Broccoli, Seasoned	1/2 cup	1	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91

# 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)
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000596 Crisp, Blueberry	1/2 cup	40	229	4.59	5	*27	7.91	*0.00	19	38.84	2.71	1.97	288	24.5	1.71	0.85
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	10	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	5	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			758	11.56	897	*45	27.74	*0.00	64	94.79	6.04	30.64	3923	555.5	19.54	3.67
% of Calories				13.73%		*23.7%	32.9%	*0.0%		50.0%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

# Base Menu Spreadsheet

## Portion Values

Sep 3, 2019 thru Sep 30, 2019

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)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
001000 Chicken Nuggets	-serving/5	30	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
000169 Mashed Potato Bowl	bowl	20	332	4.45	918	6	13.55	0.00	39	36.51	3.42	17.50	130	107.3	25.06	1.19
001038 Chicken Tender Basket	basket	20	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000891 Pizza, Big Daddy Pepperoni	slice	10	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000908 Baked Potato Entree	each	5	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	2	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	40	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008048 Gravy, Poultry Low Sodium	TBSP	35	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01
001003 Corn, Seasoned	1/2 cup	1	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000139 Salad, Tossed	cup	20	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	30	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06

# 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)
000624 Juice, Assorted 4 oz	4 oz serving	30	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			577	5.41	1100	*37	18.66	*0.00	32	77.61	6.94	26.14	3400	389.1	36.12	2.67
% of Calories				8.44%		*25.6%	29.1%	*0.0%		53.8%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
008081 Corn Dog Nuggets	serving of 6	40	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)
000383 BBQ Pulled Pork on Bun	sandwiches	10	437	4.50	751	9	14.00	0.00	100	34.97	3.12	29.00	224	88.0	0.00	2.00
001220 Spicy Chicken Tender Basket	serving/3	10	360	3.50	705	2	18.00	0.00	50	28.00	3.00	22.00	0	0.0	4.80	2.16
001039 Popcorn Chicken Basket*	Basket	18	300	2.94	579	0	14.37	0.00	30	27.74	1.75	15.35	101	16.8	3.92	1.52
000908 Baked Potato Entree	each	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000712 Baked Beans-district	1/2 CUP	35	537	0.00	700	36	4.18	*0.00	0	102.64	22.03	29.61	975	188.9	4.46	4.64
001084 Scalloped Potatoes	1/2 cup	25	164	3.66	496	4	6.61	0.00	7	24.96	2.00	3.00	125	43.8	7.32	0.49
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	30	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

# 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)
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			754	4.65	1059	*53	19.13	*0.00	45	115.18	13.37	33.57	3500	431.9	48.24	3.80
% of Calories				5.55%		*28.1%	22.8%	*0.0%		61.1%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000661 Bosco Sticks/Marinara Sauce	serving 2	40	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
001222 Lasagna Roll Up	servings	10	302	3.50	941	8	7.33	0.00	20	39.67	3.78	16.78	1067	335.6	14.00	2.36
001038 Chicken Tender Basket	basket	13	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000891 Pizza, Big Daddy Pepperoni	slice	10	410	9.00	730	9	18.00	0.00	40	42.00	2.00	20.00	500	200.0	0.00	2.70
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70

# 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	6	440	13.79	446	3	23.82	0.00	69	40.01	3.02	17.96	874	435.0	15.00	0.55
000449 Peanut Butter & Jelly Sandwich	each	10	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	20	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000433 Mixed Vegetables	1/2 cup	30	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	40	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	45	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

# 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)
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			689	7.04	1038	*47	18.56	*0.00	31	102.34	8.08	29.67	4118	588.6	33.28	3.67
% of Calories				9.20%		*27.3%	24.2%	*0.0%		59.4%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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.**