

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: Middle School Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000701 Carrots, Baby	2 oz bag	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			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			600 - 700	<10	1360		<=0									

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)
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

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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)	
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			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			600 - 700	<10	1360		<=0									

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	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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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)	
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 Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			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			600 - 700	<10	1360		<=0									

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)
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000701	Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
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				600 - 700	<10	1360		<=0									

Monday - 09/09/2019

Reimbursable Meal Total 1

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

Tuesday - 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)
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
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

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)
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 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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
008054 Pickles, Sliced Dill HS	6 slices	5	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			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			600 - 700	<10	1360		<=0									

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000277 Macaroni & Cheese	Cup	30	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
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
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

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)
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
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

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)
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			600 - 700	<10	1360		<=0									

Thursday - 09/12/2019

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	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
000449 Peanut Butter & Jelly Sandwich	each	4	601	6.66	404	19	37.25	*0.05	0	52.40	5.48	20.53	1	94.7	5.12	2.64
008100 Sandwiches, Asst Cold Meat	each	1	375	2.98	1080	*2	11.22	0.00	71	37.25	2.01	32.05	152	182.4	2.13	2.67
000181 Homemade Bread	each	5	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	40	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
008048 Gravy, Poultry Low Sodium	TBSP	35	27	0.00	153	1	1.08	0.00	0	3.25	0.00	0.00	5	1.1	0.00	0.01

Base Menu Spreadsheet

Portion Values

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)	
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
000223	Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473	BBQ Sauce	TBSP	5	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243	Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

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)
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			600 - 700	<10	1360		<=0									

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)
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
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

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)
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			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			600 - 700	<10	1360		<=0									

Monday - 09/16/2019

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)
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
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

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)	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	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			600 - 700	<10	1360		<=0									

Tuesday - 09/17/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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

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)
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
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

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)
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			600 - 700	<10	1360		<=0									

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)
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

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)
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
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 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)
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			600 - 700	<10	1360		<=0									

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)
001000 Chicken Nuggets	serving/5	40	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
008074 Breaded Chicken Fried Steak	each	15	260	4.00	180	1	16.00	0.00	30	16.00	3.00	15.00	100	40.0	1.20	2.70
001038 Chicken Tender Basket	basket	10	380	3.79	1204	4	19.16	0.00	0	36.34	10.72	17.72	20	0.0	5.33	2.42
000890 Pizza, Big Daddy, Cheese	slice	10	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
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

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)
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
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

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)
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			600 - 700	<10	1360		<=0									

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)
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
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

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)
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
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

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)
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			600 - 700	<10	1360		<=0									

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)
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
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

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)	
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
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				600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

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 (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	25	65	0.00	41	*14	0.01	*0.00	0	16.61	0.89	0.06	403	10.7	11.16	0.32
000798 Vegetable Variety	6 oz	5	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000334 Cinnamon Rolls, Rich's	2 oz roll	10	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001273 Taco Toppings	-serving	15	9	0.01	54	1	0.08	0.00	0	2.15	0.56	0.49	68	10.1	2.70	0.38
000139 Salad, Tossed	cup	10	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000625 Power Gelatin	1/2 cup	15	143	0.00	56	33	0.00	0.00	0	34.07	0.00	1.02	206	119.1	86.81	0.00
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	20	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06

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)
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
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			700	6.93	915	*44	20.68	*0.09	43	98.14	8.55	31.05	2949	480.8	35.11	7.75
% of Calories				8.91%		*25.1%	26.6%	*0.1%		56.1%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

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)
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
000701 Carrots, Baby	2 oz bag	5	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000596 Crisp, Blueberry	1/2 cup	40	229	4.59	5	*27	7.91	*0.00	19	38.84	2.71	1.97	288	24.5	1.71	0.85
000754 Fruit Cup-Canned/Frozen	1/2 cup	40	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	10	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	20	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	60	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

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)
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			600 - 700	<10	1360		<=0									

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)
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

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)
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
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

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)
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			600 - 700	<10	1360		<=0									

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)
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	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

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)
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
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

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)
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			600 - 700	<10	1360		<=0									

Monday - 09/30/2019

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)
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
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

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)
000798 Vegetable Variety	6 oz	10	40	0.09	62	3	0.40	0.00	0	8.03	2.94	2.59	4065	46.2	66.78	0.91
000139 Salad, Tossed	cup	15	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000701 Carrots, Baby	2 oz bag	10	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36	7819	18.1	1.47	0.50
000754 Fruit Cup-Canned/Frozen	1/2 cup	50	72	0.01	4	*11	0.08	0.00	0	18.60	1.32	0.46	479	6.6	7.17	0.41
000009 Fruit Fresh, Whole and Sliced	each	40	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
000624 Juice, Assorted 4 oz	4 oz serving	45	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
000693 Milk, Choc Skim	half pint	65	130	0.00	140	22	0.00	0.00	5	24.00	0.00	8.00	500	300.0	0.00	0.00
000240 Milk, Strawberry Skim	half pint	15	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	2.40	0.00
000544 Milk, 1% White	half pint	5	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
000225 Salad Dressing, Assorted Sec.	TBSP	15	22	0.17	135	2	1.17	0.00	2	2.33	0.00	0.00	9	0.0	0.00	0.00
000222 Ketchup packet	packet	50	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	10	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	5	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000473 BBQ Sauce	TBSP	10	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
001243 Hot Sauce	tsp	4	0	0.00	135	0	0.00	0.00	0	0.00	0.00	0.00	100	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

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)
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			600 - 700	<10	1360		<=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
- 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.