

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: Miller Park Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990090 Burrito/Chips/Salsa	each	100	403	4.40	893	3	13.26	0.12	25	55.18	2.76	19.34	1278	101.7	14.13	2.69
001003 Corn, Seasoned	1/2 cup	100	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000591 Pears, Rosey	1/2 cup	100	91	0.00	125	*15	0.00	*0.00	0	21.74	2.54	2.39	70	0.1	22.69	0.46
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			684	5.52	1160	*40	16.01	*0.12	33	110.73	7.28	31.70	1956	404.9	40.09	3.42
% of Calories				7.26%		*23.4%	21.1%	*0.2%		64.8%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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)
000861 Pizza, Southwest (Fiestada)	slice	100	360	6.00	780	9	14.00	0.00	25	41.00	5.00	18.00	500	250.0	0.00	2.70
000681 Broccoli, Seasoned	1/2 cup	100	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000648 Mandarin Oranges	1/2 cup	100	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			595	6.80	958	48	15.76	0.00	28	86.52	9.84	29.55	4541	621.0	90.60	4.02
% of Calories				10.29%		32.3%	23.8%	0.0%		58.2%		19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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)
008074 Breaded Chicken Fried Steak	each	100	260	4.00	180	1	16.00	0.00	30	16.00	3.00	15.00	100	40.0	1.20	2.70
000181 Homemade Bread	each	100	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000505 Mashed Potatoes	1/2 cup	100	66	0.18	251	1	0.69	0.00	0	13.97	1.02	1.49	5	16.2	23.58	0.22
990030 Gravy, Country Fat Free *RESIZED*	2 TBSP	100	69	1.98	280	2	3.96	0.00	0	9.89	0.00	0.00	10	1.8	0.00	0.01
001019 Cinnamon Apples	.50 cup	100	67	0.00	10	11	0.00	*0.00	0	13.96	2.12	0.01	44	3.0	0.01	0.03
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			708	6.16	1093	38	22.46	*0.00	33	100.09	8.87	29.04	677	397.3	25.99	4.26
% of Calories				7.83%		21.5%	28.6%	*0.0%		56.5%		16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

Friday - 09/06/2019

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)
000383 BBQ Pulled Pork on Bun	sandwiches	100	437	4.50	751	9	14.00	0.00	100	34.97	3.12	29.00	224	88.0	0.00	2.00
000712 Baked Beans-district	1/2 CUP	100	537	0.00	700	36	4.18	*0.00	0	102.64	22.03	29.61	975	188.9	4.46	4.64
000419 Fruit Cocktail:canned,lt syrup	1/2 cup	100	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000763 Pickles, Sliced Dill	3 slices	100	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1149	4.50	1742	76	18.18	*0.00	103	172.70	26.22	67.68	1914	576.9	6.95	6.64
% of Calories				3.52%		26.5%	14.2%	*0.0%		60.1%		23.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

Monday - 09/09/2019

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	100	330	4.50	870	4	14.00	0.00	20	35.00	3.00	17.00	555	352.0	0.72	3.10
008096 Green Beans, Seasoned	1/2 cup	100	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
000092 Pineapple tidbit:canned,lt syr	1/2 cup	100	73	0.00	1	17	0.00	0.00	0	19.60	1.22	0.00	61	12.2	11.76	0.44
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			556	5.67	1215	41	15.84	0.00	28	78.51	7.36	26.60	1493	695.8	15.56	4.12
% of Calories				9.18%		29.5%	25.6%	0.0%		56.5%		19.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

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 (mg)	Vit-C (mg)	Iron (mg)	
000470	Chicken Patty/Bun	sandwich	100	440	3.00	490	3	19.00	0.00	25	42.00	5.00	23.00	100	128.0	0.00	3.80
001003	Corn, Seasoned	1/2 cup	100	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000437	Peaches: canned, light syrup	1/2 cup	100	76	0.00	13	14	0.00	0.00	0	17.76	0.00	0.00	381	0.0	1.52	0.00
001005	Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000222	Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223	Mustard: individual PC	packet	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055	Dressing, Salad Miracle Whip	packet	100	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000763	Pickles, Sliced Dill	3 slices	100	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				731	4.12	990	41	22.75	0.00	33	96.57	6.98	32.98	1099	431.1	4.79	4.08
% of Calories					5.07%		22.4%	28.0%	0.0%		52.8%		18.0%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=35									

Wednesday - 09/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	
000277	Macaroni & Cheese	Cup	100	563	16.26	876	7	29.09	*0.00	79	48.62	2.04	23.71	1158	466.4	0.00	1.86
000181	Homemade Bread	each	100	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31

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)
000433 Mixed Vegetables	1/2 cup	100	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
001151 Blueberry/cherry combo	1/2 cup	100	67	0.03	5	*3	0.31	0.00	0	16.87	1.55	0.63	475	9.4	2.23	0.90
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			959	17.13	1347	*38	32.54	*0.00	86	125.90	8.98	40.42	3080	812.5	7.65	4.39
% of Calories				16.08%		*15.8%	30.5%	*0.0%		52.5%		16.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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)
000661 Bosco Sticks/Marinara Sauce	serving 2	100	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000139 Salad, Tossed	cup	100	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
990029 Dressing, Ranch FF *RESIZED*	2 TBSP	100	70	1.00	250	0	7.00	0.00	10	1.00	0.00	0.00	0	0.0	0.00	0.00
008039 Applesauce, Rosey	1/2 cup	100	64	0.00	116	*11	0.00	*0.00	0	14.90	0.96	3.26	77	0.1	20.35	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			707	7.29	1255	*37	20.46	*0.00	40	96.67	6.82	34.71	10879	725.5	34.02	4.79
% of Calories				9.28%		*20.9%	26.0%	*0.0%		54.7%		19.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

Friday - 09/13/2019

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)
008081 Corn Dog Nuggets	serving of 6	100	267	1.90	365	12	11.00	0.00	34	33.01	3.00	9.00	114	66.0	51.02	1.00
990092 Broccoli and Rice Casserole	1/2 cup	100	101	1.74	197	*2	3.45	*0.01	9	*12.26	2.96	4.80	*1348	108.7	*33.38	0.89
000648 Mandarin Oranges	1/2 cup	100	79	0.00	8	20	0.00	0.00	0	20.61	1.29	0.00	1095	0.0	25.50	0.46
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			567	3.64	779	*54	14.45	*0.01	46	*86.88	7.25	21.81	*3067	474.7	*111.09	2.35
% of Calories				5.78%		*38.1%	22.9%	*0.0%		*61.3%		15.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

Monday - 09/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000890 Pizza, Big Daddy, Cheese	slice	100	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
000681 Broccoli, Seasoned	1/2 cup	100	47	0.80	44	1	1.76	0.00	0	5.92	3.55	3.55	2447	71.0	63.90	0.85
000419 Fruit Cocktail:canned,lt syrup	1/2 cup	100	64	0.00	5	13	0.00	0.00	0	16.10	1.07	1.07	215	0.0	1.29	0.00

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			621	9.80	756	41	18.76	0.00	43	83.01	6.62	31.62	3661	621.0	66.38	3.55
% of Calories				14.20%		26.4%	27.2%	0.0%		53.5%		20.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

Tuesday - 09/17/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001251 Tacos, Beef Hard Shells	tacos	100	228	5.89	419	2	14.06	*0.00	34	13.92	2.15	11.99	715	97.8	2.36	1.47
001167 Spanish Rice	1/2 cup	100	46	0.12	145	*1	0.77	*0.00	0	8.46	0.06	0.48	691	1.7	8.29	1.80
000008 Refried Beans: canned	1/2 cup	100	122	0.30	179	1	0.56	0.00	1	20.96	5.05	7.67	166	59.2	9.62	2.63
000624 Juice, Assorted 4 oz	4 oz serving	100	60	0.00	7	14	0.00	0.00	0	15.67	0.00	0.00	80	83.3	19.20	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
001242 Salsa Packet	packet	100	0	0.00	140	0	0.00	0.00	0	1.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			567	6.31	1016	*37	15.39	*0.00	39	79.00	7.26	28.14	2252	541.9	40.66	5.89
% of Calories				10.02%		*26.1%	24.4%	*0.0%		55.7%		19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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 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)
000722 Meatball Grinder	each	100	348	4.08	528	5	13.67	0.00	36	35.24	3.70	19.87	289	141.6	6.56	3.95
000879 Peas & Carrots, seasoned	1/2 cup	100	65	0.79	77	5	1.58	0.00	3	11.51	3.53	3.51	10829	26.3	9.18	1.07
000068 Bananas	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			612	4.98	733	41	15.58	0.00	43	88.82	9.86	32.48	11682	473.0	25.74	5.28
% of Calories				7.32%		26.8%	22.9%	0.0%		58.1%		21.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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	100	260	2.50	400	1	15.00	0.00	25	16.00	3.00	16.00	100	0.0	0.00	1.80
000181 Homemade Bread	each	100	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
008096 Green Beans, Seasoned	1/2 cup	100	43	1.17	217	2	1.84	0.00	5	4.92	3.14	1.60	377	31.6	1.89	0.58
000098 Strawberries: frozen	1/2 cup	100	131	0.00	0	29	0.00	0.00	0	31.00	2.00	1.00	145	20.0	21.00	0.36
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000473 BBQ Sauce	TBSP	100	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
Weighted Daily Average			700	3.67	1079	58	18.65	0.00	33	102.67	11.42	31.15	1252	387.9	24.09	4.04
% of Calories				4.72%		33.1%	24.0%	0.0%		58.7%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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)
000611 Popcorn Chicken	3.08 oz	100	161	1.31	326	0	7.84	0.00	30	8.96	0.93	13.72	101	16.8	0.00	0.93
000712 Baked Beans-district	1/2 CUP	100	537	0.00	700	36	4.18	*0.00	0	102.64	22.03	29.61	975	188.9	4.46	4.64
008035 Apples, Cinnamon	1/2 cup	100	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000473 BBQ Sauce	TBSP	100	20	0.00	90	3	0.00	0.00	0	4.48	0.56	0.00	112	0.0	0.00	0.00
Weighted Daily Average			914	1.31	1255	71	12.02	*0.00	33	152.81	26.27	51.34	1746	508.7	5.68	5.60
% of Calories				1.29%		31.1%	11.8%	*0.0%		66.9%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

Monday - 09/23/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals 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)
000820 Spaghetti & Meatsauce	Cup	100	324	3.12	606	2	9.96	0.00	26	41.47	3.06	16.27	572	44.2	6.87	3.61
000337 WW Roll/Breadstick Frozen	each	100	136	0.00	245	5	1.82	0.00	0	27.27	2.73	4.54	18	36.4	0.00	1.31
000139 Salad, Tossed	cup	100	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
000418 Dressing, Ranch FF	TBSP	100	35	0.50	125	0	3.50	0.00	5	0.50	0.00	0.00	0	0.0	0.00	0.00
000092 Pineapple tidbit:canned,lt syr	1/2 cup	100	73	0.00	1	17	0.00	0.00	0	19.60	1.22	0.00	61	12.2	11.76	0.44
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			716	3.65	1152	*45	15.40	0.00	34	115.67	9.48	30.78	11095	444.1	32.29	6.93
% of Calories				4.59%		*25.1%	19.4%	0.0%		64.6%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000470 Chicken Patty/Bun	sandwich	100	440	3.00	490	3	19.00	0.00	25	42.00	5.00	23.00	100	128.0	0.00	3.80
000863 Baked Chips, small bag	servings	100	134	0.29	214	0	5.07	0.00	0	19.71	1.57	2.14	50	57.1	0.00	0.59
000372 Black Beans	1/2 cup	100	154	0.01	195	0	0.78	0.00	0	28.18	11.21	9.84	12	31.7	0.03	15.28
000576 Melon, fresh	1/2 cup	100	27	0.01	9	6	0.04	0.00	0	6.89	0.52	0.44	1346	7.5	16.03	0.19
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00

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	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	100	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
000763 Pickles, Sliced Dill	3 slices	100	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			890	3.30	1381	31	25.89	0.00	28	118.78	18.30	43.43	2018	524.4	17.26	19.86
% of Calories				3.34%		13.9%	26.2%	0.0%		53.4%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

Wednesday - 09/25/2019

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)
000149 Cheeseburger on Bun	each	100	275	4.27	417	*1	13.02	0.00	48	21.01	2.00	20.54	152	155.9	0.00	2.16
008084 French Fries, Crispy	2.58 oz	100	146	1.72	267	0	6.88	0.00	0	19.78	0.86	1.72	0	0.0	4.13	0.62
000422 Grapes,Fresh	1/2 cup	100	33	0.00	5	7	0.00	0.00	0	8.40	0.36	0.00	37	7.3	0.44	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
008055 Dressing, Salad Miracle Whip	packet	100	15	0.00	105	1	1.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

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)
000763 Pickles, Sliced Dill	3 slices	100	0	0.00	159	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			589	5.99	1161	*30	20.90	0.00	51	71.19	3.22	30.26	698	463.2	5.77	2.78
% of Calories				9.15%		*20.4%	31.9%	0.0%		48.3%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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)
000890 Pizza, Big Daddy, Cheese	slice	100	400	9.00	580	9	17.00	0.00	40	42.00	2.00	19.00	500	250.0	0.00	2.70
001003 Corn, Seasoned	1/2 cup	100	80	1.12	15	3	2.75	0.00	5	14.81	1.98	1.98	109	3.1	2.07	0.28
000438 Pears: canned, light syrup	1/2 cup	100	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	55	0.0	1.20	0.36
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			650	10.12	726	42	19.75	0.00	48	91.81	5.98	28.98	1164	553.1	4.47	3.34
% of Calories				14.01%		25.8%	27.3%	0.0%		56.5%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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	100	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 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	100	537	0.00	700	36	4.18	*0.00	0	102.64	22.03	29.61	975	188.9	4.46	4.64
000085 Orange Smiles	1/2 EACH	100	40	0.00	0	7	0.00	0.00	0	9.50	1.50	0.50	50	30.0	39.00	0.00
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
000222 Ketchup packet	packet	100	10	0.00	25	2	0.00	0.00	0	2.00	0.00	0.00	10	0.0	0.00	0.00
000223 Mustard: individual PC	packet	100	0	0.00	57	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			964	1.91	1274	75	15.18	*0.00	37	166.15	26.53	47.11	1649	584.9	95.68	5.64
% of Calories				1.78%		31.1%	14.2%	*0.0%		68.9%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

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	100	426	6.27	715	5	13.33	0.00	27	53.94	3.39	21.49	358	374.1	0.00	3.22
000433 Mixed Vegetables	1/2 cup	100	83	0.84	94	4	1.32	0.00	4	14.13	2.66	3.53	928	0.4	4.22	0.32
008035 Apples, Cinnamon	1/2 cup	100	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
001005 Milk, Variety, Belfonte	half pint	100	110	0.00	127	18	0.00	0.00	3	19.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			704	7.11	949	41	14.66	*0.00	34	104.80	8.80	33.03	1844	677.5	5.44	3.57
% of Calories				9.09%		23.3%	18.7%	*0.0%		59.5%		18.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

**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.