

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2023 thru Mar 31, 2023

**Menu Name:** LUNCH ELEMENTARY

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Wednesday - 03/01/2023**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990316 NACHOS, BEEF SUPREME (BEEF AND CHEESE) ES/MS	1 SERVING	1	411	276	*0	27.43	*55	17.68	1.61	19.27
990294 HOT HAM & CHEESE ES/MS	1 each	1	311	682	4	11.55	55	30.01	2.00	23.04
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	16.93	42	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	16.00	40	52.89	6.00	15.54
990269 BENTO BOX-MOZZARELLA CHEESE	1 BOX	1	370	631	*20	15.38	40	49.73	5.00	16.67
990084 POTATO, SEASONED FRIES 1/2 CUP	1/2 CUP	1	127	335	0	4.07	0	20.80	1.81	1.81
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	0.37	0	4.84	2.35	1.84
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0	29.15	3.98	0.00
Weighted Daily Average			2800	3759	*161	96.95	*271	*357.98	*30.41	135.05
% of Calories					*23.0%	31.2%		*51.1%		19.3%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

Thursday - 03/02/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990064 SANDWICH, PORK BBQ (USDA)	SANDWICH	1	439	333	*3	18.50	71	43.00	2.00	24.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	566	755	18	26.00	*0	66.88	*6.80	20.80
990329 SALAD, CRISPY CHICKEN ES/MS	1 SALAD	1	299	508	3	15.50	77	24.62	6.55	22.69
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	0.00	0	23.30	4.44	3.33
000523 SWEET POTATO SOUFFLE	1/2 CUP	1	157	74	*21	3.56	*0	*29.64	*1.51	*0.76
000229 FRUIT, FRESH	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

ASST										
990433 APPLESAUCE, CINNAMON	HALF CUP	1	54	2	12	0.01	0	14.86	1.19	0.01
Weighted Daily Average			2309	2714	*152	69.62	*188	*312.44	*25.99	*113.76
% of Calories					*26.3%	27.1%		*54.1%		*19.7%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

## Friday - 03/03/2023

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990076 PIZZA, FOUR MEAT	1 SLICE	1	370	650	9	17.00	40	36.00	3.00	20.00
990132 SANDWICH, FISH	1 SANDWICH	1	300	380	4	7.50	50	42.00	4.00	20.00
990412 ES/MS MACARONI & CHEESE	4 oz	1	242	320	*3	18.34	*38	*16.20	*1.21	*12.16
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	5	13.10	3.02	1.76
990052 POTATO, FRENCH FRIES 1/2 CUP	.5 CUP	1	96	24	0	3.60	0	15.21	1.60	1.60
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	1.00	0	39.17	2.01	1.00
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	2.50	5	1.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00
Weighted Daily Average			2005	2545	*146	62.37	*178	*275.82	*18.35	*98.69
% of Calories					*29.1%	28.0%		*55.0%		*19.7%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

### Monday - 03/06/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
000145 CHEESEBURGER	EACH	1	320	512	5	12.54	43	29.01	3.00	25.54
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	0	3.58	1.23	0.84
990406 POT PIE, CHICKEN	8 OZ	1	440	1194	*6	23.08	*72	43.26	3.63	22.71
990483 BISCUIT, RICH'S, BISCUIT DOUGH	1 PIECE	1	200	690	2	9.00	0	26.00	1.00	3.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	32.00	*0	87.76	*8.00	24.00

# Base Menu Spreadsheet

## Portion Values

990052 POTATO, FRENCH FRIES 1/2 CUP	.5 CUP	1	96	24	0	3.60	0	15.21	1.60	1.60
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	5	13.10	3.02	1.76
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0	18.49	1.32	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
Weighted Daily Average			2624	4585	*134	96.09	*164	338.39	*25.47	120.45
% of Calories					*20.4%	33.0%		51.6%		18.4%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

Tuesday - 03/07/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990701 CHICKEN, NUGGETS	5	1	160	380	1	6.00	25	13.00	1.00	14.00
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	496	779	1	35.24	93	22.42	2.00	25.91

# Base Menu Spreadsheet

## Portion Values

990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
990417 PIZZA, RANCHERO STYLE	pizza	1	321	542	7	14.04	35	30.09	4.01	20.06
990089 BEANS, CHEESY DIP W. CHIPS	1/2 CUP	1	238	368	3	8.92	22	30.41	9.54	13.03
990308 CORN, MEXICAN, FROZEN	1/2 CUP	1	106	5	*5	1.49	*0	*21.29	*1.08	*3.06
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0	18.87	0.96	0.50
Weighted Daily Average			2074	2850	*119	71.84	*215	*246.22	*22.10	*118.74
% of Calories					*23.0%	31.2%		*47.5%		*22.9%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

### Wednesday - 03/08/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990816 SANDWICH, SLOPPY JOE	1 SANDWICH	1	325	360	*6	13.27	35	33.77	3.17	50.09
990135 CHICKEN, TENDERS BOOM BOOM	3 TENDERS	1	328	553	1	20.28	69	19.81	4.00	17.00
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67

# Base Menu Spreadsheet

## Portion Values

990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	0.00	0	4.67	*3.20	3.20
990060 POTATO, SWEET FRIES 1/2 CUP	1/2 CUP	1	145	196	7	4.35	0	24.65	2.90	0.72
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0	11.31	1.44	0.90
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00
Weighted Daily Average			1569	2161	*113	44.01	144	207.85	*18.22	114.58
% of Calories					*28.8%	25.2%		53.0%		29.2%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

### Thursday - 03/09/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	360	460	3	9.50	60	42.00	4.00	27.00
990057 PASTA, BAKED	1 CUP	1	466	1004	*7	20.22	55	43.14	4.71	23.69

# Base Menu Spreadsheet

## Portion Values

PENNE WITH MEAT SAUCE										
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	17.00	45	35.00	3.00	21.00
990881 Potato, Curly Spiral Cut Fries 3/4 CUP	3/4 CUP	1	130	290	0	5.00	0	21.00	1.00	1.00
990356 VEGGIES, FRESH, RED PEPPERS/CARROTS AND CUCUMBER	1/2 CUP	1	133	150	*9	6.52	5	18.77	4.02	2.29
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	1.00	0	39.17	2.01	1.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
Weighted Daily Average			2358	3375	*149	69.30	210	309.72	*22.24	118.65
% of Calories					*25.3%	26.5%		52.5%		20.1%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

Friday - 03/10/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00



# Base Menu Spreadsheet

## Portion Values

SKIM										
990784 MOZZARELLA CHEESE STICKS, CHEESE FILLED MAXSTIX	2 Sticks	1	314	830	8	12.35	10	36.31	4.46	14.46
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	10.00	50	34.00	2.00	13.00
990131 TACOS, FISH	2 TACOS	1	467	643	*3	17.82	65	54.93	5.17	25.34
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	0.09	0	5.79	2.04	0.45
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	3.08	*8	8.91	*0.94	0.89
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0	30.00	2.00	0.00
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	2.50	5	1.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1924	3367	*137	51.06	*178	272.90	*19.28	95.14
% of Calories					*28.5%	23.9%		56.7%		19.8%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

Monday - 03/13/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0	0
% of Calories					0%	0%		0%		0%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

### Tuesday - 03/14/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0	0
% of Calories					0%	0%		0%		0%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

### Wednesday - 03/15/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990316 NACHOS, BEEF SUPREME (BEEF AND CHEESE) ES/MS	1 SERVING	1	411	276	*0	27.43	*55	17.68	1.61	19.27
990294 HOT HAM & CHEESE ES/MS	1 each	1	311	682	4	11.55	55	30.01	2.00	23.04
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	16.93	42	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	16.00	40	52.89	6.00	15.54
990269 BENTO BOX-MOZZARELLA CHEESE	1 BOX	1	370	631	*20	15.38	40	49.73	5.00	16.67
990084 POTATO, SEASONED FRIES 1/2 CUP	1/2 CUP	1	127	335	0	4.07	0	20.80	1.81	1.81
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	0.37	0	4.84	2.35	1.84
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0	29.15	3.98	0.00
Weighted Daily Average			2800	3759	*161	96.95	*271	*357.98	*30.41	135.05
% of Calories					*23.0%	31.2%		*51.1%		19.3%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

Thursday - 03/16/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK,	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

STRAWBERRY SKIM										
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990064 SANDWICH, PORK BBQ (USDA)	SANDWICH	1	439	333	*3	18.50	71	43.00	2.00	24.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	566	755	18	26.00	*0	66.88	*6.80	20.80
990329 SALAD, CRISPY CHICKEN ES/MS	1 SALAD	1	299	508	3	15.50	77	24.62	6.55	22.69
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	0.00	0	23.30	4.44	3.33
000523 SWEET POTATO SOUFFLE	1/2 CUP	1	157	74	*21	3.56	*0	*29.64	*1.51	*0.76
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990433 APPLESAUCE, CINNAMON	HALF CUP	1	54	2	12	0.01	0	14.86	1.19	0.01
Weighted Daily Average			2309	2714	*152	69.62	*188	*312.44	*25.99	*113.76
% of Calories					*26.3%	27.1%		*54.1%		*19.7%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

## Friday - 03/17/2023

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990076 PIZZA, FOUR MEAT	1 SLICE	1	370	650	9	17.00	40	36.00	3.00	20.00
990132 SANDWICH, FISH	1 SANDWICH	1	300	380	4	7.50	50	42.00	4.00	20.00
990412 ES/MS MACARONI & CHEESE	4 oz	1	242	320	*3	18.34	*38	*16.20	*1.21	*12.16
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	5	13.10	3.02	1.76
990052 POTATO, FRENCH FRIES 1/2 CUP	.5 CUP	1	96	24	0	3.60	0	15.21	1.60	1.60
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	1.00	0	39.17	2.01	1.00
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	2.50	5	1.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00
Weighted Daily Average			2005	2545	*146	62.37	*178	*275.82	*18.35	*98.69
% of Calories					*29.1%	28.0%		*55.0%		*19.7%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

### Monday - 03/20/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
000145 CHEESEBURGER	EACH	1	320	512	5	12.54	43	29.01	3.00	25.54
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	0	3.58	1.23	0.84
990406 POT PIE, CHICKEN	8 OZ	1	440	1194	*6	23.08	*72	43.26	3.63	22.71
990483 BISCUIT, RICH'S, BISCUIT DOUGH	1 PIECE	1	200	690	2	9.00	0	26.00	1.00	3.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	32.00	*0	87.76	*8.00	24.00
990052 POTATO, FRENCH FRIES 1/2 CUP	.5 CUP	1	96	24	0	3.60	0	15.21	1.60	1.60
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	5	13.10	3.02	1.76
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0	18.49	1.32	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
Weighted Daily Average			2624	4585	*134	96.09	*164	338.39	*25.47	120.45
% of Calories					*20.4%	33.0%		51.6%		18.4%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

Tuesday - 03/21/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990701 CHICKEN, NUGGETS	5	1	160	380	1	6.00	25	13.00	1.00	14.00
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	496	779	1	35.24	93	22.42	2.00	25.91
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
990417 PIZZA, RANCHERO STYLE	pizza	1	321	542	7	14.04	35	30.09	4.01	20.06
990089 BEANS, CHEESY DIP W. CHIPS	1/2 CUP	1	238	368	3	8.92	22	30.41	9.54	13.03
990308 CORN, MEXICAN, FROZEN	1/2 CUP	1	106	5	*5	1.49	*0	*21.29	*1.08	*3.06
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0	18.87	0.96	0.50
Weighted Daily Average			2074	2850	*119	71.84	*215	*246.22	*22.10	*118.74
% of Calories					*23.0%	31.2%		*47.5%		*22.9%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

Wednesday - 03/22/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990816 SANDWICH, SLOPPY JOE	1 SANDWICH	1	325	360	*6	13.27	35	33.77	3.17	50.09
990135 CHICKEN, TENDERS BOOM BOOM	3 TENDERS	1	328	553	1	20.28	69	19.81	4.00	17.00
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	0.00	0	4.67	*3.20	3.20
990060 POTATO, SWEET FRIES 1/2 CUP	1/2 CUP	1	145	196	7	4.35	0	24.65	2.90	0.72
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0.05	0	11.31	1.44	0.90
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00
Weighted Daily Average			1569	2161	*113	44.01	144	207.85	*18.22	114.58
% of Calories					*28.8%	25.2%		53.0%		29.2%
Weekly Nutrient Guideline			550 - 650	1230		<=0				



# Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Thursday - 03/23/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	360	460	3	9.50	60	42.00	4.00	27.00
990057 PASTA, BAKED PENNE WITH MEAT SAUCE	1 CUP	1	466	1004	*7	20.22	55	43.14	4.71	23.69
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	17.00	45	35.00	3.00	21.00
990881 Potato, Curly Spiral Cut Fries 3/4 CUP	3/4 CUP	1	130	290	0	5.00	0	21.00	1.00	1.00
990356 VEGGIES, FRESH, RED PEPPERS/CARROTS AND CUCUMBER	1/2 CUP	1	133	150	*9	6.52	5	18.77	4.02	2.29
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	1.00	0	39.17	2.01	1.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
Weighted Daily Average			2358	3375	*149	69.30	210	309.72	*22.24	118.65
% of Calories					*25.3%	26.5%		52.5%		20.1%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

### Friday - 03/24/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	15	20.00	*N/A*	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	10	13.00	0.00	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990784 MOZZARELLA CHEESE STICKS, CHEESE FILLED MAXSTIX	2 Sticks	1	314	830	8	12.35	10	36.31	4.46	14.46
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	10.00	50	34.00	2.00	13.00
990131 TACOS, FISH	2 TACOS	1	467	643	*3	17.82	65	54.93	5.17	25.34
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	0.09	0	5.79	2.04	0.45
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	3.08	*8	8.91	*0.94	0.89
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0	30.00	2.00	0.00
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	2.50	5	1.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1924	3367	*137	51.06	*178	272.90	*19.28	95.14
% of Calories					*28.5%	23.9%		56.7%		19.8%
Weekly Nutrient Guideline			550 - 650	1230		<=0				

			Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			1963	2817	*123	62.36	*172	*257.92	*20.23	*101.67
% of Calories					*25.1%	28.6%		*52.6%		*20.7%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**