

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2023 thru Mar 31, 2023

Menu Name: LUNCH HIGH

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
990073 NACHOS, BEEF SUPREME HS	1 SERVING	1	617	414	*0	41.14	*82	26.52	2.42	28.90
990061 HOT HAM & CHEESE HS	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
990190 POTATO, SEASONED FRIES 3/4 CUP	3/4 CUP	1	190	502	0	6.11	0	31.20	2.71	2.71
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

	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			3069	4065	*161	112.70	*298	*377.23	*32.12	145.59
% of Calories					*21.0%	33.0%		*49.2%		19.0%
Weekly Nutrient Guideline			750 - 850	1420		<=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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	32.00	*0	87.76	*8.00	24.00
990280 SALAD, CRISPY CHICKEN HS	1 SALAD	1	244	510	4	11.75	43	20.95	4.19	20.44
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
990524 SWEET POTATO SOUFFLE 3/4 CUP	3/4 CUP	1	245	116	*32	5.57	*0	*46.31	*2.36	*1.19
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			2489	2825	*173	73.88	*154	*346.32	*25.69	*115.13
% of Calories					*27.8%	26.7%		*55.7%		*18.5%
Weekly Nutrient Guideline			750 - 850	1420		<=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
990814 HS- MACARONI & CHEESE	6 OZ	1	362	481	*5	27.51	*57	*24.30	*1.82	*18.24
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
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	5.40	0	22.81	2.40	2.40
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			2173	2718	*148	73.34	*197	*291.52	*19.75	*105.57
% of Calories					*27.2%	30.4%		*53.7%		*19.4%
Weekly Nutrient Guideline			750 - 850	1420		<=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
000550 SUB, TURKEY HS	SANDWICH	1	294	617	4	10.24	45	28.69	2.00	23.75

# Base Menu Spreadsheet

## Portion Values

990263 SUB FIXINS	EACH	1	18	858	*1	0.20	*0	4.09	1.43	0.70
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	32.00	*0	87.76	*8.00	24.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
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
Weighted Daily Average			2937	6059	*139	106.53	*209	371.16	*28.91	144.90
% of Calories					*18.9%	32.6%		50.5%		19.7%
Weekly Nutrient Guideline			750 - 850	1420		<=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

# Base Menu Spreadsheet

## Portion Values

990462 SALAD, TACO	3.5 OZ SALAD	1	465	515	*2	28.15	48	40.85	7.14	50.74
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	31.24	73	30.92	2.00	26.41
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			2318	2926	*119	89.16	*218	*270.90	*27.40	*154.31
% of Calories					*20.5%	34.6%		*46.7%		*26.6%
Weekly Nutrient Guideline			750 - 850	1420		<=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

# Base Menu Spreadsheet

## Portion Values

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
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	11	6.52	0	36.97	4.35	1.09
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			1642	2259	*116	46.18	144	220.17	*19.67	114.94
% of Calories					*28.3%	25.3%		53.6%		28.0%
Weekly Nutrient Guideline			750 - 850	1420		<=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,	1 EACH	1	360	460	3	9.50	60	42.00	4.00	27.00

# Base Menu Spreadsheet

## Portion Values

SANDWICH KICKIN										
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
Weighted Daily Average			2292	3292	*148	68.46	210	298.04	*21.41	116.98
% of Calories					*25.8%	26.9%		52.0%		20.4%
Weekly Nutrient Guideline			750 - 850	1420		<=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
990701 CHICKEN, NUGGETS	5	1	160	380	1	6.00	25	13.00	1.00	14.00
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
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
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	110	213	8	6.15	5	14.34	3.29	0.73
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	3.08	*8	8.91	*0.94	0.89
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			2236	3989	*145	63.95	*208	306.13	*22.37	111.08
% of Calories					*25.9%	25.7%		54.8%		19.9%
Weekly Nutrient Guideline			750 - 850	1420		<=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			750 - 850	1420		<=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			750 - 850	1420		<=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

Mar 1, 2023 thru Mar 31, 2023

## Portion Values

990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990073 NACHOS, BEEF SUPREME HS	1 SERVING	1	617	414	*0	41.14	*82	26.52	2.42	28.90
990061 HOT HAM & CHEESE HS	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
990190 POTATO, SEASONED FRIES 3/4 CUP	3/4 CUP	1	190	502	0	6.11	0	31.20	2.71	2.71
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			3069	4065	*161	112.70	*298	*377.23	*32.12	145.59
% of Calories					*21.0%	33.0%		*49.2%		19.0%
Weekly Nutrient Guideline			750 - 850	1420		<=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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	32.00	*0	87.76	*8.00	24.00
990280 SALAD, CRISPY CHICKEN HS	1 SALAD	1	244	510	4	11.75	43	20.95	4.19	20.44
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
990524 SWEET POTATO SOUFFLE 3/4 CUP	3/4 CUP	1	245	116	*32	5.57	*0	*46.31	*2.36	*1.19
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			2489	2825	*173	73.88	*154	*346.32	*25.69	*115.13
% of Calories					*27.8%	26.7%		*55.7%		*18.5%
Weekly Nutrient Guideline			750 - 850	1420		<=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
990814 HS- MACARONI & CHEESE	6 OZ	1	362	481	*5	27.51	*57	*24.30	*1.82	*18.24
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
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	5.40	0	22.81	2.40	2.40
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			2173	2718	*148	73.34	*197	*291.52	*19.75	*105.57
% of Calories					*27.2%	30.4%		*53.7%		*19.4%
Weekly Nutrient Guideline			750 - 850	1420		<=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
000550 SUB, TURKEY HS	SANDWICH	1	294	617	4	10.24	45	28.69	2.00	23.75
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	*0	4.09	1.43	0.70
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	32.00	*0	87.76	*8.00	24.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
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
Weighted Daily Average			2937	6059	*139	106.53	*209	371.16	*28.91	144.90
% of Calories					*18.9%	32.6%		50.5%		19.7%
Weekly Nutrient Guideline			750 - 850	1420		<=0				

# Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

## Tuesday - 03/21/2023

## 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
990462 SALAD, TACO	3.5 OZ SALAD	1	465	515	*2	28.15	48	40.85	7.14	50.74
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	31.24	73	30.92	2.00	26.41
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			2318	2926	*119	89.16	*218	*270.90	*27.40	*154.31
% of Calories					*20.5%	34.6%		*46.7%		*26.6%
Weekly Nutrient Guideline			750 - 850	1420		<=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
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	11	6.52	0	36.97	4.35	1.09
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			1642	2259	*116	46.18	144	220.17	*19.67	114.94
% of Calories					*28.3%	25.3%		53.6%		28.0%
Weekly Nutrient Guideline			750 - 850	1420		<=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

# 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)
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0	0.50	0.00	0.50
Weighted Daily Average			2292	3292	*148	68.46	210	298.04	*21.41	116.98
% of Calories					*25.8%	26.9%		52.0%		20.4%
Weekly Nutrient Guideline			750 - 850	1420		<=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
990701 CHICKEN, NUGGETS	5	1	160	380	1	6.00	25	13.00	1.00	14.00
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0	11.67	0.83	1.67
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
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

990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	110	213	8	6.15	5	14.34	3.29	0.73
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	3.08	*8	8.91	*0.94	0.89
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			2236	3989	*145	63.95	*208	306.13	*22.37	111.08
% of Calories					*25.9%	25.7%		54.8%		19.9%
Weekly Nutrient Guideline			750 - 850	1420		<=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			2128	3126	*128	70.47	*182	*275.72	*21.92	*112.06
% of Calories					*24.1%	29.8%		*51.8%		*21.1%

\*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.**