

# Base Menu Spreadsheet

## Portion Values

May 1, 2023 thru May 24, 2023

**Menu Name:** LUNCH MIDDLE AND K8

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Monday - 05/01/2023**

**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
990913 ASIAN CHICKEN	2.8 oz	1	90	320	6	2.00	40	6.00	0.00	12.00
990787 RICE, SEASONED, 1 CUP	1 cup	1	246	139	*1	5.84	*1	*43.27	*2.35	*5.62
990260 SUB, COMBO ES/MS	SANDWICH	1	272	787	4	11.02	51	28.63	2.00	16.02
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	*0	4.09	1.43	0.70
990815 BREADSTICK, PEPPERONI PIZZA	1 SQUARE	1	320	743	6	13.74	25	31.95	3.99	16.99
990884 CARROTS, BABY DOD, ROASTED, SEASONED	1/2 CUP	1	53	231	*4	2.36	*0	7.88	*2.66	0.60
990173 VEGETABLES, MIXED, FROZEN 1/2 CUP	1/2 CUP	1	99	88	*4	3.57	*0	*14.67	*3.98	*2.66
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

May 1, 2023 thru May 24, 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)
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0	18.49	1.32	0.00
Weighted Daily Average			1773	3865	*113	43.96	*156	*253.45	*20.41	*95.08
% of Calories					*25.5%	22.3%		*57.2%		*21.5%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

Tuesday - 05/02/2023

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
990270 BAKED SPAGHETTI	1 CUP	1	359	643	*4	18.19	*50	28.09	*4.00	62.08
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9	16.00	35	35.00	3.00	21.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000434 PEAS, BLACKEYE USDA 1/2 CUP	1/2 CUP	1	142	270	*1	4.85	*0	*19.35	*4.14	*6.46
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	0.45	0	9.18	3.20	1.87
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49

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## Portion Values

990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			1530	2142	*103	44.70	*125	*190.09	*17.02	*131.92
% of Calories					*26.9%	26.3%		*49.7%		*34.5%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

## Wednesday - 05/03/2023

## 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
990417 PIZZA, RANCHERO STYLE	pizza	1	321	542	7	14.04	35	30.09	4.01	20.06
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
990052 POTATO, FRENCH FRIES 1/2 CUP	.5 CUP	1	96	24	0	3.60	0	15.21	1.60	1.60
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

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## Portion Values

990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0	29.15	3.98	0.00
Weighted Daily Average			2679	3714	*168	83.09	251	*364.80	*32.60	135.63
% of Calories					*25.1%	27.9%		*54.5%		20.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

### Thursday - 05/04/2023

### 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
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
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

May 1, 2023 thru May 24, 2023

Weighted Daily Average		2343	2754	*152	71.62	*188	*314.25	*25.65	*114.17
% of Calories				*25.9%	27.5%		*53.6%		*19.5%
Weekly Nutrient Guideline		600 - 650	1230		<=0				

### Friday - 05/05/2023

### 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
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990711 Manager's Choice Vegetable	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990390 SAUCE,	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 1, 2023 thru May 24, 2023

KETCHUP IND PKS										
Weighted Daily Average			1621	1882	*135	47.80	*118	*227.33	*12.13	*77.73
% of Calories					*33.3%	26.5%		*56.1%		*19.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

Monday - 05/08/2023

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
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
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	566	755	18	26.00	*0	66.88	*6.80	20.80
990711 Manager's Choice Vegetable	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990917 FRUIT,	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

May 1, 2023 thru May 24, 2023

MANAGER'S CHOICE										
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
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	5	0.00	0.00	0.00
Weighted Daily Average			2121	3798	*120	77.48	*164	257.80	*20.35	112.65
% of Calories					*22.6%	32.9%		48.6%		21.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

Tuesday - 05/09/2023

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
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
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	496	779	1	35.24	93	22.42	2.00	25.91
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

# Base Menu Spreadsheet

## Portion Values

990711 Manager's Choice Vegetable	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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			1969	2845	*114	70.35	215	224.92	*21.02	115.67
% of Calories					*23.2%	32.2%		45.7%		23.5%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

## Wednesday - 05/10/2023

## 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 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
990779 CHICKEN, TENDERS	3 TENDERS	1	225	390	0	10.00	60	18.00	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



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## Portion Values

000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	0	14.46	2.67	0.49
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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			1421	1992	*102	33.68	135	194.73	*16.78	113.68
% of Calories					*28.7%	21.3%		54.8%		32.0%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

Thursday - 05/11/2023

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
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	9.50	65	41.00	3.00	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
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 CUP	1	130	290	0	5.00	0	21.00	1.00	1.00
990356 VEGGIES.	1/2 CUP	1	133	150	*9	6.52	5	18.77	4.02	2.29

# Base Menu Spreadsheet

## Portion Values

FRESH, RED PEPPERS/CARROTS AND CUCUMBER										
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
990179 COOKIE DOUGH, SUGAR	1 COOKIE	1	150	120	12	4.50	10	26.00	2.00	2.00
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			2442	3512	*162	72.96	225	323.04	*22.41	118.98
% of Calories					*26.5%	26.9%		52.9%		19.5%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

## Friday - 05/12/2023

## 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

# 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*
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
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			1432	2639	*133	30.74	*108	216.98	*14.11	69.79
% of Calories					*37.2%	19.3%		60.6%		19.5%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

### Monday - 05/15/2023

### 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
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

990884 CARROTS, BABY DOD, ROASTED, SEASONED	1/2 CUP	1	53	231	*4	2.36	*0	7.88	*2.66	0.60
990173 VEGETABLES, MIXED, FROZEN 1/2 CUP	1/2 CUP	1	99	88	*4	3.57	*0	*14.67	*3.98	*2.66
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
Weighted Daily Average			827	1018	*96	11.15	*40	*139.51	*10.64	*43.75
% of Calories					*46.4%	12.1%		*67.5%		*21.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

Tuesday - 05/16/2023

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, 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
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000434 PEAS, BLACKEYE USDA 1/2 CUP	1/2 CUP	1	142	270	*1	4.85	*0	*19.35	*4.14	*6.46
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	0.45	0	9.18	3.20	1.87
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										
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			801	1009	*90	10.52	*40	*127.00	*10.02	*48.83
% of Calories					*44.9%	11.8%		*63.4%		*24.4%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

## Wednesday - 05/17/2023

## 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
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	5	19.00	0.00	8.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

May 1, 2023 thru May 24, 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			949	1214	*84	11.69	40	163.66	*11.71	45.05
% of Calories					*35.4%	11.1%		69.0%		19.0%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

Thursday - 05/18/2023

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
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

# Base Menu Spreadsheet

## Portion Values

May 1, 2023 thru May 24, 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)
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			883	1033	*115	8.79	*40	*151.40	*8.62	*44.58
% of Calories					*52.1%	9.0%		*68.6%		*20.2%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

### Friday - 05/19/2023

### 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
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990711 Manager's Choice Vegetable	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990390 SAUCE,	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 1, 2023 thru May 24, 2023

KETCHUP IND PKS										
Weighted Daily Average			895	817	*122	9.82	40	155.85	*6.28	43.10
% of Calories					*54.5%	9.9%		69.7%		19.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

Monday - 05/22/2023

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
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990173 VEGETABLES, MIXED, FROZEN 1/2 CUP	1/2 CUP	1	99	88	*4	3.57	*0	*14.67	*3.98	*2.66
000523 SWEET POTATO SOUFFLE	1/2 CUP	1	157	74	*21	3.56	*0	*29.64	*1.51	*0.76
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*



# Base Menu Spreadsheet

## Portion Values

May 1, 2023 thru May 24, 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)
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			816	852	*102	12.13	*40	*128.31	*5.49	*43.42
% of Calories					*50.0%	13.4%		*62.9%		*21.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

Tuesday - 05/23/2023

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
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990089 BEANS, CHEESY DIP W. CHIPS	1/2 CUP	1	238	368	3	8.92	22	30.41	9.54	13.03
000434 PEAS, BLACKEYE USDA 1/2 CUP	1/2 CUP	1	142	270	*1	4.85	*0	*19.35	*4.14	*6.46
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

May 1, 2023 thru May 24, 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)
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			940	1327	*82	18.77	*62	*133.77	*13.68	*59.50
% of Calories					*34.9%	18.0%		*56.9%		*25.3%
Weekly Nutrient Guideline			600 - 650	1230		<=0				

### Wednesday - 05/24/2023

### 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
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990917 FRUIT, MANAGER'S CHOICE	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990390 SAUCE,	POUCH	1	10	100	2	0.00	0	3.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

KETCHUP IND PKS										
Weighted Daily Average		743	1106	*88	9.35	40	116.32	*6.10	43.93	
% of Calories				*47.4%	11.3%		62.6%		23.7%	
Weekly Nutrient Guideline		600 - 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		1455	2084	*116	37.14	*113	*204.62	*15.28	*80.97
% of Calories				*31.9%	23.0%		*56.3%		*22.3%

\*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.