

Base Menu Spreadsheet

Portion Values

Menu Name: LUNCH HIGH

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Wednesday - 11/01/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990779 CHICKEN, TENDERS | 3 TENDERS | 1 | 225 | 390 | 0 | *N/A* | 10.00 | 0.00 | 60 | 18.00 | 4.00 | 17.00 |
| 990066 BREADSTICK | BREADSTICK | 1 | 67 | 83 | 2 | *N/A* | 0.83 | 0.00 | 0 | 11.67 | 0.83 | 1.67 |
| 990085 LETTUCE SHRD, TOM. DICED, SOUR CREAM (TACOS, ETC.) | 1 SERVING | 1 | 77 | 22 | *1 | *N/A* | 5.33 | *0.00 | 20 | 4.54 | 1.20 | 1.83 |
| 990948 TACO, BEEF, TACO FILLING | 2 TACOS | 1 | 386 | 605 | 2 | 0 | 17.44 | 0.00 | 63 | 41.14 | 5.12 | 23.45 |
| 990468 BENTO BOX-HIGH SCHOOL CHEDDAR CHEESE | 1 BOX | 1 | 531 | 690 | *34 | *N/A* | 19.93 | *0.00 | 42 | *74.41 | 7.00 | 18.39 |
| 990469 BENTO BOX-HIGH SCHOOL COLBY CHEESE | 1 BOX | 1 | 512 | 674 | *32 | *N/A* | 19.00 | *0.00 | 40 | 72.89 | 7.00 | 17.54 |
| 990470 BENTO BOX-HIGH SCHOOL MOZZARELLA CHEESE | 1 BOX | 1 | 480 | 731 | *27 | *N/A* | 18.38 | *0.00 | 40 | 69.73 | 7.00 | 18.67 |
| 990202 BROCCOLI, RANCH | 1/2 CUP | 1 | 28 | 121 | *1 | *N/A* | 0.00 | 0.00 | 0 | 4.67 | *3.20 | 3.20 |
| 990366 CORN, SEASONED, CANNED | 1/2 CUP | 1 | *33 | *36 | *0 | *N/A* | *3.56 | *0.00 | *0 | *0.16 | *0.00 | *0.00 |
| 990332 PEACHES, DICED CANNED | 1/2 cup | 1 | 59 | 7 | 4 | *N/A* | 0.00 | 0.00 | 0 | 18.49 | 1.32 | 0.00 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990390 SAUCE, KETCHUP IND PKS | POUCH | 1 | 10 | 100 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |
| 990391 SAUCE, MUSTARD, INDV | POUCH | 1 | 5 | 50 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.50 | 0.00 | 0.50 |
| Weighted Daily Average | | | *2918 | *4076 | *171 | *0 | *99.70 | *0.00 | *300 | *398.67 | *39.33 | *134.75 |
| % of Calories | | | | | *23.4% | *0% | *30.8% | *0.0% | | *54.6% | | *18.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Thursday - 11/02/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990188 CHILI CON CARNE WITH BEANS 1 CUP | 1 CUP | 1 | 298 | 1367 | *11 | *0 | 6.61 | 0.00 | 46 | 41.12 | 13.20 | 24.22 |
| 990949 CRACKERS, IW, WHOLE WHEAT | 1 IW BAG | 1 | 180 | 250 | 4 | 3 | 6.00 | 0.00 | 0 | 30.00 | 3.00 | 3.00 |
| 990077 PIZZA, PEPPERONI | 1 SLICE | 1 | 370 | 560 | 9 | *N/A* | 17.00 | 0.00 | 45 | 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* | *N/A* | *N/A* |
| 990058 POTATO, FRESH BAKED | 1/2 Each | 1 | 168 | 11 | 1 | *N/A* | 0.17 | 0.00 | 0 | 38.49 | 2.77 | 4.56 |
| 990121 SALAD, CUCUMBER & TOMATO | 1/2 CUP | 1 | 75 | 132 | *6 | *N/A* | 4.58 | *0.00 | *0 | 9.23 | *0.88 | 0.93 |
| 990917 FRUIT, MANAGER'S CHOICE, CHILLED | 1/2 CUP | 1 | *N/A* | *N/A* | *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 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990399 SOUR CREAM, IND. | POUCH | 1 | 61 | 15 | 1 | *N/A* | 5.06 | 0.00 | 20 | 1.01 | 0.00 | 1.01 |
| 990398 MARGARINE, INDIVIDUAL | pack | 1 | 25 | 40 | 0 | *N/A* | 2.50 | 0.00 | 0 | 0.00 | 0.00 | 0.00 |
| Weighted Daily Average | | | 1682 | 2942 | *98 | *3 | 47.14 | *0.00 | *147 | 234.32 | *25.52 | 87.22 |
| % of Calories | | | | | *23.3% | *0.7% | 25.2% | *0.0% | | 55.7% | | 20.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Friday - 11/03/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001444 TURKEY, HOTDOG | 2 oz | 1 | 279 | 770 | *5 | *N/A* | 10.00 | 0.00 | 50 | 34.00 | 2.00 | 13.00 |
| 990938 WALKING TACO, BEEF AND DORITOS | 1 SERVING | 1 | 355 | 721 | 1 | 1 | 16.63 | 0.00 | 59 | 31.48 | 3.49 | 19.51 |
| 990950 PIZZA BITES, CHEESE, WILD MIKE'S, MINI | 4 BITES | 1 | 280 | 540 | 0 | 0 | 12.00 | 0.00 | 20 | 28.00 | 1.00 | 4.00 |
| 990881 Potato, Curly Spiral Cut Fries 3/4 CUP | 3/4 CUP | 1 | 130 | 290 | 0 | *N/A* | 5.00 | 0.00 | 0 | 21.00 | 1.00 | 1.00 |
| 001648 GREEN BEANS, CANNED, USDA | 1/2 cup | 1 | 16 | 132 | *0 | *N/A* | 0.00 | 0.00 | 0 | 3.41 | 1.89 | 0.94 |
| 000289 STRAWBERRY DELIGHT | 1/2 cup | 1 | 173 | 0 | 36 | *N/A* | 1.00 | 0.00 | 0 | 39.17 | 2.01 | 1.00 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990391 SAUCE, MUSTARD, INDV | POUCH | 1 | 5 | 50 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.50 | 0.00 | 0.50 |
| 990390 SAUCE, KETCHUP IND PKS | POUCH | 1 | 10 | 100 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |
| 990237 SAUCE, MAYONNAISE, LIGHT, IND | 1 PACK | 1 | 40 | 85 | 0 | *N/A* | 4.00 | 0.00 | 5 | 0.00 | 0.00 | 0.00 |
| Weighted Daily Average | | | 1794 | 3256 | *110 | *1 | 53.85 | *0.00 | 169 | 240.03 | *14.06 | 72.45 |
| % of Calories | | | | | *24.5% | *0.2% | 27.0% | *0.0% | | 53.5% | | 16.2% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Monday - 11/06/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990953 HS- NACHOS, TACO FILLING SUPREME | 1 SERVING | 1 | 462 | 818 | 0 | 0 | 27.17 | 0.00 | 93 | 29.11 | 3.65 | 28.94 |
| 990085 LETTUCE SHRD, TOM. DICED, SOUR CREAM (TACOS, ETC.) | 1 SERVING | 1 | 77 | 22 | *1 | *N/A* | 5.33 | *0.00 | 20 | 4.54 | 1.20 | 1.83 |
| 990210 WRAP, FAJITA CHICKEN (HS) | 1 WRAP | 1 | 559 | 1275 | *5 | *N/A* | 24.40 | *0.00 | 127 | 53.71 | 5.04 | 39.18 |
| 990278 MANAGER'S CHOICE | 1 PIECE | 1 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990089 BEANS, CHEESY DIP W. CHIPS | 1/2 CUP | 1 | 238 | 368 | 3 | *N/A* | 8.92 | 0.00 | 22 | 30.41 | 9.54 | 13.03 |
| 990805 CUCUMBERS, FRESH, SLICED | 1/2 CUP | 1 | 81 | 127 | 4 | *N/A* | 6.08 | 0.00 | 5 | 7.74 | 0.38 | 0.49 |
| 990197 PINEAPPLE, TIDBITS, CANNED | 1/2 CUP | 1 | 72 | 1 | 17 | *N/A* | 0.10 | 0.00 | 0 | 18.87 | 0.96 | 0.50 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 1995 | 3178 | *96 | *0 | 77.22 | *0.00 | 302 | 223.85 | *23.44 | 116.48 |
| % of Calories | | | | | *19.2% | *0% | 34.8% | *0.0% | | 44.9% | | 23.4% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Tuesday - 11/07/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990954 SOUP, YUMMY & GRILLED CHEESE | 6 oz | 1 | 443 | 1242 | *6 | *N/A* | 20.61 | *1.35 | *30 | 45.81 | *5.35 | 22.72 |
| 990139 SANDWICH, COUNTRY FRIED STEAK | 1 EACH | 1 | 430 | 580 | 5 | *N/A* | 19.50 | 0.00 | 30 | 45.00 | 4.00 | 21.00 |
| 990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER) | 1 each | 1 | 17 | 200 | *0 | *N/A* | 0.27 | *0.00 | 0 | 3.58 | 1.23 | 0.84 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990701 CHICKEN, NUGGETS | 5 | 1 | 160 | 380 | 1 | *N/A* | 6.00 | 0.00 | 25 | 13.00 | 1.00 | 14.00 |
| 990066 BREADSTICK | BREADSTICK | 1 | 67 | 83 | 2 | *N/A* | 0.83 | 0.00 | 0 | 11.67 | 0.83 | 1.67 |
| 990524 SWEET POTATO SOUFFLE 3/4 CUP | 3/4 CUP | 1 | 245 | 116 | *32 | *N/A* | 5.57 | *0.00 | *0 | *46.31 | *2.36 | *1.19 |
| 990054 SALAD, ROMAINE & SPINACH | 1 CUP | 1 | 30 | 56 | 2 | *N/A* | 0.48 | 0.00 | 0 | 5.49 | 2.94 | 2.81 |
| 990433 APPLESAUCE, CINNAMON | HALF CUP | 1 | 54 | 2 | 12 | *N/A* | 0.01 | 0.00 | 0 | 14.86 | 1.19 | 0.01 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 990182 COOKIE DOUGH, CHOCOLATE CHIP | 1 COOKIE | 1 | 5 | 100 | 12 | *N/A* | 1.50 | 0.00 | 10 | 26.00 | 2.00 | 2.00 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990390 SAUCE, KETCHUP IND PKS | POUCH | 1 | 10 | 100 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |
| 990237 SAUCE, MAYONAISE, LIGHT, IND | 1 PACK | 1 | 40 | 85 | 0 | *N/A* | 4.00 | 0.00 | 5 | 0.00 | 0.00 | 0.00 |
| 990391 SAUCE, MUSTARD, INDV | POUCH | 1 | 5 | 50 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.50 | 0.00 | 0.50 |
| Weighted Daily Average | | | 2011 | 3563 | *139 | *0 | 64.00 | *1.35 | *135 | *294.70 | *23.58 | *99.23 |
| % of Calories | | | | | *27.6% | *0% | 28.6% | *0.6% | | *58.6% | | *19.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Wednesday - 11/08/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990283 FIESTA HAMBURGER MAC BAKE | 1 CUP | 1 | 392 | 707 | *2 | *0 | 18.11 | 0.00 | *38 | 46.31 | *5.57 | 16.44 |
| 990273 TACO, BBQ | 1 TACO | 1 | 567 | 748 | *3 | *N/A* | 28.03 | *0.00 | 86 | 46.45 | 3.71 | 30.21 |
| 990063 PIZZA, FOUR CHEESE | 1 SLICE | 1 | 370 | 490 | 9 | *N/A* | 16.00 | 0.00 | 35 | 35.00 | 3.00 | 21.00 |
| 990343 CORN, MEXICAN, CANNED | 1/2 CUP | 1 | *5 | *5 | *0 | *N/A* | *0.48 | *0.00 | *0 | *0.13 | *0.07 | *0.04 |
| 990463 VEGGIES, FRESH, RED PEPPERS AND CELERY | 1/2 CUP | 1 | 43 | 47 | *5 | *N/A* | 0.45 | *0.00 | 0 | 9.18 | 3.20 | 1.87 |
| 990332 PEACHES, DICED CANNED | 1/2 cup | 1 | 59 | 7 | 4 | *N/A* | 0.00 | 0.00 | 0 | 18.49 | 1.32 | 0.00 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | *1942 | *2572 | *89 | *0 | *68.29 | *0.00 | *194 | *235.02 | *19.54 | *102.06 |
| % of Calories | | | | | *18.3% | *0% | *31.6% | *0.0% | | *48.4% | | *21.0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Thursday - 11/09/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990955 CHICKEN, DRUMS&THIGH - USDA | 1 DRUM OR THIGH | 1 | 230 | 490 | 0 | *N/A* | 14.00 | 0.00 | 75 | 11.00 | 1.00 | 16.00 |

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Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990067 ROLLS, 2oz PROOF AND BAKE | 1 ROLL | 1 | 140 | 190 | 3 | *N/A* | 2.50 | 0.00 | 0 | 24.00 | 5.00 | 6.00 |
| 990061 HOT HAM & CHEESE HS | 1 each | 1 | 311 | 682 | 4 | *N/A* | 11.55 | 0.00 | 55 | 30.01 | 2.00 | 23.04 |
| 000764 SANDWICH, PBJ (High) | 1 SANDWICH | 1 | 714 | 821 | 26 | *N/A* | 32.00 | 0.00 | *0 | 87.76 | *8.00 | 24.00 |
| 990612 CARROTS, SWEET GLAZED 3/4 CUP | 3/4 CUP | 1 | 86 | 100 | *13 | *N/A* | 1.91 | *0.00 | *0 | *17.33 | *4.08 | *0.97 |
| 000637 POTATO WEDGES, SEASONED 3/4 CUP | 3/4 CUP | 1 | 159 | 442 | 0 | *N/A* | 7.94 | 0.00 | 0 | 20.41 | 2.27 | 2.27 |
| 990883 FRUIT, MIXED, CANNED | 1/2 CUP | 1 | 120 | 10 | 26 | *N/A* | 0.00 | 0.00 | 0 | 30.00 | 2.00 | 0.00 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990237 SAUCE, MAYONNAISE, LIGHT, IND | 1 PACK | 1 | 40 | 85 | 0 | *N/A* | 4.00 | 0.00 | 5 | 0.00 | 0.00 | 0.00 |
| 990390 SAUCE, KETCHUP IND PKS | POUCH | 1 | 10 | 100 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |
| 990391 SAUCE, MUSTARD, INDV | POUCH | 1 | 5 | 50 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.50 | 0.00 | 0.50 |
| Weighted Daily Average | | | 2320 | 3537 | *139 | *0 | 79.13 | *0.00 | *170 | *303.49 | *27.02 | *105.27 |
| % of Calories | | | | | *24.0% | *0% | 30.7% | *0.0% | | *52.3% | | *18.2% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Friday - 11/10/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (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* | *N/A* | *N/A* |
| Weighted Daily Average | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| % of Calories | | | | | 0% | 0% | 0% | 0% | | 0% | | 0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Monday - 11/13/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990072 CHILI, CAROLINA CHICKEN | 3/4 CUP | 1 | 153 | 348 | *1 | *0 | 6.13 | *0.00 | *23 | 14.48 | *2.89 | 11.61 |
| 990949 CRACKERS, IW, WHOLE WHEAT | 1 IW BAG | 1 | 180 | 250 | 4 | 3 | 6.00 | 0.00 | 0 | 30.00 | 3.00 | 3.00 |
| 990134 PIZZA, 3 CHEESE GARLIC BREAD | 1 EACH | 1 | 335 | 802 | *3 | *N/A* | 14.64 | 0.00 | 24 | 33.81 | 0.91 | 18.48 |
| 990117 SALISBURY STEAK WITH GRAVY | 1 SERVING | 1 | 220 | 382 | *1 | *N/A* | 12.00 | 0.00 | 56 | 7.22 | 0.57 | 20.69 |
| 990067 ROLLS, 2oz PROOF AND BAKE | 1 ROLL | 1 | 140 | 190 | 3 | *N/A* | 2.50 | 0.00 | 0 | 24.00 | 5.00 | 6.00 |
| 990614 GLAZED SWEET POTATOES, HS 3/4 CUPS | 3/4 CUP | 1 | 134 | *59 | *14 | *N/A* | *2.70 | *0.00 | *0 | *26.41 | *1.74 | *0.58 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 990917 FRUIT, MANAGER'S CHOICE, CHILLED | 1/2 CUP | 1 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 1667 | *2598 | *91 | *3 | *49.19 | *0.00 | *138 | *215.40 | *16.78 | *92.85 |
| % of Calories | | | | | *21.8% | *0.7% | *26.6% | *0.0% | | *51.7% | | *22.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Tuesday - 11/14/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990203 CHICKEN, OVEN ROASTED 8PC | 1 SERVING | 1 | 100 | 200 | *N/A* | *N/A* | 6.60 | 0.00 | 37 | 0.00 | 0.00 | 9.30 |
| 990067 ROLLS, 2oz PROOF AND BAKE | 1 ROLL | 1 | 140 | 190 | 3 | *N/A* | 2.50 | 0.00 | 0 | 24.00 | 5.00 | 6.00 |
| 990136 MEATLOAF, BROWN SUGAR GLAZE | 1 EACH | 1 | 253 | 447 | *9 | *N/A* | 13.06 | *0.00 | 64 | 12.72 | *0.38 | 20.29 |
| 990278 MANAGER'S CHOICE | 1 PIECE | 1 | *N/A* | *N/A* | *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 | *N/A* | 0.00 | 0.00 | 0 | 23.30 | 4.44 | 3.33 |
| 001075 POTATO, MASHED | 1/2 CUP | 1 | 92 | 137 | *0 | *N/A* | 2.23 | *0.00 | *0 | *14.29 | *0.60 | *1.19 |
| 990866 APPLESAUCE, GRANNY | HALF CUP | 1 | 74 | 20 | 16 | *N/A* | 0.00 | 0.00 | 0 | 19.49 | 0.99 | 0.32 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990179 COOKIE DOUGH, SUGAR | 1 COOKIE | 1 | 150 | 120 | 12 | *N/A* | 4.50 | 0.00 | 10 | 26.00 | 2.00 | 2.00 |
| Weighted Daily Average | | | 1424 | 1947 | *117 | *0 | 34.11 | *0.00 | *146 | *199.26 | *16.08 | *74.93 |
| % of Calories | | | | | *32.9% | *0% | 21.6% | *0.0% | | *56.0% | | *21.0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Wednesday - 11/15/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990270 BAKED SPAGHETTI | 1 CUP | 1 | 293 | 893 | *4 | *0 | 10.20 | *0.00 | *55 | 28.73 | *4.33 | 21.54 |
| 990066 BREADSTICK | BREADSTICK | 1 | 67 | 83 | 2 | *N/A* | 0.83 | 0.00 | 0 | 11.67 | 0.83 | 1.67 |
| 000145 CHEESEBURGER | EACH | 1 | 320 | 512 | 5 | *N/A* | 12.54 | 0.00 | 43 | 29.01 | 3.00 | 25.54 |
| 990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER) | 1 each | 1 | 17 | 200 | *0 | *N/A* | 0.27 | *0.00 | 0 | 3.58 | 1.23 | 0.84 |
| 990053 POTATO, FRENCH FRIES 3/4 CUP | .75 CUP | 1 | 144 | 36 | 0 | *N/A* | 5.40 | 0.00 | 0 | 22.81 | 2.40 | 2.40 |
| 990208 BEANS, GREEN, SEASONED | 1/2 CUP | 1 | 28 | 308 | *1 | *N/A* | 0.44 | 0.00 | *0 | *4.46 | *2.97 | *1.48 |
| 990917 FRUIT, MANAGER'S CHOICE, CHILLED | 1/2 CUP | 1 | *N/A* | *N/A* | *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 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990390 SAUCE, KETCHUP IND PKS | POUCH | 1 | 10 | 100 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |
| 990237 SAUCE, MAYONAISE, LIGHT, IND | 1 PACK | 1 | 40 | 85 | 0 | *N/A* | 4.00 | 0.00 | 5 | 0.00 | 0.00 | 0.00 |
| 990391 SAUCE, MUSTARD, INDV | POUCH | 1 | 5 | 50 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.50 | 0.00 | 0.50 |
| Weighted Daily Average | | | 1429 | 2834 | *80 | *0 | 38.91 | *0.00 | *138 | *183.24 | *17.43 | *86.47 |
| % of Calories | | | | | *22.4% | *0% | 24.5% | *0.0% | | *51.3% | | *24.2% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Thursday - 11/16/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990247 CHICKEN, WINGS, OVEN ROASTED, BONE-IN | 3 WINGS | 1 | 180 | 840 | 1 | *N/A* | 7.00 | 0.00 | 30 | 16.00 | 1.00 | 13.00 |
| 990067 ROLLS, 2oz PROOF AND BAKE | 1 ROLL | 1 | 140 | 190 | 3 | *N/A* | 2.50 | 0.00 | 0 | 24.00 | 5.00 | 6.00 |
| 990460 QUESADILLA, CHEESE, HIGH | 2 QUESADILLA | 1 | 501 | 804 | 2 | *N/A* | 31.24 | 0.00 | 73 | 30.92 | 2.00 | 26.41 |
| 990085 LETTUCE SHRD, TOM. DICED, SOUR CREAM (TACOS, ETC.) | 1 SERVING | 1 | 77 | 22 | *1 | *N/A* | 5.33 | *0.00 | 20 | 4.54 | 1.20 | 1.83 |
| 990278 MANAGER'S CHOICE | 1 PIECE | 1 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990612 CARROTS, SWEET GLAZED 3/4 CUP | 3/4 CUP | 1 | 86 | 100 | *13 | *N/A* | 1.91 | *0.00 | *0 | *17.33 | *4.08 | *0.97 |
| 990053 POTATO, FRENCH FRIES 3/4 CUP | .75 CUP | 1 | 144 | 36 | 0 | *N/A* | 5.40 | 0.00 | 0 | 22.81 | 2.40 | 2.40 |
| 990333 PEARS, DICED CANNED | 1/2 cup | 1 | 119 | 0 | *N/A* | *N/A* | 0.00 | 0.00 | 0 | 29.15 | 3.98 | 0.00 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 1753 | 2560 | *86 | *0 | 58.61 | *0.00 | *158 | *224.22 | *22.33 | *83.11 |
| % of Calories | | | | | *19.6% | *0% | 30.1% | *0.0% | | *51.2% | | *19.0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Friday - 11/17/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990956 CHEESE POCKET, WILD MIKE'S | 1 POCKET | 1 | 310 | 655 | 6 | 1 | 10.75 | 0.00 | 35 | 33.00 | 1.00 | 20.00 |
| 001716 SANDWICH, SOUTHERN STYLE CHICKEN | 1 EACH | 1 | 360 | 560 | 5 | *N/A* | 9.50 | 0.00 | 65 | 41.00 | 3.00 | 27.00 |
| 990059 LETTUCE & TOMATO (FOR SANDWICHES) | 1 each | 1 | 17 | 11 | *0 | *N/A* | 0.27 | *0.00 | 0 | 3.58 | 1.23 | 0.84 |
| 990077 PIZZA, PEPPERONI | 1 SLICE | 1 | 370 | 560 | 9 | *N/A* | 17.00 | 0.00 | 45 | 35.00 | 3.00 | 21.00 |

Base Menu Spreadsheet

Portion Values

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000442 BROCCOLI, SEASONED | 1/2 c. | 1 | 18 | 24 | *1 | *N/A* | 0.00 | 0.00 | 0 | 2.92 | *2.03 | 2.03 |
| 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* | *N/A* | *N/A* |
| 000289 STRAWBERRY DELIGHT | 1/2 cup | 1 | 173 | 0 | 36 | *N/A* | 1.00 | 0.00 | 0 | 39.17 | 2.01 | 1.00 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 1753 | 2377 | *122 | *1 | 43.75 | *0.00 | 180 | 234.14 | *14.94 | 104.37 |
| % of Calories | | | | | *27.8% | *0.2% | 22.5% | *0.0% | | 53.4% | | 23.8% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Monday - 11/20/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (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* | *N/A* | *N/A* |
| Weighted Daily Average | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| % of Calories | | | | | 0% | 0% | 0% | 0% | | 0% | | 0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Tuesday - 11/21/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (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* | *N/A* | *N/A* |
| Weighted Daily Average | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| % of Calories | | | | | 0% | 0% | 0% | 0% | | 0% | | 0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Wednesday - 11/22/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (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* | *N/A* | *N/A* |
| Weighted Daily Average | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| % of Calories | | | | | 0% | 0% | 0% | 0% | | 0% | | 0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Thursday - 11/23/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (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* | *N/A* | *N/A* |
| Weighted Daily Average | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| % of Calories | | | | | 0% | 0% | 0% | 0% | | 0% | | 0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Friday - 11/24/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (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* | *N/A* | *N/A* |
| Weighted Daily Average | | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| % of Calories | | | | | 0% | 0% | 0% | 0% | | 0% | | 0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Monday - 11/27/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|---------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990946 HS- ASIAN NOODLES & CHICKEN, TERIYAKI | 2.8 oz, 1 CUP | 1 | 263 | 874 | 8 | *N/A* | 6.00 | 0.00 | 40 | 36.00 | 3.00 | 16.00 |
| 990204 HAMBURGER | EACH | 1 | 280 | 370 | 4 | *N/A* | 9.50 | 0.00 | 35 | 28.00 | 3.00 | 22.00 |
| 990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER) | 1 each | 1 | 17 | 200 | *0 | *N/A* | 0.27 | *0.00 | 0 | 3.58 | 1.23 | 0.84 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000764 SANDWICH, PBJ (High) | 1 SANDWICH | 1 | 714 | 821 | 26 | *N/A* | 32.00 | 0.00 | *0 | 87.76 | *8.00 | 24.00 |
| 990190 POTATO, SEASONED FRIES 3/4 CUP | 3/4 CUP | 1 | 190 | 502 | 0 | *N/A* | 6.11 | 0.00 | 0 | 31.20 | 2.71 | 2.71 |
| 990914 CARROTS, BABY DOD, ROASTED, SEASONED 3/4 CUP | 3/4 CUP | 1 | 72 | 312 | *6 | *N/A* | 3.19 | *0.00 | *0 | 10.65 | *3.60 | 0.81 |
| 990917 FRUIT, MANAGER'S CHOICE, CHILLED | 1/2 CUP | 1 | *N/A* | *N/A* | *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 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990390 SAUCE, KETCHUP IND PKS | POUCH | 1 | 10 | 100 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |
| 990391 SAUCE, MUSTARD, INDV | POUCH | 1 | 5 | 50 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.50 | 0.00 | 0.50 |
| 990237 SAUCE, MAYONNAISE, LIGHT, IND | 1 PACK | 1 | 40 | 85 | 0 | *N/A* | 4.00 | 0.00 | 5 | 0.00 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2096 | 3881 | *111 | *0 | 66.29 | *0.00 | *115 | 280.16 | *24.21 | 99.35 |
| % of Calories | | | | | *21.2% | *0% | 28.5% | *0.0% | | 53.5% | | 19.0% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Tuesday - 11/28/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990066 BREADSTICK | BREADSTICK | 1 | 67 | 83 | 2 | *N/A* | 0.83 | 0.00 | 0 | 11.67 | 0.83 | 1.67 |
| 990183 CASSEROLE, CHICKEN & RICE | 1 CUP | 1 | 217 | 675 | *0 | *N/A* | 8.33 | *0.00 | *47 | 24.14 | *0.97 | 16.84 |
| 990448 PIZZA, CHEESE, NARDONE | 1 SLICE | 1 | 460 | 840 | 5 | *N/A* | 18.00 | 0.00 | 35 | 50.00 | 5.00 | 25.00 |
| 990064 SANDWICH, PORK BBQ (USDA) | SANDWICH | 1 | 439 | 333 | *3 | *N/A* | 18.50 | 0.00 | 71 | 43.00 | 2.00 | 24.00 |
| 990205 POTATO, SWEET FRIES 3/4 CUP | 3/4 CUP | 1 | 217 | 294 | 11 | *N/A* | 6.52 | 0.00 | 0 | 36.97 | 4.35 | 1.09 |
| 990068 BEANS, BAKED | 1/2 CUP | 1 | 111 | 266 | 11 | *N/A* | 0.00 | 0.00 | 0 | 23.30 | 4.44 | 3.33 |
| 001263 APPLESAUCE, ROSY | HALF CUP | 1 | 74 | 20 | 16 | *N/A* | 0.00 | 0.00 | 0 | 19.49 | 0.99 | 0.32 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990951 COOKIE, FROSTED BIRTHDAY CAKE, CLASSIC DELIGHT, IW | 1 COOKIE | 1 | 180 | 60 | 15 | 15 | 7.00 | 0.00 | 5 | 27.00 | 1.00 | 2.00 |
| Weighted Daily Average | | | 2270 | 3138 | *129 | *15 | 64.41 | *0.00 | *193 | 315.03 | *22.26 | 106.74 |
| % of Calories | | | | | *22.7% | *2.6% | 25.5% | *0.0% | | 55.5% | | 18.8% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Wednesday - 11/29/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990779 CHICKEN, TENDERS | 3 TENDERS | 1 | 225 | 390 | 0 | *N/A* | 10.00 | 0.00 | 60 | 18.00 | 4.00 | 17.00 |
| 990066 BREADSTICK | BREADSTICK | 1 | 67 | 83 | 2 | *N/A* | 0.83 | 0.00 | 0 | 11.67 | 0.83 | 1.67 |
| 990085 LETTUCE SHRD, TOM. DICED, SOUR CREAM (TACOS, ETC.) | 1 SERVING | 1 | 77 | 22 | *1 | *N/A* | 5.33 | *0.00 | 20 | 4.54 | 1.20 | 1.83 |
| 990948 TACO, BEEF, TACO FILLING | 2 TACOS | 1 | 386 | 605 | 2 | 0 | 17.44 | 0.00 | 63 | 41.14 | 5.12 | 23.45 |
| 990468 BENTO BOX-HIGH SCHOOL CHEDDAR CHEESE | 1 BOX | 1 | 531 | 690 | *34 | *N/A* | 19.93 | *0.00 | 42 | *74.41 | 7.00 | 18.39 |
| 990469 BENTO BOX-HIGH SCHOOL COLBY CHEESE | 1 BOX | 1 | 512 | 674 | *32 | *N/A* | 19.00 | *0.00 | 40 | 72.89 | 7.00 | 17.54 |
| 990470 BENTO BOX-HIGH SCHOOL MOZZARELLA CHEESE | 1 BOX | 1 | 480 | 731 | *27 | *N/A* | 18.38 | *0.00 | 40 | 69.73 | 7.00 | 18.67 |
| 990202 BROCCOLI, RANCH | 1/2 CUP | 1 | 28 | 121 | *1 | *N/A* | 0.00 | 0.00 | 0 | 4.67 | *3.20 | 3.20 |
| 990366 CORN, SEASONED, CANNED | 1/2 CUP | 1 | *33 | *36 | *0 | *N/A* | *3.56 | *0.00 | *0 | *0.16 | *0.00 | *0.00 |
| 990332 PEACHES, DICED CANNED | 1/2 cup | 1 | 59 | 7 | 4 | *N/A* | 0.00 | 0.00 | 0 | 18.49 | 1.32 | 0.00 |
| 000229 FRUIT, FRESH ASST | 1/2 cup | 1 | 55 | 2 | *5 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990390 SAUCE, KETCHUP IND PKS | POUCH | 1 | 10 | 100 | 2 | *N/A* | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990391 SAUCE, MUSTARD, INDV | POUCH | 1 | 5 | 50 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.50 | 0.00 | 0.50 |
| Weighted Daily Average | | | *2918 | *4076 | *171 | *0 | *99.70 | *0.00 | *300 | *398.67 | *39.33 | *134.75 |
| % of Calories | | | | | *23.4% | *0% | *30.8% | *0.0% | | *54.6% | | *18.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Thursday - 11/30/2023

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990188 CHILI CON CARNE WITH BEANS 1 CUP | 1 CUP | 1 | 298 | 1367 | *11 | *0 | 6.61 | 0.00 | 46 | 41.12 | 13.20 | 24.22 |
| 990949 CRACKERS, IW, WHOLE WHEAT | 1 IW BAG | 1 | 180 | 250 | 4 | 3 | 6.00 | 0.00 | 0 | 30.00 | 3.00 | 3.00 |
| 990077 PIZZA, PEPPERONI | 1 SLICE | 1 | 370 | 560 | 9 | *N/A* | 17.00 | 0.00 | 45 | 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* | *N/A* | *N/A* |
| 990058 POTATO, FRESH BAKED | 1/2 Each | 1 | 168 | 11 | 1 | *N/A* | 0.17 | 0.00 | 0 | 38.49 | 2.77 | 4.56 |
| 990121 SALAD, CUCUMBER & TOMATO | 1/2 CUP | 1 | 75 | 132 | *6 | *N/A* | 4.58 | *0.00 | *0 | 9.23 | *0.88 | 0.93 |
| 990917 FRUIT, MANAGER'S CHOICE, CHILLED | 1/2 CUP | 1 | *N/A* | *N/A* | *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 | *N/A* | 0.22 | *0.00 | 0 | 14.46 | 2.67 | 0.49 |
| 000026 MILK - 1% LOWFAT | HALF PINT | 1 | 110 | 130 | 12 | *N/A* | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 |
| 990331 MILK, CHOCOLATE, 1% | 1/2 PINT | 1 | 140 | 180 | 18 | *N/A* | 2.50 | 0.00 | 15 | 20.00 | *N/A* | 8.00 |
| 990166 MILK, LACTOSE FREE PET | 1 HALF PINT | 1 | 90 | 130 | 12 | *N/A* | 0.00 | 0.00 | 5 | 13.01 | 0.00 | 8.00 |

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990029 MILK, STRAWBERRY SKIM | HALF PINT | 1 | 110 | 125 | 18 | *N/A* | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 |
| 990399 SOUR CREAM, IND. | POUCH | 1 | 61 | 15 | 1 | *N/A* | 5.06 | 0.00 | 20 | 1.01 | 0.00 | 1.01 |
| 990398 MARGARINE, INDIVIDUAL | pack | 1 | 25 | 40 | 0 | *N/A* | 2.50 | 0.00 | 0 | 0.00 | 0.00 | 0.00 |
| Weighted Daily Average | | | 1682 | 2942 | *98 | *3 | 47.14 | *0.00 | *147 | 234.32 | *25.52 | 87.22 |
| % of Calories | | | | | *23.3% | *0.7% | 25.2% | *0.0% | | 55.7% | | 20.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

| | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| Weighted Averages | *1439 | *2249 | *84 | *1 | *45.07 | *0.06 | *133 | *191.57 | *16.88 | *72.15 |
| % of Calories | | | *23.3% | *0.3% | *28.2% | *0.0% | | *53.3% | | *20.1% |

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
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.