

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Menu Name: LUNCH MIDDLE AND K8

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
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	*N/A*	16.93	*0.00	42	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	*N/A*	16.00	*0.00	40	52.89	6.00	15.54
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

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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)
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			*2219	*3104	*130	*0	*75.32	*0.00	*260	*288.95	*29.34	*112.08
% of Calories					*23.4%	*0%	*30.5%	*0.0%		*52.1%		*20.2%
Weekly Nutrient Guideline			600 - 650	1110			<=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)
000038 CHILI CON CARNE WITH BEANS 1/2 CUP	.5 CUP	1	208	879	*5	*0	6.12	0.00	41	20.92	6.86	16.98
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

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
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			1593	2454	*91	*3	46.65	*0.00	*141	214.13	*19.18	79.97
% of Calories					*22.8%	*0.8%	26.4%	*0.0%		53.8%		20.1%
Weekly Nutrient Guideline			600 - 650	1110			<=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
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 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
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

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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)
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, MAYONAISE, 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			600 - 650	1110			<=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)
990952 ES/K8/MIDDLE-NACHOS, W/ TACO BEEF FILLING	1 SERVING	1	308	545	0	0	18.11	0.00	62	19.40	2.44	19.30
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
990209 WRAP, FAJITA CHICKEN (ELEMENTARY/MIDDLE)	1 WRAP	1	280	637	*2	*N/A*	12.20	*0.00	63	26.86	2.52	19.59
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*
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

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	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)
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			1562	2268	*93	*0	55.96	*0.00	208	187.29	*19.70	87.24
% of Calories					*23.8%	*0%	32.2%	*0.0%		48.0%		22.3%
Weekly Nutrient Guideline			600 - 650	1110			<=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
990701 CHICKEN, NUGGETS	5	1	160	380	1	*N/A*	6.00	0.00	25	13.00	1.00	14.00

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)
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
000523 SWEET POTATO SOUFFLE	1/2 CUP	1	157	74	*21	*N/A*	3.56	*0.00	*0	*29.64	*1.51	*0.76
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
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
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			2098	3481	*131	*15	67.49	*1.35	*130	*279.03	*21.73	*98.80
% of Calories					*25.0%	*2.9%	29.0%	*0.6%		*53.2%		*18.8%
Weekly Nutrient Guideline			600 - 650	1110			<=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			600 - 650	1110			<=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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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
990294 HOT HAM & CHEESE ES/MS	1 each	1	311	682	4	*N/A*	11.55	0.00	55	30.01	2.00	23.04
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	566	755	18	*N/A*	26.00	0.00	*0	66.88	*6.80	20.80
990122 CARROTS, SWEET GLAZED 1/2 CUP	1/2 CUP	1	57	66	*9	*N/A*	1.26	*0.00	*0	*11.44	*2.69	*0.64
990178 POTATO WEDGES, SEASONED 1/2 CUP	1/2 CUP	1	104	290	0	*N/A*	5.20	0.00	0	13.36	1.48	1.48
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, MAYONAISE, 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			2088	3285	*127	*0	69.74	*0.00	*170	*269.67	*23.65	*100.96
% of Calories					*24.3%	*0%	30.1%	*0.0%		*51.7%		*19.3%
Weekly Nutrient Guideline			600 - 650	1110			<=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			600 - 650	1110			<=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
990783 GLAZED SWEET POTATOES, ES/K8/MIDDLE 1/2 CUPS	1/2 CUP	1	252	*111	*27	*N/A*	*5.09	*0.00	*0	*49.81	*3.28	*1.09
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			1785	*2650	*104	*3	*51.58	*0.00	*138	*238.80	*18.32	*93.36
% of Calories					*23.3%	*0.7%	*26.0%	*0.0%		*53.5%		*20.9%
Weekly Nutrient Guideline			600 - 650	1110			<=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
Weighted Daily Average			1274	1827	*105	*0	29.61	*0.00	*136	*173.26	*14.08	*72.93
% of Calories					*33.0%	*0%	20.9%	*0.0%		*54.4%		*22.9%
Weekly Nutrient Guideline			600 - 650	1110			<=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
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
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	96	24	0	*N/A*	3.60	0.00	0	15.21	1.60	1.60
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
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
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			1314	2739	*78	*0	36.28	*0.00	*138	*163.96	*15.80	*84.00
% of Calories					*23.7%	*0%	24.8%	*0.0%		*49.9%		*25.6%
Weekly Nutrient Guideline			600 - 650	1110			<=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
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	431	649	1	*N/A*	29.24	0.00	73	21.92	2.00	23.41
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*
990122 CARROTS, SWEET GLAZED 1/2 CUP	1/2 CUP	1	57	66	*9	*N/A*	1.26	*0.00	*0	*11.44	*2.69	*0.64
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	96	24	0	*N/A*	3.60	0.00	0	15.21	1.60	1.60

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)
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			1606	2359	*81	*0	54.16	*0.00	*158	*201.72	*20.14	*78.98
% of Calories					*20.2%	*0%	30.4%	*0.0%		*50.2%		*19.7%
Weekly Nutrient Guideline			600 - 650	1110			<=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
001440 SUB, TURKEY ES/MS	SANDWICH	1	416	682	7	*N/A*	9.67	0.00	32	57.88	5.85	24.74
990263 SUB FIXINS	EACH	1	18	858	*1	*N/A*	0.20	*0.00	*0	4.09	1.43	0.70
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00
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*

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)
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			1810	3346	*125	*1	43.84	*0.00	*147	251.52	*18.00	101.97
% of Calories					*27.6%	*0.2%	21.8%	*0.0%		55.6%		22.5%
Weekly Nutrient Guideline			600 - 650	1110			<=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			600 - 650	1110			<=0					

Tuesday - 11/21/2023

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			600 - 650	1110			<=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			600 - 650	1110			<=0					

Thursday - 11/23/2023

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			600 - 650	1110			<=0					

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

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			600 - 650	1110			<=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)
990947 ES,K8,Middle-ASIAN NOODLES & CHICKEN, TERIYAKI	2.8 oz, 1/2 CUP	1	176	597	7	*N/A*	4.00	0.00	40	21.00	1.50	14.00
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
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	566	755	18	*N/A*	26.00	0.00	*0	66.88	*6.80	20.80
990084 POTATO, SEASONED FRIES 1/2 CUP	1/2 CUP	1	127	335	0	*N/A*	4.07	0.00	0	20.80	1.81	1.81
990884 CARROTS, BABY DOD, ROASTED, SEASONED	1/2 CUP	1	53	231	*4	*N/A*	2.36	*0.00	*0	7.88	*2.66	0.60
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
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			1780	3290	*101	*0	55.43	*0.00	*115	231.11	*19.68	93.04
% of Calories					*22.7%	*0%	28.0%	*0.0%		51.9%		20.9%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Tuesday - 11/28/2023

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)
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
990060 POTATO, SWEET FRIES 1/2 CUP	1/2 CUP	1	145	196	7	*N/A*	4.35	0.00	0	24.65	2.90	0.72
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	*N/A*	0.00	0.00	0	23.30	4.44	3.33

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)
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
Weighted Daily Average			1951	2897	*109	*0	54.40	*0.00	*188	264.04	*18.97	102.71
% of Calories					*22.3%	*0%	25.1%	*0.0%		54.1%		21.1%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Wednesday - 11/29/2023

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
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	*N/A*	16.93	*0.00	42	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	*N/A*	16.00	*0.00	40	52.89	6.00	15.54

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)
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
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			*2219	*3104	*130	*0	*75.32	*0.00	*260	*288.95	*29.34	*112.08
% of Calories					*23.4%	*0%	*30.5%	*0.0%		*52.1%		*20.2%
Weekly Nutrient Guideline			600 - 650	1110			<=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)
000038 CHILI CON CARNE WITH BEANS 1/2 CUP	.5 CUP	1	208	879	*5	*0	6.12	0.00	41	20.92	6.86	16.98
990949 CRACKERS, IW, WHOLE WHEAT	1 IW BAG	1	180	250	4	3	6.00	0.00	0	30.00	3.00	3.00

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)
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
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			1593	2454	*91	*3	46.65	*0.00	*141	214.13	*19.18	79.97
% of Calories					*22.8%	*0.8%	26.4%	*0.0%		53.8%		20.1%
Weekly Nutrient Guideline			600 - 650	1110			<=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	*1301	*2049	*77	*1	*40.21	*0.06	*122	*170.07	*14.58	*66.94
% of Calories			*23.7%	*0.3%	*27.8%	*0.0%		*52.3%		*20.6%

**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.*