

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

**Menu Name:** LUNCH HIGH

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

**Friday - 09/01/2023**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	14.00	0.00	45	27.00	1.00	10.00
990802 PIZZA, BITES, PEPPERONI	6 PIECES	1	350	735	6	12.75	0.00	25	41.00	6.00	18.00
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*
000209 GREEN BEANS, FROZEN, 1/2 CUP	1/2 CUP	1	42	31	*0	0.07	*0.00	0	7.70	*2.14	2.21
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	5.40	0.00	0	22.81	2.40	2.40
001263 APPLESAUCE, ROSY	HALF CUP	1	74	20	16	0.00	0.00	0	19.49	0.99	0.32
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1410	2239	*100	37.44	*0.00	105	200.97	*15.20	65.93
% of Calories					*28.4%	23.9%	*0.0%		57.0%		18.7%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

### Monday - 09/04/2023

### Reimbursable Meal Total 1

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

### Tuesday - 09/05/2023

### Reimbursable Meal Total 1

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

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

### Wednesday - 09/06/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	360	460	3	9.50	0.00	60	42.00	4.00	27.00
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*
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	16.93	*0.00	42	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	16.00	*0.00	40	52.89	6.00	15.54
990614 GLAZED SWEET POTATOES, HS 3/4 CUPS	3/4 CUP	1	134	*59	*14	*2.70	*0.00	*0	*26.41	*1.74	*0.58
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	4.58	*0.00	*0	9.23	*0.88	0.93
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990449 APPLES, CINNAMON	1/2 CUP	1	61	*5	16	*0.10	*0.00	*0	15.80	*1.12	*0.36
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1958	*2347	*156	*55.02	*0.00	*176	*280.22	*21.40	*93.30
% of Calories					*31.9%	*25.3%	*0.0%		*57.2%		*19.1%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

### Thursday - 09/07/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990500 BBQ NACHOS	1 SERVING	1	593	639	*8	35.58	0.00	91	43.18	2.00	26.13
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	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	5.33	*0.00	20	4.54	1.20	1.83
990141 SUB, COMBO HS	1 SUB	1	336	1065	4	15.67	0.00	69	30.05	2.00	21.19
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	*0.00	*0	4.09	1.43	0.70
990089 BEANS, CHEESY DIP W. CHIPS	1/2 CUP	1	238	368	3	8.92	0.00	22	30.41	9.54	13.03
990092 CORN, SEASONED, FROZEN	1/2 CUP	1	79	36	*4	4.02	0.00	*0	*9.23	*1.81	*1.81
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	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*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2347	4359	*88	106.18	*0.00	*311	*231.88	*22.65	*123.60
% of Calories					*15.0%	40.7%	*0.0%		*39.5%		*21.1%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

Friday - 09/08/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	10.00	0.00	50	34.00	2.00	13.00
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*
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9	16.00	0.00	35	35.00	3.00	21.00
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	*0.00	5	13.10	3.02	1.76
990881 Potato, Curly Spiral Cut Fries 3/4 CUP	3/4 CUP	1	130	290	0	5.00	0.00	0	21.00	1.00	1.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1566	2573	*114	46.60	*0.00	130	216.07	*13.69	69.76
% of Calories					*29.1%	26.8%	*0.0%		55.2%		17.8%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

Monday - 09/11/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990297 SHEPHERDS PIE	5 x 5	1	287	356	*0	15.52	*0.00	*41	*17.24	*1.24	*14.68
990721 ROLL, 2 OZ RICH'S DINNER	1 Roll	1	170	140	4	3.00	0.00	*N/A*	29.00	3.00	7.00
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*
990076 PIZZA, FOUR MEAT	1 SLICE	1	370	650	9	17.00	0.00	40	36.00	3.00	20.00
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	0.37	*0.00	0	4.84	2.35	1.84
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	11	6.52	0.00	0	36.97	4.35	1.09
990449 APPLES, CINNAMON	1/2 CUP	1	61	*5	16	*0.10	*0.00	*0	15.80	*1.12	*0.36
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990028 MILK, SKIM	HALF PINT	1	90	130	12	0.00	0.00	5	13.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
Weighted Daily Average			1846	*2387	*138	*47.73	*0.00	*126	*254.32	*17.73	*93.47
% of Calories					*29.9%	*23.3%	*0.0%		*55.1%		*20.3%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

# Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Tuesday - 09/12/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990273 TACO, BBQ	1 TACO	1	567	748	*3	28.03	*0.00	86	46.45	3.71	30.21
990327 SALAD, SOUTHWEST HS	SALADS	1	*392	*852	*3	*22.39	*0.00	*49	*34.88	*5.36	*20.68
990721 ROLL, 2 OZ RICH'S DINNER	1 Roll	1	170	140	4	3.00	0.00	*N/A*	29.00	3.00	7.00
990134 PIZZA, 3 CHEESE GARLIC BREAD	1 EACH	1	335	802	*3	14.64	0.00	24	33.81	0.91	18.48
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	0.00	0.00	0	23.30	4.44	3.33
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	5.40	0.00	0	22.81	2.40	2.40
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990179 COOKIE DOUGH, SUGAR	1 COOKIE	1	150	120	12	4.50	0.00	10	26.00	2.00	2.00
Weighted Daily Average			*2544	*3664	*124	*83.18	*0.00	*210	*333.22	*25.81	*124.60
% of Calories					*19.5%	*29.4%	*0.0%		*52.4%		*19.6%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

# Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

Wednesday - 09/13/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990912 ASIAN CHICKEN, TERIYAKI	2.8 oz	1	90	320	6	2.00	0.00	40	6.00	0.00	12.00
000145 CHEESEBURGER	EACH	1	320	512	5	12.54	0.00	43	29.01	3.00	25.54
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	*0.00	0	3.58	1.23	0.84
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	566	755	18	26.00	0.00	*0	66.88	*6.80	20.80
990356 VEGGIES, FRESH, RED PEPPERS/CARROTS AND CUCUMBER	1/2 CUP	1	133	150	*9	6.52	*0.00	5	18.77	4.02	2.29
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*
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	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*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	5	0.00	0.00	0.00



# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1797	2864	*123	56.55	*0.00	*133	226.21	*17.72	102.47
% of Calories					*27.4%	28.3%	*0.0%		50.4%		22.8%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

### Thursday - 09/14/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990877 CHICKEN, CURRY	1.5 cup	1	456	1069	*4	13.28	*0.00	*94	55.70	*4.08	29.58
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0.00	0	11.67	0.83	1.67
990470 BENTO BOX-HIGH SCHOOL MOZZARELLA CHEESE	1 BOX	1	480	731	*27	18.38	*0.00	40	69.73	7.00	18.67
990468 BENTO BOX-HIGH SCHOOL CHEDDAR CHEESE	1 BOX	1	531	690	*34	19.93	*0.00	42	*74.41	7.00	18.39
990469 BENTO BOX-HIGH SCHOOL COLBY CHEESE	1 BOX	1	512	674	*32	19.00	*0.00	40	72.89	7.00	17.54
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*
990612 CARROTS, SWEET GLAZED 3/4 CUP	3/4 CUP	1	86	100	*13	1.91	*0.00	*0	*17.33	*4.08	*0.97
990879 CUCUMBER SALAD	1/2 CUP	1	84	131	*7	4.58	*0.00	*0	11.43	*1.04	1.32
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	0.00	0.00	0	29.15	3.98	0.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2949	4170	*203	83.14	*0.00	*255	*440.78	*37.68	*128.63
% of Calories					*27.5%	25.4%	*0.0%		*59.8%		*17.4%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

## Friday - 09/15/2023

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990279 SAUSAGE DOG	2 OZ; 1 PIECE	1	399	860	7	20.00	0.00	60	37.00	*2.00	18.00
001352 SUB, HOT ITALIAN HS	1 SANDWICH	1	331	733	6	13.21	0.00	53	33.34	3.00	19.72
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	*0.00	*0	4.09	1.43	0.70
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	17.00	0.00	45	35.00	3.00	21.00
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	3.08	*0.00	*8	8.91	*0.94	0.89
990190 POTATO, SEASONED FRIES 3/4 CUP	3/4 CUP	1	190	502	0	6.11	0.00	0	31.20	2.71	2.71
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	1.00	0.00	0	39.17	2.01	1.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990030 MILK, VANILLA SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			2216	4572	*150	69.82	*0.00	*211	290.67	*17.77	105.02
% of Calories					*27.1%	28.4%	*0.0%		52.5%		19.0%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

### Monday - 09/18/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 HAMBURGER	EACH	1	280	370	4	9.50	0.00	35	28.00	3.00	22.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	0.27	*0.00	0	3.58	1.23	0.84

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990784 MOZZARELLA CHEESE STICKS, CHEESE FILLED MAXSTIX	2 Sticks	1	314	830	8	12.35	0.00	10	36.31	4.46	14.46
001530 SUB, HAM HS	EACH	1	311	682	4	11.55	0.00	55	30.01	2.00	23.04
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	*0.00	*0	4.09	1.43	0.70
990092 CORN, SEASONED, FROZEN	1/2 CUP	1	79	36	*4	4.02	0.00	*0	*9.23	*1.81	*1.81
990356 VEGGIES, FRESH, RED PEPPERS/CARROTS AND CUCUMBER	1/2 CUP	1	133	150	*9	6.52	*0.00	5	18.77	4.02	2.29
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1831	3937	*123	53.63	*0.00	*145	*242.96	*22.63	*98.13
% of Calories					*26.9%	26.4%	*0.0%		*53.1%		*21.4%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

# Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

**Tuesday - 09/19/2023**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990868 CHICKEN ALFREDO WITH A TWIST (NEW)	5.13 OZ	1	345	1155	*1	18.25	*0.00	*93	19.61	*1.56	24.65
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0.00	0	11.67	0.83	1.67
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	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*
990914 CARROTS, BABY DOD, ROASTED, SEASONED 3/4 CUP	3/4 CUP	1	72	312	*6	3.19	*0.00	*0	10.65	*3.60	0.81
990805 CUCUMBERS, FRESH, SLICED	1/2 CUP	1	81	127	4	6.08	0.00	5	7.74	0.38	0.49
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	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*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1440	2805	*87	50.58	*0.00	*178	164.15	*12.04	81.11
% of Calories					*24.2%	31.6%	*0.0%		45.6%		22.5%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

**Wednesday - 09/20/2023**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990247 CHICKEN, WINGS, OVEN ROASTED, BONE-IN	3 WINGS	1	180	840	1	7.00	0.00	30	16.00	1.00	13.00
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	2.50	0.00	0	24.00	5.00	6.00
990324 SALAD, CHEF/CLUB (HAM & TURKEY) HS	1 SALAD	1	192	870	*3	10.28	*0.00	54	11.88	4.91	20.60
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	440	334	11	18.56	0.00	71	43.06	2.00	24.06
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	0.00	0.00	0	4.67	*3.20	3.20
990524 SWEET POTATO SOUFFLE 3/4 CUP	3/4 CUP	1	245	116	*32	5.57	*0.00	*0	*46.31	*2.36	*1.19
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	0.00	0.00	0	18.49	1.32	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1791	3045	*121	49.13	*0.00	*191	*243.88	*22.47	*100.55
% of Calories					*27.0%	24.7%	*0.0%		*54.5%		*22.5%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

Thursday - 09/21/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990779 CHICKEN, TENDERS	3 TENDERS	1	225	390	0	10.00	0.00	60	18.00	4.00	17.00
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	1.50	*N/A*	0	14.01	1.50	3.50
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9	16.00	0.00	35	35.00	3.00	21.00
990631 SUB, TURKEY HS	SANDWICH	1	419	897	7	13.24	0.00	45	48.19	5.78	27.75
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	*0.00	*0	4.09	1.43	0.70
001075 POTATO, MASHED	1/2 CUP	1	92	137	*0	2.23	*0.00	*0	*14.29	*0.60	*1.19
001543 GRAVY, BROWN, PREPARED	1/4 CUP	1	28	197	*1	0.00	*0.00	0	4.06	0.00	1.62
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	0.00	0.00	0	23.30	4.44	3.33
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	1.00	0.00	0	39.17	2.01	1.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2036	3969	*133	49.39	*0.00	*175	*282.57	*25.43	*109.60
% of Calories					*26.1%	21.8%	*0.0%		*55.5%		*21.5%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

# Base Menu Spreadsheet

Portion Values

Sep 1, 2023 thru Sep 29, 2023

## Friday - 09/22/2023

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	14.00	0.00	45	27.00	1.00	10.00
990802 PIZZA, BITES, PEPPERONI	6 PIECES	1	350	735	6	12.75	0.00	25	41.00	6.00	18.00
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*
000209 GREEN BEANS, FROZEN, 1/2 CUP	1/2 CUP	1	42	31	*0	0.07	*0.00	0	7.70	*2.14	2.21
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	5.40	0.00	0	22.81	2.40	2.40
001263 APPLESAUCE, ROSY	HALF CUP	1	74	20	16	0.00	0.00	0	19.49	0.99	0.32
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1410	2239	*100	37.44	*0.00	105	200.97	*15.20	65.93
% of Calories					*28.4%	23.9%	*0.0%		57.0%		18.7%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

## Monday - 09/25/2023

## Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990062 PIZZA, FRENCH BREAD, PEPPERONI	1 SLICE	1	310	680	4	12.00	0.00	25	34.00	3.00	17.00
990118 MEATBALLS, HAWAIIAN	5 MEATBALLS	1	339	677	23	20.07	0.60	21	28.51	0.86	10.57
001256 RICE, SEASONED	1/2 cup	1	123	70	*0	2.92	0.00	*0	*21.64	*1.18	*2.81
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	32.00	0.00	*0	87.76	*8.00	24.00
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0.00	0	11.67	0.83	1.67
990356 VEGGIES, FRESH, RED PEPPERS/CARROTS AND CUCUMBER	1/2 CUP	1	133	150	*9	6.52	*0.00	5	18.77	4.02	2.29
990190 POTATO, SEASONED FRIES 3/4 CUP	3/4 CUP	1	190	502	0	6.11	0.00	0	31.20	2.71	2.71
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0.10	0.00	0	18.87	0.96	0.50
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2453	3551	*146	85.77	*0.60	*86	*331.89	*24.23	*94.05
% of Calories					*23.8%	31.5%	*0.2%		*54.1%		*15.3%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

Tuesday - 09/26/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990270 BAKED SPAGHETTI	1 CUP	1	293	893	*4	10.20	*0.00	*55	28.73	*4.33	21.54
990066 BREADSTICK	BREADSTICK	1	67	83	2	0.83	0.00	0	11.67	0.83	1.67
990701 CHICKEN, NUGGETS	5	1	160	380	1	6.00	0.00	25	13.00	1.00	14.00
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	1.50	*N/A*	0	14.01	1.50	3.50
990061 HOT HAM & CHEESE HS	1 each	1	311	682	4	11.55	0.00	55	30.01	2.00	23.04
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	11	6.52	0.00	0	36.97	4.35	1.09
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	0.37	*0.00	0	4.84	2.35	1.84
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	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*	*N/A*
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.00	0	0.50	0.00	0.50
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1717	3221	*92	46.20	*0.00	*175	222.22	*19.03	99.68
% of Calories					*21.4%	24.2%	*0.0%		51.8%		23.2%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

Wednesday - 09/27/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	360	460	3	9.50	0.00	60	42.00	4.00	27.00
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*
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	421	590	*27	16.93	*0.00	42	*54.41	5.00	16.39
990268 BENTO BOX-COLBY CHEESE	1 BOX	1	402	534	*25	16.00	*0.00	40	52.89	6.00	15.54
990614 GLAZED SWEET POTATOES, HS 3/4 CUPS	3/4 CUP	1	134	*59	*14	*2.70	*0.00	*0	*26.41	*1.74	*0.58
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	4.58	*0.00	*0	9.23	*0.88	0.93
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990449 APPLES, CINNAMON	1/2 CUP	1	61	*5	16	*0.10	*0.00	*0	15.80	*1.12	*0.36
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1958	*2347	*156	*55.02	*0.00	*176	*280.22	*21.40	*93.30
% of Calories					*31.9%	*25.3%	*0.0%		*57.2%		*19.1%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

Thursday - 09/28/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990500 BBQ NACHOS	1 SERVING	1	593	639	*8	35.58	0.00	91	43.18	2.00	26.13
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	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	5.33	*0.00	20	4.54	1.20	1.83
990141 SUB, COMBO HS	1 SUB	1	336	1065	4	15.67	0.00	69	30.05	2.00	21.19
990263 SUB FIXINS	EACH	1	18	858	*1	0.20	*0.00	*0	4.09	1.43	0.70
990089 BEANS, CHEESY DIP W. CHIPS	1/2 CUP	1	238	368	3	8.92	0.00	22	30.41	9.54	13.03
990092 CORN, SEASONED, FROZEN	1/2 CUP	1	79	36	*4	4.02	0.00	*0	*9.23	*1.81	*1.81
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	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*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2347	4359	*88	106.18	*0.00	*311	*231.88	*22.65	*123.60
% of Calories					*15.0%	40.7%	*0.0%		*39.5%		*21.1%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

### Friday - 09/29/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	10.00	0.00	50	34.00	2.00	13.00
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*
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9	16.00	0.00	35	35.00	3.00	21.00
990526 VEGGIES, FRESH, CELERY STICKS	1/2 CUP	1	107	210	*6	6.37	*0.00	5	13.10	3.02	1.76
990881 Potato, Curly Spiral Cut Fries 3/4 CUP	3/4 CUP	1	130	290	0	5.00	0.00	0	21.00	1.00	1.00
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	0.22	*0.00	0	14.46	2.67	0.49
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	120	10	26	0.00	0.00	0	30.00	2.00	0.00
990237 SAUCE, MAYONNAISE, LIGHT, IND	1 PACK	1	40	85	0	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	0.00	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	0.00	0.00	0	3.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	2.50	0.00	10	13.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18	2.50	0.00	15	20.00	*N/A*	8.00
990166 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1566	2573	*114	46.60	*0.00	130	216.07	*13.69	69.76
% of Calories					*29.1%	26.8%	*0.0%		55.2%		17.8%
Weekly Nutrient Guideline			750 - 850	1280		<=0					

	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*1771	*2915	*112	*55.50	*0.03	*159	*232.91	*18.50	*87.74
% of Calories			*25.3%	*28.2%	*0.0%		*52.6%		*19.8%

- \*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.**