

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

Menu Name: LUNCH HIGH

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

### Monday - 12/02/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000145 CHEESEBURGER	EACH	1	320	512	5	*N/A*	12.54	0.00	43	29.01	3.00	25.54
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
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	440	334	11	*N/A*	18.56	0.00	71	43.06	2.00	24.06
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	*N/A*	32.00	0.00	*0	87.76	*8.00	24.00
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
990609 BEANS, BAKED 3/4 CUP	3/4 CUP	1	170	408	17	*N/A*	0.00	0.00	0	35.72	6.80	5.10
991071 RIPS, BLUE RASPBERRY	1 POUCH	1	60	15	12	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			2497	3649	*122	*12	*81.87	*0.00	*169	316.64	*25.04	*127.05
% of Calories					*19.5%	*1.9%	*29.5%	*0.0%		50.7%		*20.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

## Tuesday - 12/03/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991080 CHICKEN, DRUMS & THIGHS HS - USDA	1 DRUM OR THIGH	1	230	490	0	*N/A*	14.00	0.00	75	11.00	1.00	16.00
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
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
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
990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	110	213	8	*N/A*	6.15	0.00	5	14.34	3.29	0.73
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
990625 STRAWBERRY DELIGHT HS 1 CUP	1 cup	1	324	0	69	*N/A*	1.00	0.00	0	74.87	3.89	1.94
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3	*N/A*	6.01	0.00	5	5.01	0.00	0.00
Weighted Daily Average			2022	2689	*174	*12	60.04	*0.00	*170	290.40	20.74	85.17
% of Calories					*34.4%	*2.4%	26.7%	*0.0%		57.4%		16.8%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

### Wednesday - 12/04/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991089 CHICKEN SALAD ON CROISSANT	1/2 CUP + 1	1	293	768	5	*2	11.52	0.00	40	33.81	2.81	16.04
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9	*N/A*	16.00	0.00	35	35.00	3.00	21.00
990523 SALAD, KALE CAESAR	1 CUP	1	34	*6	1	*N/A*	0.23	*0.00	*0	5.42	3.04	2.49
001049 VEGETABLES, CALIFORNIA BLEND	1/2 cup	1	27	30	*2	*N/A*	0.94	0.00	*0	*3.02	*1.21	*0.60
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990397 DRESSING, RANCH, POUCH 12GM	POUCH	1	60	90	0	*N/A*	6.00	0.00	5	1.00	0.00	0.00
Weighted Daily Average			1148	*1850	*75	*14	34.69	*0.00	*95	*142.64	*11.26	*64.14
% of Calories					*26.1%	*4.9%	27.2%	*0.0%		*49.7%		*22.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

### Thursday - 12/05/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	10.00	0.00	60	18.00	4.00	17.00
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
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
990607 BENTO BOX	1 BOX	1	589	632	*42	*N/A*	24.35	*0.00	82	80.41	6.00	16.78
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
990805 CUCUMBERS, FRESH, SLICED	1/2 CUP	1	81	127	4	*N/A*	6.08	0.00	5	7.74	0.38	0.49
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
001262 PEARS, ROSY	HALF CUP	1	108	18	*5	*N/A*	0.00	0.00	0	26.43	2.86	0.32
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991068 DRESSING, HONEY MUSTARD IND PK	1 OZ PK	1	80	125	5	*N/A*	6.00	0.00	10	7.00	0.00	0.00
Weighted Daily Average			2074	*2809	*137	*12	*66.51	*0.00	*196	*292.88	*24.19	*84.01
% of Calories					*26.4%	*2.3%	*28.9%	*0.0%		*56.5%		*16.2%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

### Friday - 12/06/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990132 SANDWICH, FISH	1 SANDWICH	1	300	380	4	*N/A*	7.50	0.00	50	42.00	4.00	20.00
990139 SANDWICH, COUNTRY FRIED STEAK	1 EACH	1	430	580	5	*N/A*	19.50	0.00	30	45.00	4.00	21.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	*N/A*	32.00	0.00	*0	87.76	*8.00	24.00
990290 COLLARD GREENS, SOUTHERN	1/2 CUP	1	83	199	*3	*N/A*	2.53	*0.00	0	9.60	2.32	2.86
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
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9	0	3.15	0.00	10	18.50	1.92	1.69
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONNAISE, LIGHT, INDV	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
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	*N/A*	2.50	*N/A*	5	1.00	0.00	0.00
Weighted Daily Average			2381	2810	*133	*12	76.80	*0.00	*115	333.44	*27.91	96.95
% of Calories					*22.3%	*2.0%	29.0%	*0.0%		56.0%		16.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

### Monday - 12/09/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	20.00	0.00	60	37.00	*2.00	18.00
990075 PIZZA, BUFFALO CHICKEN	1 SLICE	1	390	750	8	*N/A*	19.00	0.00	45	35.00	3.00	20.00
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
001515 CARROT STICKS, 3/4 CUP	3/4 cup	1	38	31	*N/A*	*N/A*	0.17	*N/A*	0	8.97	2.65	0.91
991081 ORANGES, WEDGES	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52
990634 PEARS, DICED CANNED, HS 1 CUP	1 cup	1	238	0	*N/A*	*N/A*	0.00	0.00	0	58.30	7.95	0.00
000035 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

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	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			2370	3579	*104	*12	77.47	*0.00	*120	330.72	*30.20	91.65
% of Calories					*17.6%	*2.0%	29.4%	*0.0%		55.8%		15.5%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

## Tuesday - 12/10/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990296 ROTINI WITH MEATBALLS HS	1 CUP	1	417	699	10	*N/A*	17.05	0.00	36	45.43	6.23	21.90
990880 PORK, BBQ RIBLET ON BUN	1 SANDWICH	1	362	1056	20	*N/A*	26.10	*0.00	38	49.40	2.40	16.40
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990747 BROCCOLI, RANCH- 3/4 Cup	3/4 CUP	1	42	181	*2	*N/A*	0.00	0.00	0	7.00	*4.80	4.80
990309 CAULIFLOWER, SEASONED	1/2 CUP	1	30	25	3	*N/A*	0.49	0.00	0	5.69	2.28	2.01
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1668	2941	*128	*12	57.02	*0.00	*114	244.68	*19.58	83.67
% of Calories					*30.7%	*2.9%	30.8%	*0.0%		58.7%		20.1%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

## Wednesday - 12/11/2024

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001219 CASSEROLE, CHICKEN & RICE	1 cup	1	225	692	*1	*N/A*	8.39	*0.00	*47	26.17	*0.60	16.58
990061 HOT HAM & CHEESE HS	1 each	1	299	607	5	*N/A*	10.93	0.00	46	29.14	2.00	22.58
991112 SANDWICH, PIMENTO CHEESE HS	1 SANDWICH	1	412	1099	*2	*0	31.06	*0.00	*93	30.65	*2.04	24.34
991078 CABBAGE, SAUTEED	1/2 CUP	1	50	448	*0	*0	2.58	*0.00	*0	6.70	*2.77	1.73
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
000229 FRUIT, FRESH ASST	1/2 cup	1	55	2	*5	*N/A*	0.22	*0.00	0	14.46	2.67	0.49
990625 STRAWBERRY DELIGHT HS 1 CUP	1 cup	1	324	0	69	*N/A*	1.00	0.00	0	74.87	3.89	1.94
000035 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

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1762	3413	*142	*12	56.10	*0.00	*201	*249.33	*18.05	*92.64
% of Calories					*32.2%	*2.7%	28.7%	*0.0%		*56.6%		*21.0%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

### Thursday - 12/12/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990938 WALKING TACO, BEEF AND DORITOS	1 SERVING	1	355	721	1	*1	16.63	0.00	59	31.48	3.49	19.51
991082 PIZZA, FIESTA FLATBREAD HS	1 EACH	1	442	1438	3	*0	22.16	0.04	77	31.34	4.99	29.22
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
990366 CORN, SEASONED, CANNED	1/2 CUP	1	*33	*36	*0	*N/A*	*3.56	*0.00	*0	*0.16	*0.00	*0.00
990756 BEANS, BLACK, SEASONED-HS 3/4 CUP	3/4 CUP	1	217	329	2	*N/A*	3.02	0.00	5	33.31	7.45	12.63
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
991071 RIPS, BLUE RASPBERRY	1 POUCH	1	60	15	12	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
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
Weighted Daily Average			*2045	*3759	*107	*13	*69.32	*0.04	*216	*254.62	*27.44	*106.23
% of Calories					*20.9%	*2.5%	*30.5%	*0.0%		*49.8%		*20.8%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

### Friday - 12/13/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990440 FISH, NUGGETS BREADED	4 nuggets	1	230	290	1	*N/A*	8.00	0.00	50	23.00	2.00	15.00
990738 HS CORNBREAD-2oz Grain	2, 5x5 pieces	1	212	314	*8	*N/A*	6.61	0.00	*30	33.84	*3.23	5.69
990188 CHILI CON CARNE WITH BEANS 1 CUP	1 CUP	1	386	1433	*10	*0	11.57	0.00	81	39.09	13.21	33.45
990738 HS CORNBREAD-2oz Grain	2, 5x5 pieces	1	212	314	*8	*N/A*	6.61	0.00	*30	33.84	*3.23	5.69
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	*N/A*	32.00	0.00	*0	87.76	*8.00	24.00
990744 SALAD, ROMAINE & SPINACH HS 2 CUPS	2 CUP	1	60	112	3	*N/A*	0.96	0.00	0	10.97	5.89	5.62
991099 POTATO, FRESH BAKED HS	1 Each	1	168	11	1	*N/A*	0.17	0.00	0	38.49	2.77	4.56
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990397 DRESSING, RANCH, POUCH 12GM	POUCH	1	60	90	0	*N/A*	6.00	0.00	5	1.00	0.00	0.00
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	*N/A*	2.50	0.00	0	0.00	0.00	0.00
990399 SOUR CREAM, IND.	POUCH	1	61	15	1	*N/A*	5.06	0.00	20	1.01	0.00	1.01
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	*N/A*	2.50	*N/A*	5	1.00	0.00	0.00
Weighted Daily Average			2463	3989	*104	*12	81.98	*0.00	*236	320.01	*38.34	119.01
% of Calories					*16.9%	*1.9%	30.0%	*0.0%		52.0%		19.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

### Monday - 12/16/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	361	645	5	*N/A*	9.50	0.00	65	41.16	3.00	27.00
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990878 CHILI DOG, CON CARNE	1 Dog, 1/4 Cup	1	74	342	*3	*0	1.65	0.00	12	10.28	3.30	6.05
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	*N/A*	32.00	0.00	*0	87.76	*8.00	24.00
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*N/A*	4.58	*0.00	*0	9.23	*0.88	0.93
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	*N/A*	3.08	*0.00	*8	8.90	*0.94	0.89

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991028 BLUEBERRY DELIGHT, FARM FRESH BLUEBERRIES	1/2 cup	1	43	1	8	*0	0.26	0.00	0	11.07	1.84	0.56
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, INDV	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
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
Weighted Daily Average			2244	3356	*139	*12	64.84	*0.00	*169	308.29	*24.78	111.77
% of Calories					*24.8%	*2.1%	26.0%	*0.0%		55.0%		19.9%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

### Tuesday - 12/17/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990136 MEATLOAF, BROWN SUGAR GLAZE	1 EACH	1	253	447	*9	*N/A*	13.06	*0.00	64	12.72	*0.38	20.29
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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991113 CHICKEN, MEGA MINI CHUNKS USDA	10 PIECES	1	272	564	1	0	15.10	0.00	86	15.10	2.01	19.13
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
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990610 POTATO, MASHED HS 1 CUP	1 CUP	1	183	273	*0	*N/A*	4.45	*0.00	*0	*28.58	*1.19	*2.38
000465 PEAS & CARROTS 1/2 CUP	1/2 CUP	1	69	34	*4	*N/A*	0.89	0.00	*0	*10.08	*3.02	*3.02
991087 GRAPES, FRESH, CHILLED	1/2 CUP	1	56	2	13	*N/A*	0.13	0.00	0	14.78	0.74	0.59
990336 SIDEKICKS, STRAWBERRY KIWI	1 PORTION CUP	1	80	45	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1900	2720	*129	*12	51.80	*0.00	*189	*257.56	*17.34	*95.48
% of Calories					*27.2%	*2.5%	24.5%	*0.0%		*54.2%		*20.1%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 12/18/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990073 NACHOS, BEEF SUPREME HS	1 SERVING	1	576	406	*0	*N/A*	40.47	*0.00	*85	28.77	3.54	95.96

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990471 LACTOSE FREE BENTO BOX- HIGH SCHOOL	1 BOX	1	695	974	*27	*N/A*	36.26	*0.00	0	74.63	12.00	21.05
000370 MEXICALI CORN 1/2 CUP	HALF CUP	1	106	27	*4	*N/A*	2.72	*0.34	*0	18.97	1.20	2.71
991098 CARROTS, MEXICAN PICKLED	1/2 CUP	1	34	300	*0	*N/A*	0.23	*0.00	*0	7.87	*2.34	0.78
991096 PEARS, FRESH	1 pear	1	101	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
990399 SOUR CREAM, IND.	POUCH	1	61	15	1	*N/A*	5.06	0.00	20	1.01	0.00	1.01
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1937	2191	*108	*12	84.99	*0.34	*120	222.75	*25.80	146.15
% of Calories					*22.3%	*2.5%	39.5%	*0.2%		46.0%		30.2%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 12/19/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	14.00	0.00	45	27.00	1.00	10.00
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
991099 POTATO, FRESH BAKED HS	1 Each	1	168	11	1	*N/A*	0.17	0.00	0	38.49	2.77	4.56
990618 BROCCOLI, SEASONED HS 1 CUP	1 CUP	1	36	47	*1	*N/A*	0.00	0.00	0	5.84	*4.06	4.06
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990626 PEACHES, DICED CANNED HS 1 CUP	1 cup	1	119	13	8	*N/A*	0.00	0.00	0	36.99	2.64	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	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
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	*N/A*	2.50	0.00	0	0.00	0.00	0.00
Weighted Daily Average			1915	2689	*120	*12	51.34	*0.00	158	*286.51	*26.35	88.55
% of Calories					*25.1%	*2.5%	24.1%	*0.0%		*59.8%		18.5%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 12/20/2024

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 2, 2024 thru Dec 20, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990440 FISH, NUGGETS BREADED	4 nuggets	1	230	290	1	*N/A*	8.00	0.00	50	23.00	2.00	15.00
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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	714	821	26	*N/A*	32.00	0.00	*0	87.76	*8.00	24.00
990119 CHEESE DUNKERS W. MARINARA	2 STICKS	1	327	913	9	*N/A*	12.66	0.00	10	38.43	4.89	14.89
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
000339 BEANS, PINTO, 1/2 CUP	1/2 CUP	1	176	282	*3	*N/A*	0.01	0.00	*0	31.12	*11.92	9.89
991096 PEARS, FRESH	1 pear	1	101	2	17	*N/A*	0.25	0.00	0	27.11	5.52	0.64
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
991070 SAUCE, MARINARA	1/4 CUP	1	30	195	4	*N/A*	0.75	0.00	0	5.00	1.00	1.00
990392 SAUCE, TARTAR INDV	POUCH	1	25	85	1	*N/A*	2.50	*N/A*	5	1.00	0.00	0.00
Weighted Daily Average			2295	3567	*150	*12	61.86	*0.00	*80	339.86	*44.52	96.23
% of Calories					*26.1%	*2.1%	24.3%	*0.0%		59.2%		16.8%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*2048	*3067	*125	*12	*65.11	*0.03	*157	*279.36	*25.44	*99.25



# Base Menu Spreadsheet

## Portion Values

---

% of Calories				*24.4%	*2.3%	*28.6%	*0.0%		*54.6%		*19.4%
---------------	--	--	--	--------	-------	--------	-------	--	--------	--	--------

*\*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.**