

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Menu Name: LUNCH HIGH **Include Cost:** No

Site:

Use Alternate Menu Name: No

Monday - 01/06/2025

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000145 CHEESEBURGER | EACH | 1 | 331 | 623 | 5 | *N/A* | 14.06 | 0.00 | 48 | 29.01 | 3.00 | 24.53 |
| 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

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 | | | 2507 | 3761 | *122 | *12 | *83.39 | *0.00 | *174 | 316.64 | *25.04 | *126.04 |
| % of Calories | | | | | *19.5% | *1.9% | *29.9% | *0.0% | | 50.5% | | *20.1% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Tuesday - 01/07/2025

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) |
|--|-----------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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) | 1/2 cup | 1 | 277 | 12 | *27 | *N/A* | 1.11 | *0.00 | 0 | 72.32 | 13.36 | 2.46 |
| 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

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 | | | 2244 | 2699 | *196 | *12 | 60.93 | *0.00 | *170 | 348.26 | 31.43 | 87.14 |
| % of Calories | | | | | *34.9% | *2.1% | 24.4% | *0.0% | | 62.1% | | 15.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Wednesday - 01/08/2025

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 991132 Pre Made Brunswick Stew | 4 oz. | 1 | 144 | 248 | 5 | 2 | 7.22 | 0.00 | 26 | 15.47 | 2.58 | 6.19 |
| 001257 BREAD, BATTER, SCRATCH | 2 oz | 1 | 129 | 193 | *6 | *N/A* | 1.18 | *0.00 | *12 | 25.46 | *0.64 | 3.64 |
| 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 |
| 990627 FRUIT, FRESH ASST HS 1 CUP | 1 cup | 1 | 111 | 5 | *11 | *N/A* | 0.44 | *0.00 | 0 | 28.93 | 5.34 | 0.99 |
| 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 |

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Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| Weighted Daily Average | | | 1533 | *2296 | *97 | *15 | 43.53 | *0.00 | *133 | *212.50 | *19.82 | *74.95 |
| % of Calories | | | | | *25.3% | *3.9% | 25.6% | *0.0% | | *55.4% | | *19.6% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Thursday - 01/09/2025

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 |
| 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 |

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Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000069 MILK, STRAWBERRY LACTOSE FREE | HALF PINT | 1 | 110 | 125 | 17 | 6 | 0.00 | 0.00 | 5 | 18.00 | 0.00 | 8.00 |
| 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 - 01/10/2025

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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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) | 1/2 cup | 1 | 277 | 12 | *27 | *N/A* | 1.11 | *0.00 | 0 | 72.32 | 13.36 | 2.46 |
| 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 |

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Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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, 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 | | | 2602 | 2820 | *154 | *12 | 77.69 | *0.00 | *115 | 391.30 | *38.60 | 98.92 |
| % of Calories | | | | | *23.7% | *1.8% | 26.9% | *0.0% | | 60.2% | | 15.2% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Monday - 01/13/2025

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) |
|---------------------------------------|---------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |

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Portion Values

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|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 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 - 01/14/2025

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |

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|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000229 FRUIT, FRESH ASST (1/2 CUP) | 1/2 cup | 1 | 277 | 12 | *27 | *N/A* | 1.11 | *0.00 | 0 | 72.32 | 13.36 | 2.46 |
| 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 |
| Weighted Daily Average | | | 1889 | 2951 | *150 | *12 | 57.91 | *0.00 | *114 | 302.54 | *30.27 | 85.64 |
| % of Calories | | | | | *31.8% | *2.5% | 27.6% | *0.0% | | 64.1% | | 18.1% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Wednesday - 01/15/2025

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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 | 319 | 830 | 5 | *N/A* | 13.96 | 0.00 | 56 | 29.14 | 2.00 | 20.56 |
| 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) | 1/2 cup | 1 | 277 | 12 | *27 | *N/A* | 1.11 | *0.00 | 0 | 72.32 | 13.36 | 2.46 |
| 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 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 | | | 2004 | 3646 | *163 | *12 | 60.02 | *0.00 | *211 | *307.18 | *28.74 | *92.59 |
| % of Calories | | | | | *32.5% | *2.4% | 27.0% | *0.0% | | *61.3% | | *18.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Thursday - 01/16/2025

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 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 - 01/17/2025

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) |
|---|---------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 990196 ORANGES, MANDARIN CN | 1/2 CUP | 1 | 46 | 6 | 10 | *N/A* | 0.05 | 0.00 | 0 | 11.31 | 1.44 | 0.90 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 991087 GRAPES, FRESH, CHILLED | 1/2 CUP | 1 | 56 | 2 | 13 | *N/A* | 0.13 | 0.00 | 0 | 14.78 | 0.74 | 0.59 |
| 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 |
| 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 | | | 2565 | 3997 | *127 | *12 | 82.16 | *0.00 | *236 | 346.10 | *40.52 | 120.50 |
| % of Calories | | | | | *19.8% | *1.9% | 28.8% | *0.0% | | 54.0% | | 18.8% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Monday - 01/20/2025

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) |
|---|----------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000764 SANDWICH, PBJ (High) | 1 SANDWICH | 1 | 714 | 821 | 26 | *N/A* | 32.00 | 0.00 | *0 | 87.76 | *8.00 | 24.00 |
| 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 |
| 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, 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 |
| 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 - 01/21/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|--|---------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 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 - 01/22/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990073 NACHOS, BEEF SUPREME HS | 1 SERVING | 1 | 576 | 406 | *0 | *N/A* | 40.47 | *0.00 | *85 | 28.77 | 3.54 | 95.96 |
| 991138 Cheese and Beans Burrito | 5 oz. | 1 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| 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 - 01/23/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 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 - 01/24/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 | | | | | |

Monday - 01/27/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000145 CHEESEBURGER | EACH | 1 | 331 | 623 | 5 | *N/A* | 14.06 | 0.00 | 48 | 29.01 | 3.00 | 24.53 |
| 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 |
| 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 | | | 2507 | 3761 | *122 | *12 | *83.39 | *0.00 | *174 | 316.64 | *25.04 | *126.04 |
| % of Calories | | | | | *19.5% | *1.9% | *29.9% | *0.0% | | 50.5% | | *20.1% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Tuesday - 01/28/2025

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) |
|--|-----------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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) | 1/2 cup | 1 | 277 | 12 | *27 | *N/A* | 1.11 | *0.00 | 0 | 72.32 | 13.36 | 2.46 |
| 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 |
| 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 | | | 2244 | 2699 | *196 | *12 | 60.93 | *0.00 | *170 | 348.26 | 31.43 | 87.14 |
| % of Calories | | | | | *34.9% | *2.1% | 24.4% | *0.0% | | 62.1% | | 15.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Wednesday - 01/29/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 991132 Pre Made Brunswick Stew | 4 oz. | 1 | 144 | 248 | 5 | 2 | 7.22 | 0.00 | 26 | 15.47 | 2.58 | 6.19 |
| 001257 BREAD, BATTER, SCRATCH | 2 oz | 1 | 129 | 193 | *6 | *N/A* | 1.18 | *0.00 | *12 | 25.46 | *0.64 | 3.64 |
| 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 |
| 990627 FRUIT, FRESH ASST HS 1 CUP | 1 cup | 1 | 111 | 5 | *11 | *N/A* | 0.44 | *0.00 | 0 | 28.93 | 5.34 | 0.99 |
| 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 |
| 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 | | | 1533 | *2296 | *97 | *15 | 43.53 | *0.00 | *133 | *212.50 | *19.82 | *74.95 |
| % of Calories | | | | | *25.3% | *3.9% | 25.6% | *0.0% | | *55.4% | | *19.6% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Thursday - 01/30/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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 |
| 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 |
| 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 - 01/31/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

| | 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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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) | 1/2 cup | 1 | 277 | 12 | *27 | *N/A* | 1.11 | *0.00 | 0 | 72.32 | 13.36 | 2.46 |
| 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 |
| 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, 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 |
| 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 | | | 2602 | 2820 | *154 | *12 | 77.69 | *0.00 | *115 | 391.30 | *38.60 | 98.92 |
| % of Calories | | | | | *23.7% | *1.8% | 26.9% | *0.0% | | 60.2% | | 15.2% |
| Weekly Nutrient Guideline | | | 750 - 850 | 1280 | | | <=0 | | | | | |

Base Menu Spreadsheet

Portion Values

| | 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 | *2154 | *3061 | *135 | *12 | *66.29 | *0.02 | *159 | *303.96 | *28.71 | *98.85 |
| % of Calories | | | *25.1% | *2.2% | *27.7% | *0.0% | | *56.4% | | *18.4% |

**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*

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.