

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

Menu Name: LUNCH MIDDLE AND K8 Include Cost: No  
 Site:  
 Use Alternate Menu Name: No

Monday - 03/03/2025

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	75	345	*3	*0	1.69	0.00	12	10.28	3.30	6.09
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
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			2078	3006	*131	*14	57.89	*0.00	*169	285.71	*25.63	104.66
% of Calories					*25.2%	*2.7%	25.1%	*0.0%		55.0%		20.1%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

## Tuesday - 03/04/2025

## 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
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
991113 CHICKEN, MEGA MINI CHUNKS USDA	10 PIECES	1	272	564	1	0	15.10	0.00	86	15.10	2.01	19.13
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
001075 POTATO, MASHED	1/2 CUP	1	92	137	*0	*N/A*	2.23	*0.00	*0	*14.29	*0.60	*1.19
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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			1698	2339	*126	*12	47.58	*0.00	*189	*223.31	*9.75	*89.30
% of Calories					*29.7%	*2.8%	25.2%	*0.0%		*52.6%		*21.0%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Wednesday - 03/05/2025

### 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)
990316 NACHOS, BEEF SUPREME (BEEF AND CHEESE) ES/MS	1 SERVING	1	384	271	*0	*N/A*	26.98	*0.00	*57	19.18	2.36	63.97
990471 LACTOSE FREE BENTO BOX- HIGH SCHOOL	1 BOX	1	704	923	*26	*13	36.63	*0.00	0	77.90	12.54	19.60
000370 MEXICALI CORN 1/2 CUP	HALF CUP	1	110	28	*5	*N/A*	2.72	*0.34	*0	19.78	1.47	2.84
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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
Weighted Daily Average			1758	2005	*107	*25	71.87	*0.34	*92	217.24	*25.43	112.85
% of Calories					*24.3%	*5.7%	36.8%	*0.2%		49.4%		25.7%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Thursday - 03/06/2025

### 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
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	*N/A*	14.00	0.00	45	27.00	1.00	10.00
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	425	564	*27	*6	17.11	*0.00	42	*56.04	5.27	15.66
990058 POTATO, FRESH BAKED	1/2 Each	1	168	11	1	*N/A*	0.17	0.00	0	38.49	2.77	4.56
000442 BROCCOLI, SEASONED	1/2 c.	1	18	24	*1	*N/A*	0.00	0.00	0	2.92	*2.03	2.03
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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
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			1677	2411	*106	*18	47.52	*0.00	158	*236.74	*17.77	81.30
% of Calories					*25.3%	*4.3%	25.5%	*0.0%		*56.5%		19.4%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Friday - 03/07/2025

### 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
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990119 CHEESE DUNKERS W. MARINARA	2 STICKS	1	327	913	9	*N/A*	12.66	0.00	10	38.43	4.89	14.89
990884 CARROTS, BABY DOD, ROASTED, SEASONED	1/2 CUP	1	53	231	*4	*N/A*	2.36	*0.00	*0	7.88	*2.66	0.60
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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
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			2055	3011	*139	*14	53.05	*0.00	*80	304.53	*40.94	86.37
% of Calories					*27.1%	*2.7%	23.2%	*0.0%		59.3%		16.8%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Monday - 03/10/2025

### 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	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
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 CUP	1	130	290	0	*N/A*	5.00	0.00	0	21.00	1.00	1.00

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	*N/A*	0.00	0.00	0	23.30	4.44	3.33
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			2281	3266	*109	*14	*76.40	*0.00	*174	281.64	*23.52	*117.11
% of Calories					*19.1%	*2.5%	*30.1%	*0.0%		49.4%		*20.5%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Tuesday - 03/11/2025

### 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
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
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
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	*N/A*	0.09	0.00	0	5.79	2.04	0.45
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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			2135	2417	*196	*12	54.15	*0.00	*165	336.97	27.17	85.15
% of Calories					*36.7%	*2.2%	22.8%	*0.0%		63.1%		16.0%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Wednesday - 03/12/2025

### 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



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
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
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			600 - 650	1110			<=0					

Thursday - 03/13/2025

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
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
990783 GLAZED SWEET POTATOES, ES/K8/MIDDLE 1/2 CUPS	1/2 CUP	1	252	*111	*27	*N/A*	*5.09	*0.00	*0	*49.81	*3.28	*1.09
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			2137	*2738	*148	*12	*67.90	*0.00	*196	*306.28	*22.24	*82.03
% of Calories					*27.7%	*2.2%	*28.6%	*0.0%		*57.3%		*15.4%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Friday - 03/14/2025

### 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
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
990290 COLLARD GREENS, SOUTHERN	1/2 CUP	1	83	199	*3	*N/A*	2.53	*0.00	0	9.60	2.32	2.86
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	96	24	0	*N/A*	3.60	0.00	0	15.21	1.60	1.60
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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, MAYONNAISE, 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			2419	2454	*153	*14	69.18	*0.00	*115	368.36	*39.14	91.74
% of Calories					*25.3%	*2.3%	25.7%	*0.0%		60.9%		15.2%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Monday - 03/17/2025

### 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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
990075 PIZZA, BUFFALO CHICKEN	1 SLICE	1	390	750	8	*N/A*	19.00	0.00	45	35.00	3.00	20.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990084 POTATO, SEASONED FRIES 1/2 CUP	1/2 CUP	1	127	335	0	*N/A*	4.07	0.00	0	20.80	1.81	1.81
000251 CARROT STICKS, 1/2 CUP	1/2 cup	1	25	21	*N/A*	*N/A*	0.11	*N/A*	0	5.98	1.77	0.61
991081 ORANGES, WEDGES	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
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			2009	3048	*96	*14	68.39	*0.00	*120	265.60	*25.28	83.29
% of Calories					*19.1%	*2.8%	30.6%	*0.0%		52.9%		16.6%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Tuesday - 03/18/2025

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
990295 ROTINI WITH MEATBALLS ES/MS	1/2 CUP	1	348	573	8	*N/A*	16.32	0.00	36	32.47	4.66	19.60
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
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	*N/A*	0.00	0.00	0	4.67	*3.20	3.20
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)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
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			1838	2764	*154	*12	57.46	*0.00	*114	294.49	*27.59	82.51
% of Calories					*33.5%	*2.6%	28.1%	*0.0%		64.1%		18.0%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Wednesday - 03/19/2025

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

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
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	394	812	*2	*2	30.08	*0.00	*93	28.95	*4.09	20.39
991078 CABBAGE, SAUTEED	1/2 CUP	1	50	448	*0	*0	2.58	*0.00	*0	6.70	*2.77	1.73
990122 CARROTS, SWEET GLAZED 1/2 CUP	1/2 CUP	1	57	66	*9	*N/A*	1.26	*0.00	*0	*11.44	*2.69	*0.64
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
000289 STRAWBERRY DELIGHT	1/2 cup	1	173	0	36	*N/A*	1.00	0.00	0	39.17	2.01	1.00
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			1837	3324	*133	*14	58.66	*0.00	*211	*271.13	*28.01	*88.14
% of Calories					*29.0%	*3.0%	28.7%	*0.0%		*59.0%		*19.2%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Thursday - 03/20/2025

### 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
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	425	564	*27	*6	17.11	*0.00	42	*56.04	5.27	15.66

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
990366 CORN, SEASONED, CANNED	1/2 CUP	1	*33	*36	*0	*N/A*	*3.56	*0.00	*0	*0.16	*0.00	*0.00
990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1	*N/A*	0.84	0.00	0	25.41	5.73	8.02
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
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			*1919	*3471	*106	*19	*65.87	*0.04	*213	*233.04	*24.00	*98.60
% of Calories					*22.1%	*4.0%	*30.9%	*0.0%		*48.6%		*20.6%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

### Friday - 03/21/2025

### 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
900002 ES/MS CORNBREAD- 1oz Grain	5x5 piece	1	106	157	*4	*N/A*	3.30	0.00	*15	16.92	*1.62	2.84
000038 CHILI CON CARNE WITH BEANS 1/2 CUP	.5 CUP	1	193	716	*5	*0	5.79	0.00	41	19.54	6.61	16.72

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
900002 ES/MS CORNBREAD- 1oz Grain	5x5 piece	1	106	157	*4	*N/A*	3.30	0.00	*15	16.92	*1.62	2.84
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	2	*N/A*	0.48	0.00	0	5.49	2.94	2.81
990058 POTATO, FRESH BAKED	1/2 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
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			1862	2550	*82	*14	62.12	*0.00	*166	238.56	*26.40	86.64
% of Calories					*17.6%	*3.0%	30.0%	*0.0%		51.2%		18.6%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Monday - 03/24/2025

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



# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
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	75	345	*3	*0	1.69	0.00	12	10.28	3.30	6.09
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
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			2078	3006	*131	*14	57.89	*0.00	*169	285.71	*25.63	104.66
% of Calories					*25.2%	*2.7%	25.1%	*0.0%		55.0%		20.1%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

# Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 31, 2025

## Tuesday - 03/25/2025

### 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
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
991113 CHICKEN, MEGA MINI CHUNKS USDA	10 PIECES	1	272	564	1	0	15.10	0.00	86	15.10	2.01	19.13
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
001075 POTATO, MASHED	1/2 CUP	1	92	137	*0	*N/A*	2.23	*0.00	*0	*14.29	*0.60	*1.19
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			1698	2339	*126	*12	47.58	*0.00	*189	*223.31	*9.75	*89.30
% of Calories					*29.7%	*2.8%	25.2%	*0.0%		*52.6%		*21.0%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

## Wednesday - 03/26/2025

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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)
990316 NACHOS, BEEF SUPREME (BEEF AND CHEESE) ES/MS	1 SERVING	1	384	271	*0	*N/A*	26.98	*0.00	*57	19.18	2.36	63.97
990471 LACTOSE FREE BENTO BOX- HIGH SCHOOL	1 BOX	1	704	923	*26	*13	36.63	*0.00	0	77.90	12.54	19.60
000370 MEXICALI CORN 1/2 CUP	HALF CUP	1	110	28	*5	*N/A*	2.72	*0.34	*0	19.78	1.47	2.84
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
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*
Weighted Daily Average			1758	2005	*107	*25	71.87	*0.34	*92	217.24	*25.43	112.85
% of Calories					*24.3%	*5.7%	36.8%	*0.2%		49.4%		25.7%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Thursday - 03/27/2025

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	*N/A*	14.00	0.00	45	27.00	1.00	10.00
990177 BENTO BOX-CHEDDAR CHEESE	1 BOX	1	425	564	*27	*6	17.11	*0.00	42	*56.04	5.27	15.66
990058 POTATO, FRESH BAKED	1/2 Each	1	168	11	1	*N/A*	0.17	0.00	0	38.49	2.77	4.56
000442 BROCCOLI, SEASONED	1/2 c.	1	18	24	*1	*N/A*	0.00	0.00	0	2.92	*2.03	2.03
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	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			1677	2411	*106	*18	47.52	*0.00	158	*236.74	*17.77	81.30
% of Calories					*25.3%	*4.3%	25.5%	*0.0%		*56.5%		19.4%
Weekly Nutrient Guideline			600 - 650	1110			<=0					

Friday - 03/28/2025

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

	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
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990119 CHEESE DUNKERS W. MARINARA	2 STICKS	1	327	913	9	*N/A*	12.66	0.00	10	38.43	4.89	14.89
990884 CARROTS, BABY DOD, ROASTED, SEASONED	1/2 CUP	1	53	231	*4	*N/A*	2.36	*0.00	*0	7.88	*2.66	0.60
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			2055	3011	*139	*14	53.05	*0.00	*80	304.53	*40.94	86.37
% of Calories					*27.1%	*2.7%	23.2%	*0.0%		59.3%		16.8%
Weekly Nutrient Guideline			600 - 650	1110			<=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)
--	--------------------------	------------------------	------------------	------------------	-----------	-------------------------	-------------	----------	-----------	-----------

# Base Menu Spreadsheet

## Portion Values

Mar 3, 2025 thru Mar 31, 2025

Weighted Averages		*1906	*2671	*124	*15	*58.53	*0.04	*147	*263.69	*24.68	*91.42
% of Calories				*26.0%	*3.1%	*27.6%	*0.0%		*55.3%		*19.2%

*\*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.