

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

Menu Name: LUNCH HIGH Include Cost: No

Site:

Use Alternate Menu Name: No

Thursday - 05/01/2025

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)
990135 CHICKEN, TENDERS BOOM BOOM	3 TENDERS	1	328	553	1	*N/A*	20.28	*0.00	69	19.81	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	319	*123	*34	*N/A*	*2.70	*0.00	*0	*70.47	*5.22	*1.74
990445 BEANS, LIMA CANNED USDA	1/2 CUP	1	100	241	*0	*N/A*	0.44	0.00	*0	*18.21	*6.06	*6.06
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

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Portion Values

May 1, 2025 thru May 23, 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)
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			2371	*3151	*152	*12	*71.16	*0.00	*195	*347.23	*33.36	*90.74
% of Calories					*25.6%	*2.0%	*27.0%	*0.0%		*58.6%		*15.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 05/02/2025

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)
990131 TACOS, FISH	2 TACOS	1	467	643	*3	*N/A*	17.82	*0.00	65	54.93	5.17	25.34
990905 LETTUCE SHRD, TOM. DICED, CHEESE (FISH TACO)	1 SERVING	1	57	103	*0	*N/A*	4.82	*0.00	15	3.93	1.17	4.34
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	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*N/A*	4.58	*0.00	*0	9.23	*0.88	0.93
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	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

Base Menu Spreadsheet

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May 1, 2025 thru May 23, 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
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			2830	2831	*164	*14	94.16	*0.00	*146	413.33	*42.04	103.50
% of Calories					*23.2%	*2.0%	29.9%	*0.0%		58.4%		14.6%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Monday - 05/05/2025

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
991082 PIZZA, FIESTA FLATBREAD HS	1 EACH	1	442	1438	3	*0	22.16	0.04	77	31.34	4.99	29.22
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
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

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May 1, 2025 thru May 23, 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
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			2404	3980	*99	*14	79.64	*0.04	*152	325.37	*34.24	96.92
% of Calories					*16.5%	*2.3%	29.8%	*0.0%		54.1%		16.1%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Tuesday - 05/06/2025

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)
990298 Beefaroni	1 cup	1	434	403	*7	*N/A*	20.12	*0.00	64	39.07	4.61	21.95
990631 SUB, TURKEY HS	SANDWICH	1	440	1120	7	*N/A*	16.28	0.00	55	48.19	5.78	25.73
990263 SUB FIXINS	EACH	1	18	858	*1	*N/A*	0.20	*0.00	*0	4.09	1.43	0.70
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
000419 VEGETABLES, FRESH ASSORTED	1/2 c.	1	14	21	*1	*N/A*	0.13	*0.00	0	3.02	1.18	0.79
990337 SIDEKICKS, STRAWBERRY MANGO	1 PORTION CUP	1	80	45	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 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)
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
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
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			1904	3864	*127	*12	59.90	*0.00	*169	249.57	*19.01	92.53
% of Calories					*26.7%	*2.5%	28.3%	*0.0%		52.4%		19.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 05/07/2025

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)
991159 CHICKEN N WAFFLES (BRFST BREAST FILLETS)	1 EACH	1	500	810	12	*N/A*	20.00	0.00	80	55.00	5.00	24.00
990864 PORK, BBQ RIBLET ON HOAGIE	1 SANDWICH	1	412	976	18	*N/A*	13.10	0.00	38	51.40	1.40	16.40
001057 SANDWICH, GRILLED CHEESE	1 each	1	392	1355	*4	*2	26.86	1.41	51	28.42	4.05	14.19
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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May 1, 2025 thru May 23, 2025

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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	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
990277 SAUCE, SWEET-N-SOUR, CUPS	1 PORTION CUP	1	51	86	11	*N/A*	0.00	0.00	0	13.16	0.00	0.00
Weighted Daily Average			2413	3829	*211	*14	64.75	*1.41	*184	*375.45	*34.55	*86.76
% of Calories					*35.0%	*2.3%	24.2%	*0.5%		*62.2%		*14.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 05/08/2025

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)
990938 WALKING TACO, BEEF AND DORITOS	1 SERVING	1	355	721	1	*1	16.63	0.00	59	31.48	3.49	19.51
990085 LETTUCE SHRD, TOM. DICED & SOUR CREAM (TACOS, ETC.)	1 SERVING	1	77	22	*1	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

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May 1, 2025 thru May 23, 2025

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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
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
Weighted Daily Average			*1662	*2319	*100	*13	*47.16	*0.00	*139	*245.27	*25.09	*77.00
% of Calories					*24.1%	*3.1%	*25.5%	*0.0%		*59.0%		*18.5%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 05/09/2025

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)
990440 FISH, NUGGETS BREADED	4 nuggets	1	230	290	1	*N/A*	8.00	0.00	50	23.00	2.00	15.00
001413 HUSHPUPIES, 3 PIECE	3 EACH	1	190	240	2	*N/A*	10.00	0.00	5	22.00	2.00	2.00
990119 CHEESE DUNKERS W. MARINARA	2 STICKS	1	327	913	9	*N/A*	12.66	0.00	10	38.43	4.89	14.89
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
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

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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
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
991070 SAUCE, MARINARA	1/4 CUP	1	30	195	4	*N/A*	0.75	0.00	0	5.00	1.00	1.00
Weighted Daily Average			2283	2997	116	*14	79.80	*0.00	*110	303.06	*30.77	89.62
% of Calories					20.3%	*2.5%	31.5%	*0.0%		53.1%		15.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Monday - 05/12/2025

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

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001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	*N/A*	10.00	0.00	50	34.00	2.00	13.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990805 CUCUMBERS, FRESH, SLICED	1/2 CUP	1	81	127	4	*N/A*	6.08	0.00	5	7.74	0.38	0.49
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
Weighted Daily Average			2436	3492	*140	*14	73.71	*0.00	*213	328.82	*25.03	114.33
% of Calories					*23.0%	*2.3%	27.2%	*0.0%		54.0%		18.8%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

Tuesday - 05/13/2025

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)
990211 CHICKEN, BBQ	2 OZ	1	175	509	*18	*N/A*	6.60	0.00	37	19.20	0.00	9.30
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991072 YOGURT & MUFFIN PLATE-(BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990711 Manager's Choice Vegetable	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991162 Potato Smiles	4	1	356	492	*N/A*	*N/A*	12.31	0.00	0	54.70	5.47	5.47
000165 BANANAS, FRESH 1/2 CUP (150's)	EACH	1	126	1	17	*N/A*	0.47	0.00	0	32.38	3.68	1.54
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
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
Weighted Daily Average			1593	2314	*136	*12	35.04	0.00	*76	261.58	14.16	60.38
% of Calories					*34.1%	*3.0%	19.8%	0.0%		65.7%		15.2%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 05/14/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 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
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	*N/A*	31.24	0.00	73	30.92	2.00	26.41
990471 LACTOSE FREE BENTO BOX	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
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			2511	3035	*109	*25	122.60	*0.34	*198	258.75	*28.61	171.24
% of Calories					*17.4%	*4.0%	43.9%	*0.1%		41.2%		27.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 05/15/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 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)
990702 HS- CHICKEN, NUGGETS & MAC-n-CHEESE	5 pieces, 1/2 c	1	160	380	1	*N/A*	6.00	0.00	25	13.00	1.00	14.00
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	535	664	*34	*6	20.11	*0.00	42	*76.04	7.27	17.66
990614 GLAZED SWEET POTATOES, HS 3/4 CUPS	3/4 CUP	1	319	*123	*34	*N/A*	*2.70	*0.00	*0	*70.47	*5.22	*1.74
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
Weighted Daily Average			1846	*2544	*149	*18	*43.05	*0.00	*127	*301.90	*24.50	*72.32
% of Calories					*32.3%	*3.9%	*21.0%	*0.0%		*65.4%		*15.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 05/16/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
991112 SANDWICH, PIMENTO CHEESE HS	1 SANDWICH	1	394	812	*2	*2	30.08	*0.00	*93	28.95	*4.09	20.39
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5	*N/A*	0.45	*0.00	0	9.18	3.20	1.87
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
000177 ORANGES, FRESH	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
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			2289	2800	*106	*16	72.49	*0.00	*163	330.59	*46.09	98.73
% of Calories					*18.5%	*2.8%	28.5%	*0.0%		57.8%		17.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Monday - 05/19/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 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)
990324 SALAD, CHEF/CLUB (HAM & TURKEY) HS	1 SALAD	1	186	831	*4	*N/A*	9.95	*0.00	50	11.42	4.91	20.37
990949 CRACKERS, IW, WHOLE WHEAT	1 IW BAG	1	180	250	4	3	6.00	0.00	0	30.00	3.00	3.00
991049 Buffalo Chicken Dip w/chips	2.8 oz	1	311	745	1	*0	14.39	0.34	57	24.17	*2.29	20.97
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
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
990265 RIPS, PARADISE PUNCH	1 POUCH	1	60	15	12	*N/A*	0.00	0.00	0	15.00	0.00	0.00
991065 Mandarin Fruit Salad	1/2 cup	1	76	16	15	*N/A*	1.25	0.00	0	16.90	1.58	0.80
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
990397 DRESSING, RANCH, POUCH 12GM	POUCH	1	60	90	0	*N/A*	6.00	0.00	5	1.00	0.00	0.00
990396 DRESSING, ITALIAN, POUCH 12GM	POUCH	1	5	100	1	*N/A*	0.00	0.00	0	1.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
Weighted Daily Average			2264	3970	*130	*17	79.62	*0.34	*132	300.29	*29.63	95.29
% of Calories					*23.0%	*3.0%	31.7%	*0.1%		53.1%		16.8%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

Tuesday - 05/20/2025

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)
990406 POT PIE, CHICKEN	8 OZ	1	419	1326	*6	*N/A*	21.29	*0.00	*59	43.76	3.63	22.10
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	35	176	*0	*N/A*	1.78	0.00	*0	*3.47	*2.27	*1.14
990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	40	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73
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			2272	3263	*203	*12	61.78	*0.00	*148	*359.32	*29.93	*88.21
% of Calories					*35.7%	*2.1%	24.5%	*0.0%		*63.3%		*15.5%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 05/21/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 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)
990972 BAKED SPAGHETTI WITH GROUND BEEF	1 CUP	1	359	643	*4	*N/A*	18.19	*0.00	*50	28.09	*4.00	62.08
990270 BAKED SPAGHETTI WITH TACO FILLING	1 CUP	1	293	893	*4	*0	10.20	*0.00	*55	28.73	*4.33	21.54
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990782 CORN ON COB-DOD	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
991076 MELON, FRESH CUT	1/2 CUP	1	56	16	*9	*N/A*	0.31	*0.00	0	14.01	1.10	1.11
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			1603	*2687	*87	*12	51.77	*0.00	*161	188.33	*17.51	133.90
% of Calories					*21.7%	*3.0%	29.1%	*0.0%		47.0%		33.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 05/22/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 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)
990135 CHICKEN, TENDERS BOOM BOOM	3 TENDERS	1	328	553	1	*N/A*	20.28	*0.00	69	19.81	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	319	*123	*34	*N/A*	*2.70	*0.00	*0	*70.47	*5.22	*1.74
990445 BEANS, LIMA CANNED USDA	1/2 CUP	1	100	241	*0	*N/A*	0.44	0.00	*0	*18.21	*6.06	*6.06
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
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			2371	*3151	*152	*12	*71.16	*0.00	*195	*347.23	*33.36	*90.74
% of Calories					*25.6%	*2.0%	*27.0%	*0.0%		*58.6%		*15.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 05/23/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 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)
990131 TACOS, FISH	2 TACOS	1	467	643	*3	*N/A*	17.82	*0.00	65	54.93	5.17	25.34
990905 LETTUCE SHRD, TOM. DICED, CHEESE (FISH TACO)	1 SERVING	1	57	103	*0	*N/A*	4.82	*0.00	15	3.93	1.17	4.34
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	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*N/A*	4.58	*0.00	*0	9.23	*0.88	0.93
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	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, 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			2830	2831	*164	*14	94.16	*0.00	*146	413.33	*42.04	103.50
% of Calories					*23.2%	*2.0%	29.9%	*0.0%		58.4%		14.6%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Base Menu Spreadsheet

Portion Values

May 1, 2025 thru May 23, 2025

	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	*2228	*3121	*138	*14	*70.70	*0.13	*156	*314.67	*30.00	*97.98
% of Calories			*24.8%	*2.5%	*28.6%	*0.1%		*56.5%		*17.6%

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.