

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

Menu Name: SHS Lunch 9-12

Include Cost: No

Site:

Report Style: Detailed

Thursday - 10/01/2020

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000400 Crisptos (2 EACH)	2 Crisptos	50	440	5.00	640	0	20.00	*N/A*	70	44.00	4.00	18.00	0	0.0	0.00	0.00
001197 Beans, Black: Canned: 1/4c	1/4 CUP	50	58	0.00	90	1	0.00	0.00	0	10.23	3.19	3.83	3	95.8	0.00	1.72
900031 Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	50	79	1.99	467	*N/A*	5.96	0.00	*N/A*	5.96	0.00	*N/A*	0	19.9	0.00	0.00
900065 Juice Assortment	SERVING	60	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001005 Applesauce Cup	SERVING	60	81	0.00	12	*N/A*	0.00	0.00	0	24.24	2.31	0.00	0	0.0	27.70	0.42
990120 Ranch Dressing: Homemade	1 OZ	60	53	0.57	253	1	4.85	*0.00	10	1.67	0.00	0.50	*101	*17.6	*0.15	*0.01
001439 Romaine Lettuce: 1 cup	1 CUP	60	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
900060 Tomatoes, Fresh 1lb	1/4 CUP	16	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	16	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	16	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
001426 MILK, 1% FAT	HALF PINT	5	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	5	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001733 Salsa (Homemade)	1/4 cup	60	17	0.00	276	*3	0.01	*0.00	*0	3.49	*0.91	0.89	857	54.0	9.66	0.47
Weighted Daily Average			589	5.14	1373	*14	21.38	*0.00	*56	81.36	*8.80	*18.16	*8171	*309.6	*61.77	*2.77
% of Calories				7.85%		*9.5%	32.7%	*0.0%		55.3%		*12.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 10/02/2020

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001260 Chips, Baked, Regular	BAG	75	130	0.00	150	2	2.00	0.00	0	26.00	2.00	2.00	0	0.0	2.40	0.36
001427 MILK, FF CHOCOLATE	HALF PINT	5	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	5	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
900065 Juice Assortment	SERVING	50	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	75	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001439 Romaine Lettuce: 1 cup	1 CUP	50	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
000409 Tomatoes (fresh) 1/2 C, Sliced	1/2 c	50	20	0.03	6	3	0.23	0.00	0	4.41	1.36	1.00	945	11.3	15.54	0.31
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	10	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	10	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000029 Chicken Patty, WG, Breaded	EACH	75	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94

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Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001656 Buns, Hamburger, WG, CASE	each	75	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
Weighted Daily Average			620	1.36	1015	*34	11.32	0.00	31	104.37	8.16	25.73	7429	202.9	40.11	3.90
% of Calories				1.97%		*21.9%	16.4%	0.0%		67.3%		16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 10/05/2020

Reimbursable Meal Total 275

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900081 Hot Dog w Chili Sauce	CHILI DOG	280	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
900399 Potato Wedges: FZN 1/2c	serving	275	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	120	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
900031 Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	100	79	1.99	467	*N/A*	5.96	0.00	*N/A*	5.96	0.00	*N/A*	0	19.9	0.00	0.00
900065 Juice Assortment	SERVING	250	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	100	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001439 Romaine Lettuce: 1 cup	1 CUP	90	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
900060 Tomatoes, Fresh 1lb	1/4 CUP	16	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	16	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	53	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
990120 Ranch Dressing: Homemade	1 OZ	120	53	0.57	253	1	4.85	*0.00	10	1.67	0.00	0.50	*101	*17.6	*0.15	*0.01

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Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001429 MILK, FF STRAWBERRY	HALF PINT	10	110	0.00	125	25	0.00	0.00	5	19.00	0.00	8.00	196	115.0	0.90	0.24
001579 Brownie, Wrapped	EACH	275	149	0.70	74	14	4.00	0.00	2	26.50	2.00	1.60	23	0.1	0.50	0.60
990083 Ketchup: Individual Packet (1)	EACH	400	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	200	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			873	10.09	1820	*36	34.58	*0.51	*43	121.46	8.92	*21.73	*4526	*262.3	*31.01	*4.44
% of Calories				10.40%		*16.5%	35.6%	*0.5%		55.7%		*10.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 10/06/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001439 Romaine Lettuce: 1 cup	1 CUP	90	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001476 Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	16	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	53	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	16	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
900065 Juice Assortment	SERVING	275	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000803 Fruit, Fresh, Assorted Whole	1/2 CUP	120	72	0.05	1	12	0.30	0.00	0	18.65	3.29	0.78	116	23.5	31.98	0.21

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Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001556 Dressings, Assorted: Singles	SERVINGS	120	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
900111 Corn, Frozen 1/2 cup	1/2 Cup	1	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
900377 Pizza, French Bread PEPPERONI	pizza	1	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
Weighted Daily Average			49982	152.93	79653	*6014	983.62	0.00	1168	9204.84	601.88	861.85	955124	58699.0	*10037.68	147.02
% of Calories				2.75%		*48.1%	17.7%	0.0%		73.7%		6.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 10/08/2020

Reimbursable Meal Total 275

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900081 Hot Dog w Chili Sauce	CHILI DOG	280	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
900399 Potato Wedges: FZN 1/2c	serving	275	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	120	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
900031 Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	100	79	1.99	467	*N/A*	5.96	0.00	*N/A*	5.96	0.00	*N/A*	0	19.9	0.00	0.00
900065 Juice Assortment	SERVING	250	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001021 Fruit Cup - 4oz	4 OZ.	100	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
001439 Romaine Lettuce: 1 cup	1 CUP	90	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04

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Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900060 Tomatoes, Fresh 1lb	1/4 CUP	16	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	16	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	53	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
990120 Ranch Dressing: Homemade	1 OZ	120	53	0.57	253	1	4.85	*0.00	10	1.67	0.00	0.50	*101	*17.6	*0.15	*0.01
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001429 MILK, FF STRAWBERRY	HALF PINT	10	110	0.00	125	25	0.00	0.00	5	19.00	0.00	8.00	196	115.0	0.90	0.24
001579 Brownie, Wrapped	EACH	275	149	0.70	74	14	4.00	0.00	2	26.50	2.00	1.60	23	0.1	0.50	0.60
990083 Ketchup: Individual Packet (1)	EACH	400	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	200	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			873	10.09	1820	*36	34.58	*0.51	*43	121.46	8.92	*21.73	*4526	*262.3	*31.01	*4.44
% of Calories				10.40%		*16.5%	35.6%	*0.5%		55.7%		*10.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 10/09/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001439 Romaine Lettuce: 1 cup	1 CUP	90	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001476 Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	16	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	53	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	16	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
900065 Juice Assortment	SERVING	275	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000803 Fruit, Fresh, Assorted Whole	1/2 CUP	120	72	0.05	1	12	0.30	0.00	0	18.65	3.29	0.78	116	23.5	31.98	0.21
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001556 Dressings, Assorted: Singles	SERVINGS	120	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
900111 Corn, Frozen 1/2 cup	1/2 Cup	1	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
900110 Pizza, Pepperoni, 4X6	servings	1	300	4.00	550	9	11.00	0.00	15	33.00	4.00	15.00	400	250.0	0.00	2.70
Weighted Daily Average			50012	152.43	79513	*6018	985.62	0.00	1149	9207.84	602.88	857.85	954774	58549.0	*10031.68	148.64
% of Calories				2.74%		*48.1%	17.7%	0.0%		73.6%		6.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 10/12/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900195 Chicken, Fajita Seasoned Strip	serving	1	116	1.64	450	*N/A*	5.71	0.00	58	0.00	0.00	16.43	0	0.0	0.00	0.29
001721 Egg Roll, Vegetable, WG	each	1	140	1.00	150	4	3.50	*N/A*	*N/A*	22.00	4.00	4.00	200	40.0	1.20	1.08
001518 Romaine/Spring Mix: 1 cup	1 CUP	100	10	0.01	18	*0	0.11	0.00	0	1.92	0.90	0.96	4942	25.2	11.74	0.63

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Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	100	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	100	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
001371 Olives, Black, Sliced, Ripe	1/8 cup	80	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	5	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	5	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	100	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
001171 Ranch Dressing : 4/1 gal.	2 T servings	100	76	1.42	217	1	7.56	0.00	5	1.89	0.00	0.94	5	18.9	0.00	0.00
900221 Chips, Corn: Fritos, Bulk	34 chips	1	142	1.01	172	0	6.08	0.00	0	20.25	2.02	2.02	0	20.2	0.00	0.36
Weighted Daily Average			256	2.33	444	*24	10.61	*0.00	*6	37.05	3.43	3.94	5697	223.4	46.47	1.02
% of Calories				8.19%		*37.5%	37.3%	*0.0%		57.9%		6.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 10/13/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001789 Pizza, Round, 5" Pepperoni	each	100	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	5	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001428 MILK, FF SKIM	HALF PINT	5	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
000339 Fruit, Canned, Assorted	1/2 CUP	100	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001371 Olives, Black, Sliced, Ripe	1/8 cup	50	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	50	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
000061 PEPPERS & ONIONS	1/4 CUP	100	32	0.05	4	*1	0.13	*0.00	0	7.43	1.75	1.02	171	17.6	41.18	0.28
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	100	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
900108 Peppers, Red Strips	2 OZ	100	9	0.00	52	*N/A*	0.00	0.00	0	1.89	0.94	0.47	95	7.6	14.66	0.14
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	1	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001197 Beans, Black: Canned: 1/4c	1/4 CUP	1	58	0.00	90	1	0.00	0.00	0	10.23	3.19	3.83	3	95.8	0.00	1.72
Weighted Daily Average			681	*6.21	1245	*45	20.13	*0.00	*10	104.95	*9.92	19.91	885	*445.9	*77.33	*3.82
% of Calories				*8.21%		*26.4%	26.6%	*0.0%		61.6%		11.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 10/15/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900195 Chicken, Fajita Seasoned Strip	serving	1	116	1.64	450	*N/A*	5.71	0.00	58	0.00	0.00	16.43	0	0.0	0.00	0.29
001721 Egg Roll, Vegetable, WG	each	1	140	1.00	150	4	3.50	*N/A*	*N/A*	22.00	4.00	4.00	200	40.0	1.20	1.08
001518 Romaine/Spring Mix: 1 cup	1 CUP	100	10	0.01	18	*0	0.11	0.00	0	1.92	0.90	0.96	4942	25.2	11.74	0.63

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	100	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	100	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
001371 Olives, Black, Sliced, Ripe	1/8 cup	80	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	5	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	5	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	100	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
001171 Ranch Dressing : 4/1 gal.	2 T servings	100	76	1.42	217	1	7.56	0.00	5	1.89	0.00	0.94	5	18.9	0.00	0.00
900221 Chips, Corn: Fritos, Bulk	34 chips	1	142	1.01	172	0	6.08	0.00	0	20.25	2.02	2.02	0	20.2	0.00	0.36
Weighted Daily Average			256	2.33	444	*24	10.61	*0.00	*6	37.05	3.43	3.94	5697	223.4	46.47	1.02
% of Calories				8.19%		*37.5%	37.3%	*0.0%		57.9%		6.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 10/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001789 Pizza, Round, 5" Pepperoni	each	100	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	100	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	5	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	5	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
000339 Fruit, Canned, Assorted	1/2 CUP	100	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001371 Olives, Black, Sliced, Ripe	1/8 cup	50	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	50	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
000061 PEPPERS & ONIONS	1/4 CUP	100	32	0.05	4	*1	0.13	*0.00	0	7.43	1.75	1.02	171	17.6	41.18	0.28
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	100	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
Weighted Daily Average			786	*6.21	1370	*50	21.41	*0.00	*10	125.98	*11.52	23.24	879	*437.9	*62.70	*4.15
% of Calories				*7.11%		*25.4%	24.5%	*0.0%		64.1%		11.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 10/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001224 Beef Patty	2 OZ	100	159	3.93	50	*N/A*	10.00	0.67	57	0.00	0.00	15.99	0	6.8	0.00	1.39
001656 Buns, Hamburger, WG, CASE	each	100	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
001427 MILK, FF CHOCOLATE	HALF PINT	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
000339 Fruit, Canned, Assorted	1/2 CUP	100	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	100	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
001383 Onions, Fresh:1/4 c	1/4 CUP	1	14	0.01	1	*N/A*	0.03	*N/A*	0	3.26	0.59	0.38	1	8.0	2.58	0.07
001460 Broccoli w/Cheese Seasoned1/2c	1/2 CUP	1	65	*1.32	446	*3	3.52	*0.00	*4	8.60	*1.68	*1.79	152	*87.5	*24.06	*0.08
Weighted Daily Average			514	*3.99	491	*43	12.20	*0.67	*60	75.13	*5.37	*25.63	10689	*318.6	*19.35	*3.77
% of Calories				*6.99%		*33.5%	21.4%	*1.2%		58.5%		*19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 10/20/2020

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990225 Taco Stick	each	75	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
900129 Beans, Pinto:1/2 cup	1/2 cup	75	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	75	88	4.42	574	1	6.62	0.00	17	4.42	0.00	2.21	0	0.0	0.00	0.00
001439 Romaine Lettuce: 1 cup	1 CUP	50	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	50	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
900065 Juice Assortment	SERVING	75	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	75	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			679	12.44	1384	*31	18.81	0.00	69	88.71	11.44	29.78	6587	587.8	41.21	4.03
% of Calories				16.49%		*18.3%	24.9%	0.0%		52.3%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 10/22/2020

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990225 Taco Stick	each	75	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
900129 Beans, Pinto:1/2 cup	1/2 cup	75	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	75	88	4.42	574	1	6.62	0.00	17	4.42	0.00	2.21	0	0.0	0.00	0.00
001439 Romaine Lettuce: 1 cup	1 CUP	50	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	50	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
900065 Juice Assortment	SERVING	75	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	75	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			679	12.44	1384	*31	18.81	0.00	69	88.71	11.44	29.78	6587	587.8	41.21	4.03
% of Calories				16.49%		*18.3%	24.9%	0.0%		52.3%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 10/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001224 Beef Patty	2 OZ	100	159	3.93	50	*N/A*	10.00	0.67	57	0.00	0.00	15.99	0	6.8	0.00	1.39
001656 Buns, Hamburger, WG, CASE	each	100	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
900059 Broccoli w/ Cheese(Mix):1/2 c	2/3 CUP	100	30	0.00	201	*2	0.00	0.00	0	7.13	*2.18	*0.00	109	40.2	32.73	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
000339 Fruit, Canned, Assorted	1/2 CUP	100	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	100	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
Weighted Daily Average			543	3.98	688	*45	12.16	0.67	60	82.13	*7.53	*25.61	10797	357.9	51.81	3.77
% of Calories				6.60%		*33.1%	20.2%	1.1%		60.5%		*18.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

Monday - 10/26/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
000987 Corn Dog WG	4 OZ	200	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
001432 Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	200	20	0.08	23	*1	0.80	*0.00	2	3.19	0.84	0.52	77	17.1	11.69	0.22
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
990083 Ketchup: Individual Packet (1)	EACH	200	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
900344 Mustard, PC	PC	200	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001263 Chips, Baked: Nacho Cheese WG	BAG	200	128	0.49	198	0	4.94	0.00	0	19.75	1.98	1.98	99	0.0	0.00	0.36
Weighted Daily Average			117465	621.12	156901	*8661	2762.76	*0.00	8797	19772.40	1796.40	3132.00	112724	68789.2	5761.20	530.30
% of Calories				4.76%		*29.5%	21.2%	*0.0%		67.3%		10.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 10/27/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
000977 Barbecue Pork Sandwich	2oz servings	1	513	4.00	1409	16	13.51	0.00	53	68.45	5.52	31.12	268	83.6	1.61	3.73

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001410 Beans, Baked: 1/2cup	1/2 CUP	1	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	1	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000069 Pickles, Dill (slices)	servings	1	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
900399 Potato Wedges: FZN 1/2c	serving	1	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
001427 MILK, FF CHOCOLATE	HALF PINT	1	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001021 Fruit Cup - 4oz	4 OZ.	1	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
900065 Juice Assortment	SERVING	1	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
Weighted Daily Average			1160	4.82	2330	*68	19.31	0.00	63	191.82	17.68	58.75	5787	732.6	25.30	8.06
% of Calories				3.74%		*23.4%	15.0%	0.0%		66.1%		20.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 10/28/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001635 Pizza, Chicken, BBQ	Servings	200	404	9.07	884	*5	18.49	*0.00	77	26.03	2.05	31.33	1128	464.8	9.04	2.71
900111 Corn, Frozen 1/2 cup	1/2 Cup	200	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	200	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
001371 Olives, Black, Sliced, Ripe	1/8 cup	200	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			141241	2042.76	347033	*8579	4511.82	*0.00	15858	16851.46	942.60	7541.60	283011	142429.4	7054.60	652.90
% of Calories				13.02%		*24.3%	28.7%	*0.0%		47.7%		21.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 10/29/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001449 Beef Patty Breaded	SERVINGS	200	329	9.10	384	0	23.40	0.00	53	14.80	1.60	14.50	750	260.0	0.00	3.78
001753 Beans, Green, 1/2 c, Ranch	1/2 CUP	200	22	0.00	498	*0	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	200	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			122098	1826.56	257253	*7160	5003.48	*0.00	11095	14898.88	1145.80	4048.80	*202532	*101788.4	*4851.80	*870.50
% of Calories				13.46%		*23.5%	36.9%	*0.0%		48.8%		13.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 10/30/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001705 Chicken Nachos w/ Chips	SERVINGS	200	273	2.48	808	*1	13.03	0.00	*54	21.33	1.94	*17.19	1	29.0	0.00	0.97
900129 Beans, Pinto:1/2 cup	1/2 cup	200	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001509 Cheese, Shredded, RF 1.5oz	1.5 oz	200	165	7.50	270	*N/A*	13.50	0.00	45	0.00	0.00	10.50	450	300.0	0.00	0.00
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	200	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
001371 Olives, Black, Sliced, Ripe	1/8 cup	200	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00
001123 Lettuce, Chopped	1/4 CUP	200	2	0.00	4	0	0.02	0.00	0	0.42	0.20	0.21	1120	5.4	2.72	0.13
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	200	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Base Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			153860	2207.30	394209	*7404	5944.34	0.00	*20233	16763.60	1930.40	*7661.20	413812	132824.0	6807.40	506.10
% of Calories				12.91%		*19.2%	34.8%	0.0%		43.6%		*19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	33851	*372.87	70019	*2332	1075.66	*0.12	*3096	4629.43	*375.61	*1284.80	*157907	*29896.4	*2374.74	*152.88
% of Calories		*9.91%		*27.6%	28.6%	*0.0%		54.7%		*15.2%				

- *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
- 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.