

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

### Monday - 10/03/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000346 Rotini	6 oz	1	226	1.18	15	*0	2.87	0.08	5	41.00	2.00	7.02	57	0.6	0.00	1.80
000334 Marinara Sauce 1/2 C	1/2 Cup	1	50	0.00	480	*N/A*	1.00	0.00	0	10.00	2.00	2.00	300	40.0	9.00	1.08
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	*N/A*	12	25.38	0.25	8.65	435	322.5	1.00	0.58
000392 Garlic Toast	1 Slice	1	140	2.00	210	*N/A*	8.00	0.00	0	14.00	0.00	2.00	100	0.0	0.00	1.08
000352 Mixed Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
Weighted Daily Average			738	7.40	1015	*25	19.21	*0.15	37	110.88	*7.75	28.86	*3950	*653.6	*30.00	*5.50
% of Calories				9.02%		*13.6%	23.4%	*0.2%		60.1%		15.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 10/04/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
000310 Broccoli	Serving	1	30	0.00	20	*N/A*	0.00	0.00	0	4.00	2.00	1.00	0	20.0	30.00	0.00
000372 Vegetable Eggroll	Roll	1	140	0.00	480	*N/A*	4.50	0.00	5	22.00	2.00	4.00	125	20.0	12.00	1.08
000640 Pork Eggroll	1 Roll	1	180	2.00	460	*N/A*	9.00	0.00	15	18.00	2.00	7.00	500	20.0	9.00	1.80
000340 Brown Rice	3/4 cup	1	136	0.62	8	*0	2.10	0.04	3	26.25	1.50	3.01	30	0.3	0.00	0.54
Weighted Daily Average			721	4.12	1298	*18	18.30	*0.04	43	105.75	*9.00	31.51	*805	*640.3	*51.00	*3.52
% of Calories				5.14%		*10.0%	22.8%	*0.0%		58.7%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 10/06/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			865	8.00	1440	*26	41.90	*0.00	45	90.50	*5.00	30.50	*150	*810.0	*0.00	*5.70
% of Calories				8.32%		*12.0%	43.6%	*0.0%		41.8%		14.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Friday - 10/07/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000390 Bagel - McKenzie	Bagel	1	230	0.00	390	*N/A*	2.00	0.00	0	44.00	2.00	8.00	0	0.0	0.00	0.00
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00
000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990072 String Cheese	1	1	90	5.00	180	0	6.00	0.00	20	1.00	0.00	7.00	*N/A*	198.0	*N/A*	0.06
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			660	9.50	980	*18	15.90	*0.00	55	95.50	*5.00	33.50	*150	*778.0	*0.00	*0.16
% of Calories				12.95%		*10.9%	21.7%	*0.0%		57.9%		20.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

### Monday - 10/10/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000401 Meatball Sandwich 1-6	1 Sandwich	1	343	4.69	899	*N/A*	15.24	0.34	30	35.87	2.17	14.06	382	87.1	5.30	3.05
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			808	7.69	1354	*18	30.14	*0.34	50	98.37	*7.17	34.56	*532	*687.1	*11.30	*3.87
% of Calories				8.57%		*8.9%	33.6%	*0.4%		48.7%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 10/11/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
000341 2 - Turkey Tacos	(2 Shells)	1	100	1.00	0	*N/A*	4.67	0.00	0	14.00	1.33	1.33	67	26.7	0.00	1.20

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000340	Brown Rice	3/4 cup	1	136	0.62	8	*0	2.10	0.04	3	26.25	1.50	3.01	30	0.3	0.00	0.54
000317	Corn	Serving	1	89	0.62	318	*0	1.97	0.04	3	17.00	2.00	2.01	30	0.3	3.60	0.00
000411	Cheddar Cheese - Shredded	1/8 Cup	1	55	3.00	90	*N/A*	4.50	0.00	15	0.00	0.00	3.50	150	100.0	0.00	0.00
Weighted Daily Average				615	6.73	745	*18	15.94	*0.08	40	92.75	*6.33	26.35	*427	*707.2	*3.60	*1.84
% of Calories					9.85%		*11.7%	23.3%	*0.1%		60.3%		17.1%				
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0									

## Wednesday - 10/12/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000313	Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16
000816	Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36
000386	American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00
000034	LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09
000810	Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
000082	Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000304	Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837	1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000841	Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			960	11.51	1847	*19	47.46	*0.00	75	95.61	*7.36	38.76	*680	*743.4	*9.51	*3.43
% of Calories				10.79%		*7.9%	44.5%	*0.0%		39.8%		16.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/13/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			1075	9.50	1565	*26	53.90	*0.00	45	113.50	*7.00	33.50	*150	*830.0	*6.00	*6.42
% of Calories				7.95%		*9.7%	45.1%	*0.0%		42.2%		12.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/14/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000783 BBQ Pulled Pork Sandwich	1 Sandwich	1	334	3.97	934	*N/A*	11.57	0.00	50	40.00	2.00	18.52	10	50.0	2.40	2.06
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
000802 Tater Tot's	3 oz -10 pieces	1	170	1.50	230	*N/A*	9.00	0.00	0	19.00	0.00	2.00	0	0.0	0.00	2.00
Weighted Daily Average			759	6.97	1494	*18	23.47	*0.00	70	98.50	*5.00	38.02	*160	*630.0	*2.40	*4.16
% of Calories				8.26%		*9.5%	27.8%	*0.0%		51.9%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/17/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000346 Rotini	6 oz	1	226	1.18	15	*0	2.87	0.08	5	41.00	2.00	7.02	57	0.6	0.00	1.80
000334 Marinara Sauce 1/2 C	1/2 Cup	1	50	0.00	480	*N/A*	1.00	0.00	0	10.00	2.00	2.00	300	40.0	9.00	1.08
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	*N/A*	12	25.38	0.25	8.65	435	322.5	1.00	0.58
000392 Garlic Toast	1 Slice	1	140	2.00	210	*N/A*	8.00	0.00	0	14.00	0.00	2.00	100	0.0	0.00	1.08
000578 Meatballs - 2	2 Meatballs	1	92	2.96	198	*N/A*	7.25	0.33	18	2.31	0.33	4.61	0	19.8	0.00	0.59
000310 Broccoli	Serving	1	30	0.00	20	*N/A*	0.00	0.00	0	4.00	2.00	1.00	0	20.0	30.00	0.00
Weighted Daily Average			1034	10.69	1330	*25	36.59	*0.40	51	136.18	*10.08	36.78	*892	*712.8	*46.00	*5.85
% of Calories				9.30%		*9.7%	31.8%	*0.3%		52.7%		14.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Tuesday - 10/18/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
000354 Waffles - Belchef	2 Waffles	1	180	0.00	480	*N/A*	3.00	0.00	0	36.00	0.00	4.00	0	80.0	0.00	1.44
000300 Turkey Sausage	2 Sausages	1	140	3.50	430	*N/A*	11.00	0.00	60	0.00	0.00	10.00	100	0.0	1.20	0.72



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990076 SYRUP CUP MAPLE	1	1	110	0.00	20	22	0.00	0.00	0	29.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			685	5.00	1260	*40	16.90	*0.00	80	104.50	*3.00	31.50	*250	*660.0	*1.20	*2.26
% of Calories				6.57%		*23.4%	22.2%	*0.0%		61.0%		18.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 10/19/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000753 Italian Chicken Tenders, Barbe	3 Pieces (4 oz)	1	220	1.50	650	*N/A*	9.00	0.00	40	17.00	1.00	18.00	0	20.0	1.20	1.08
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
000352 Mixed Vegetables	2/3 Cup	1	36	1.18	28	*0	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
Weighted Daily Average			701	5.68	1133	*18	25.57	*0.08	65	79.50	*6.50	38.19	*3207	*620.6	*27.20	*2.86
% of Calories				7.29%		*10.3%	32.8%	*0.1%		45.4%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/20/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			865	8.00	1440	*26	41.90	*0.00	45	90.50	*5.00	30.50	*150	*810.0	*0.00	*5.70
% of Calories				8.32%		*12.0%	43.6%	*0.0%		41.8%		14.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/21/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000390 Bagel - McKenzie	Bagel	1	230	0.00	390	*N/A*	2.00	0.00	0	44.00	2.00	8.00	0	0.0	0.00	0.00
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00
000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
000305 Turkey Roll-Up	2 Slices	1	30	0.25	180	*N/A*	0.75	0.00	12	0.50	0.00	5.00	0	0.0	0.00	0.18
Weighted Daily Average			600	4.75	980	*18	10.65	*0.00	48	95.00	*5.00	31.50	*150	*580.0	*0.00	*0.28
% of Calories				7.12%		*12.0%	16.0%	*0.0%		63.3%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/24/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000839 Italian Sub on Wheat Roll	1 Sandwich	1	415	8.75	2000	*N/A*	19.75	0.00	82	33.50	1.00	30.00	300	160.0	0.00	1.08
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	*N/A*	12	25.38	0.25	8.65	435	322.5	1.00	0.58
000310 Broccoli	Serving	1	30	0.00	20	*N/A*	0.00	0.00	0	4.00	2.00	1.00	0	20.0	30.00	0.00
Weighted Daily Average			945	13.30	2429	*26	37.28	*0.00	110	103.48	*7.10	51.41	*965	*815.9	*40.51	*2.46
% of Calories				12.67%		*11.0%	35.5%	*0.0%		43.8%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

### Tuesday - 10/25/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000384 Mini Turkey Corn Dogs	5 Corn Dogs	1	240	3.00	560	*N/A*	14.00	0.00	35	21.00	0.00	8.00	0	100.0	0.00	1.80
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
000310 Broccoli	Serving	1	30	0.00	20	*N/A*	0.00	0.00	0	4.00	2.00	1.00	0	20.0	30.00	0.00
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
Weighted Daily Average			735	6.00	1035	*18	28.90	*0.00	55	87.50	*7.00	29.50	*150	*720.0	*36.00	*2.62
% of Calories				7.35%		*9.8%	35.4%	*0.0%		47.6%		16.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 10/26/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
000712 French Toast Sticks	4 Sticks	1	260	2.00	170	*N/A*	12.00	0.00	5	34.00	3.00	6.00	0	60.0	0.00	1.44
000300 Turkey Sausage	2 Sausages	1	140	3.50	430	*N/A*	11.00	0.00	60	0.00	0.00	10.00	100	0.0	1.20	0.72
990075 SYRUP CUP MAPLE	1	1	110	0.00	20	22	0.00	0.00	0	29.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			765	7.00	950	*40	25.90	*0.00	85	102.50	*6.00	33.50	*250	*640.0	*1.20	*2.26
% of Calories				8.24%		*20.9%	30.5%	*0.0%		53.6%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/27/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			865	8.00	1440	*26	41.90	*0.00	45	90.50	*5.00	30.50	*150	*810.0	*0.00	*5.70
% of Calories				8.32%		*12.0%	43.6%	*0.0%		41.8%		14.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Friday - 10/28/2022

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000403 Hot Dog on a Wheat Bun	1 Hot Dog	1	262	4.00	650	*N/A*	12.50	0.00	25	26.52	0.00	11.18	0	50.3	0.00	2.02
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	*N/A*	12	25.38	0.25	8.65	435	322.5	1.00	0.58
000348 Green Beans	2/3 Cup	1	47	1.18	15	*0	1.87	0.08	5	5.00	2.00	1.02	157	40.6	3.60	0.36
000802 Tater Tot's	3 oz -10 pieces	1	170	1.50	230	*N/A*	9.00	0.00	0	19.00	0.00	2.00	0	0.0	0.00	2.00
Weighted Daily Average			764	9.72	1177	*25	28.84	*0.08	57	92.40	*3.75	31.35	*592	*703.3	*4.60	*4.96
% of Calories				11.45%		*13.1%	34.0%	*0.1%		48.4%		16.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	798	8	1311	*24	29.51	*0.06	58	99.13	*6.21	33.70	*724	*713.3	*14.24	*3.66

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

% of Calories				8.88%		*12.0%	33.3%	*0.1%		49.7%		16.9%				
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*\*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.