

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

Menu Name: Elementary Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Thursday - 09/01/2022

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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				7.95%		*9.7%	45.1%	*0.0%		42.2%		12.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 09/02/2022

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)	Cost
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				12.95%		*10.9%	21.7%	*0.0%		57.9%		20.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 09/06/2022

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)	Cost
000728 Cheese Quesidilla	1 Serving	1	330	11.50	640	*N/A*	19.00	0.00	40	22.00	1.00	16.00	60	400.0	0.00	1.08	\$0.000
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*	\$0.000
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*	\$0.000
000338 Tortilla Chips	1 oz	1	138	1.00	120	*N/A*	7.00	0.00	0	18.00	1.00	2.00	0	40.0	0.00	0.36	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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	\$0.000
Weighted Daily Average			613	14.00	880	*N/A*	28.90	*0.00	55	60.50	*5.00	27.50	*60	*730.0	*0.00	*1.44	\$0.000
% of Calories				20.55%		*N/A*	42.4%	*0.0%		39.5%		17.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 09/07/2022

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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			777	8.54	1058	*25	30.18	*0.00	52	95.40	*5.25	32.33	*435	*682.8	*7.00	*3.32	\$0.000
% of Calories				9.89%		*12.9%	35.0%	*0.0%		49.1%		16.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 09/08/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				7.95%		*9.7%	45.1%	*0.0%		42.2%		12.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 09/09/2022

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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				10.79%		*7.9%	44.5%	*0.0%		39.8%		16.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 09/12/2022

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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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	\$0.000
Weighted Daily Average			685	4.50	1105	*18	23.90	*0.00	60	79.50	*6.00	38.50	*150	*620.0	*7.20	*1.90	\$0.000
% of Calories				5.91%		*10.5%	31.4%	*0.0%		46.4%		22.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 09/13/2022

Reimbursable Meal Total 2

	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)	Cost
000357 Grilled Cheese	Sandwich	1	330	11.61	995	*0	19.70	0.23	45	30.00	2.00	12.06	776	241.7	0.00	2.16	\$0.000
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	\$0.000
000822 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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			398	7.31	725	*9	17.30	*0.12	33	46.25	*3.50	16.28	*463	*420.8	*3.00	*1.49	\$0.000
% of Calories				16.53%		*9.0%	39.1%	*0.3%		46.5%		16.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 09/14/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost	
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories					10.79%		*7.9%	44.5%	*0.0%		39.8%		16.2%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0										

Thursday - 09/15/2022

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)	Cost	
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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*	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				7.95%		*9.7%	45.1%	*0.0%		42.2%		12.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 09/16/2022

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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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	\$0.000
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	\$0.000
% of Calories				12.95%		*10.9%	21.7%	*0.0%		57.9%		20.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 09/19/2022

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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			685	4.50	1105	*18	23.90	*0.00	60	79.50	*6.00	38.50	*150	*620.0	*7.20	*1.90	\$0.000
% of Calories				5.91%		*10.5%	31.4%	*0.0%		46.4%		22.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 09/20/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
000728 Cheese Quesidilla	1 Serving	1	330	11.50	640	*N/A*	19.00	0.00	40	22.00	1.00	16.00	60	400.0	0.00	1.08	\$0.000
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*	\$0.000
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*	\$0.000
000338 Tortilla Chips	1 oz	1	138	1.00	120	*N/A*	7.00	0.00	0	18.00	1.00	2.00	0	40.0	0.00	0.36	\$0.000
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	\$0.000
Weighted Daily Average			613	14.00	880	*N/A*	28.90	*0.00	55	60.50	*5.00	27.50	*60	*730.0	*0.00	*1.44	\$0.000
% of Calories				20.55%		*N/A*	42.4%	*0.0%		39.5%		17.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 09/21/2022

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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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	\$0.000
Weighted Daily Average			777	8.54	1058	*25	30.18	*0.00	52	95.40	*5.25	32.33	*435	*682.8	*7.00	*3.32	\$0.000
% of Calories				9.89%		*12.9%	35.0%	*0.0%		49.1%		16.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 09/22/2022

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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				7.95%		*9.7%	45.1%	*0.0%		42.2%		12.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 09/27/2022

Reimbursable Meal Total 2

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
000357 Grilled Cheese	Sandwich	1	330	11.61	995	*0	19.70	0.23	45	30.00	2.00	12.06	776	241.7	0.00	2.16	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			398	7.31	725	*9	17.30	*0.12	33	46.25	*3.50	16.28	*463	*420.8	*3.00	*1.49	\$0.000
% of Calories				16.53%		*9.0%	39.1%	*0.3%		46.5%		16.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 09/28/2022

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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				10.79%		*7.9%	44.5%	*0.0%		39.8%		16.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 09/29/2022

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)	Cost
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	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000
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*	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2022 thru Sep 30, 2022

	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)	Cost
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	\$0.000
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	\$0.000
% of Calories				7.95%		*9.7%	45.1%	*0.0%		42.2%		12.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 09/30/2022

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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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*	\$0.000
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% 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

Sep 1, 2022 thru Sep 30, 2022

			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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages			799	9	1255	*18	34.74	*0.01	53	89.69	*5.87	32.29	*287	*716.9	*4.89	*3.11	\$0.000
% of Calories				10.62%		*9.0%	39.1%	*0.0%		44.9%		16.2%					

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.