

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 31, 2022

**Menu Name:** Highcrest Middle School

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Thursday - 12/01/2022

### 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
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
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
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02
Weighted Daily Average			904	8.50	1253	*26	35.20	*0.00	45	108.93	*5.90	36.40	*4451	*946.0	*16.35	*7.44
% of Calories				8.46%		*11.5%	35.0%	*0.0%		48.2%		16.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 12/02/2022

### 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)
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*

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 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)
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
000387 Baked Fries	1 Serving	1	180	0.50	230	*N/A*	7.00	0.00	0	26.00	3.00	3.00	0	0.0	4.80	0.72
000405 Broccoli	1/8 Cup	1	4	0.01	4	0	0.04	0.00	0	0.73	0.29	0.31	69	5.2	9.81	0.08
Weighted Daily Average			753	5.98	1498	*18	21.31	*0.00	70	102.23	*6.79	38.33	*229	*635.2	*17.01	*2.96
% of Calories				7.15%		*9.6%	25.5%	*0.0%		54.3%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 12/05/2022

### 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
000352 Seasonal 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
000359 Breadstick	Stick	1	130	0.00	250	*N/A*	0.50	0.00	0	27.00	1.00	4.00	0	0.0	0.00	1.80

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 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)
990077 LASAGNE ROLL UPS	1	1	292	6.50	866	*0	10.95	*0.00	35	25.50	4.90	*14.90	*135	*98.0	*4.05	*1.19
Weighted Daily Average			694	9.18	1474	*18	16.01	*0.08	60	92.00	*9.40	*36.09	*3342	*678.6	*24.05	*4.05
% of Calories				11.90%		*10.4%	20.8%	*0.1%		53.0%		*20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 12/06/2022

### 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)	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
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
000396 Chicken Fajita's - Soft Shell	1 Shell	1	219	1.00	751	*0	4.51	0.00	60	20.02	2.80	26.42	118	85.0	25.40	1.94
000543 Spanish Rice	1 Serving	1	170	0.00	720	*N/A*	0.00	0.00	0	38.00	2.00	4.00	750	20.0	2.40	1.08
Weighted Daily Average			713	3.12	2119	*18	9.18	*0.04	83	110.52	*8.30	48.93	*1048	*685.3	*31.40	*3.12
% of Calories				3.94%		*10.1%	11.6%	*0.1%		62.0%		27.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 12/07/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 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)
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
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
000352 Seasonal 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			728	5.30	1306	*18	20.16	*0.11	48	105.75	*9.00	31.20	*3862	*620.8	*41.00	*4.48
% of Calories				6.55%		*9.9%	24.9%	*0.1%		58.1%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 12/08/2022

### 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
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
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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 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)
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02
Weighted Daily Average			904	8.50	1253	*26	35.20	*0.00	45	108.93	*5.90	36.40	*4451	*946.0	*16.35	*7.44
% of Calories				8.46%		*11.5%	35.0%	*0.0%		48.2%		16.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 12/09/2022

### 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
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
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
000660 American Pannini	1 Sandwich	1	558	*8.96	1882	*1	*14.32	*0.00	77	68.17	*2.76	38.01	687	536.9	6.01	1.84
000352 Seasonal 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			999	*13.14	2470	*19	*27.88	*0.08	102	126.67	*6.26	57.20	*3895	*1117.4	*26.01	*4.90
% of Calories				*11.84%		*7.6%	*25.1%	*0.1%		50.7%		22.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 12/12/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 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)
000463 BBQ Chicken Wings	1 Serving	1	251	4.39	477	*N/A*	16.32	*N/A*	132	5.02	0.00	22.60	126	75.3	0.00	1.36
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
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
000509 Mashed Potatoes - WJHS	1 Scoop	1	102	0.15	31	*N/A*	0.25	0.00	1	21.08	2.00	2.04	8	1.7	30.00	0.36
Weighted Daily Average			636	7.22	852	*18	21.13	*0.08	158	66.61	*5.50	42.16	*441	*697.5	*33.60	*2.18
% of Calories				10.22%		*11.3%	29.9%	*0.1%		41.9%		26.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 12/13/2022

### 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)
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
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
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
000543 Spanish Rice	1 Serving	1	170	0.00	720	*N/A*	0.00	0.00	0	38.00	2.00	4.00	750	20.0	2.40	1.08

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 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			824	13.62	2008	*18	23.67	*0.04	63	112.50	*6.50	38.51	*990	*1000.3	*6.00	*2.26
% of Calories				14.88%		*8.7%	25.9%	*0.0%		54.6%		18.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 12/14/2022

### 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)
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
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*
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
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
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
% of Calories				9.89%		*12.9%	35.0%	*0.0%		49.1%		16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 12/15/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 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
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
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
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02
Weighted Daily Average			904	8.50	1253	*26	35.20	*0.00	45	108.93	*5.90	36.40	*4451	*946.0	*16.35	*7.44
% of Calories				8.46%		*11.5%	35.0%	*0.0%		48.2%		16.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 12/16/2022

### 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)
000462 Italian Beef Sandwich	1 Sandwich	1	250	2.50	570	*N/A*	7.00	*0.00	35	31.00	1.00	18.00	0	60.0	0.00	1.44
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*
000387 Baked Fries	1 Serving	1	180	0.50	230	*N/A*	7.00	0.00	0	26.00	3.00	3.00	0	0.0	4.80	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
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

Dec 1, 2022 thru Dec 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)
000352 Seasonal 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	1158	*18	18.57	*0.08	60	96.50	*7.50	38.19	*3207	*640.6	*24.80	*3.22
% of Calories				7.29%		*10.3%	23.8%	*0.1%		55.1%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 12/19/2022

### 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)
000346 Rotini	6 oz	1	249	1.18	231	*0	3.32	0.08	5	45.50	2.90	7.92	192	18.6	4.05	2.29
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
000352 Seasonal 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
000359 Breadstick	Stick	1	130	0.00	250	*N/A*	0.50	0.00	0	27.00	1.00	4.00	0	0.0	0.00	1.80
Weighted Daily Average			750	5.40	1271	*25	12.16	*0.15	37	128.38	*9.65	31.76	*3985	*671.6	*34.05	*6.70
% of Calories				6.48%		*13.3%	14.6%	*0.2%		68.5%		16.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 12/20/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 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)
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
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 - 12/21/2022

### 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)
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*
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

Dec 1, 2022 thru Dec 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
000610 Turkey Chili	1 Cup	1	177	1.32	834	2	5.16	0.06	39	18.46	5.51	16.48	1122	64.6	18.85	2.61
Weighted Daily Average			692	5.86	1242	*27	22.84	*0.06	67	87.34	*10.76	37.63	*1557	*697.1	*25.85	*3.90
% of Calories				7.62%		*15.6%	29.7%	*0.1%		50.5%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 12/22/2022

### 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
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
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
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02
000393 Pepperoni - 3-4	3 - 4 Slices	1	28	1.07	109	*N/A*	2.57	0.00	4	0.21	0.00	1.29	0	0.0	0.00	0.08
Weighted Daily Average			932	9.57	1363	*26	37.77	*0.00	49	109.14	*5.90	37.69	*4451	*946.0	*16.35	*7.51
% of Calories				9.24%		*11.2%	36.5%	*0.0%		46.8%		16.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2022 thru Dec 31, 2022

			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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			783	*7.80	1395	*22	*23.90	*0.05	64	103.29	*7.18	*37.85	*2576	*788.6	*21.24	*4.55
% of Calories				*8.97%		*11.2%	*27.5%	*0.1%		52.8%		*19.3%				

\*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.