

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Nov 1, 2022 thru Nov 30, 2022

Menu Name: Highcrest Middle School

Include Cost: Yes

Site:

Report Style: Detailed

Tuesday - 11/01/2022

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
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
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				3.94%		*10.1%	11.6%	*0.1%		62.0%		27.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 11/02/2022

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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 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
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				6.55%		*9.9%	24.9%	*0.1%		58.1%		17.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 11/03/2022

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
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 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
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	\$0.000
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	\$0.000
% of Calories				8.46%		*11.5%	35.0%	*0.0%		48.2%		16.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 11/04/2022

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
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	\$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
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				7.15%		*9.6%	25.5%	*0.0%		54.3%		20.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 11/07/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 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
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	\$0.000
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	\$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
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
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	\$0.000
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	\$0.000
Weighted Daily Average			728	5.40	1055	*25	11.71	*0.15	37	123.88	*8.75	30.86	*3850	*653.6	*30.00	*6.22	\$0.000
% of Calories				6.68%		*13.7%	14.5%	*0.2%		68.1%		17.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 11/09/2022

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
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	\$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
000508 Corn	2/3 cup	1	109	0.62	8	*0	1.97	0.04	3	21.00	1.00	3.01	30	0.3	6.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 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
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	\$0.000
Weighted Daily Average			697	6.66	845	*18	21.24	*0.04	155	82.60	*4.50	44.15	*314	*657.3	*36.00	*1.82	\$0.000
% of Calories				8.60%		*10.3%	27.4%	*0.1%		47.4%		25.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 11/10/2022

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
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
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	\$0.000
Weighted Daily Average			694	7.00	1128	*26	23.20	*0.00	45	85.93	*3.90	33.40	*4451	*926.0	*10.35	*6.72	\$0.000
% of Calories				9.08%		*15.0%	30.1%	*0.0%		49.5%		19.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 11/11/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Nov 1, 2022 thru Nov 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
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	\$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
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				*11.84%		*7.6%	*25.1%	*0.1%		50.7%		22.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 11/14/2022

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
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
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	\$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
000488 Cheese Tortellini	1 6 oz Tray	1	400	4.00	1360	*N/A*	10.50	0.00	50	61.00	8.00	13.00	520	120.0	3.60	2.52	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
Weighted Daily Average			811	8.68	1928	*18	23.07	*0.08	75	114.50	*11.50	32.19	*3827	*700.6	*23.60	*4.66	\$0.000
% of Calories				9.63%		*8.9%	25.6%	*0.1%		56.5%		15.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 11/15/2022

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)	Calcm (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
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
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	\$0.000
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	\$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			824	13.62	2008	*18	23.67	*0.04	63	112.50	*6.50	38.51	*990	*1000.3	*6.00	*2.26	\$0.000
% of Calories				14.88%		*8.7%	25.9%	*0.0%		54.6%		18.7%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 11/16/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 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
000557 Chicken Caesar Salad - HMS	1 Serving	1	303	4.87	769	*0	21.37	*0.00	454	2.77	0.80	23.69	1843	94.6	16.80	3.61	\$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
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	\$0.000
Weighted Daily Average			698	8.37	1309	*18	32.27	*0.00	474	56.27	*3.80	43.19	*2093	*674.6	*16.80	*4.79	\$0.000
% of Calories				10.79%		*10.3%	41.6%	*0.0%		32.2%		24.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 11/28/2022

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
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
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
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	\$0.000
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	\$0.000
000442 MEAT SAUCE	3/4 CUP	1	165	3.18	133	*1	8.18	*0.00	46	8.90	1.62	14.48	559	47.0	15.86	2.32	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 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
000336 Penne Pasta	2 oz	1	226	1.18	15	*0	2.87	0.08	5	42.00	2.00	7.02	57	0.6	0.00	1.80	\$0.000
Weighted Daily Average			853	10.58	668	*26	26.39	*0.15	83	110.78	*7.37	41.33	*4209	*660.6	*36.86	*6.73	\$0.000
% of Calories				11.16%		*12.2%	27.8%	*0.2%		51.9%		19.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 11/29/2022

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
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
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				9.85%		*11.7%	23.3%	*0.1%		60.3%		17.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 11/30/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Nov 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
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
000314 Whole Wheat Roll	1 Roll	1	80	0.00	160	*N/A*	1.00	0.00	0	14.00	2.00	5.00	0	40.0	0.00	0.72	\$0.000
000788 Buffalo Chicken Salad - HMS	1 Serving	1	177	1.00	560	*N/A*	9.63	0.00	49	1.60	0.80	20.36	1900	32.0	17.70	1.41	\$0.000
Weighted Daily Average			542	4.04	1003	*25	16.10	*0.00	76	57.47	*4.55	42.51	*2335	*684.5	*18.70	*2.70	\$0.000
% of Calories				6.71%		*18.5%	26.7%	*0.0%		42.4%		31.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	754	*7.65	1381	*21	*21.95	*0.06	100	99.34	*6.68	38.90	*2570	*762.1	*22.41	*4.33	\$0.000
% of Calories		*9.13%		*11.1%	*26.2%	*0.1%		52.7%		20.6%					

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

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

¹ - denotes required nutrient values

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

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