

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 2022

Menu Name: SHS Lunch 9-12

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/02/2022

Reimbursable Meal Total 190

	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)
001726 BBQ Chicken	servings	400	140	0.50	584	3	2.50	0.00	60	5.57	0.51	22.51	165	9.4	0.61	0.57
001656 Buns, Hamburger, WG, CASE	each	1	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	300	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001439 Romaine Lettuce: 1 cup	1 CUP	300	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	300	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
000409 Tomatoes (fresh) 1/2 C, Sliced	1/2 c	1	20	0.03	6	3	0.23	0.00	0	4.41	1.36	1.00	945	11.3	15.54	0.31
900108 Peppers, Red Strips	2 OZ	300	9	0.00	52	*N/A*	0.00	0.00	0	1.89	0.94	0.47	95	7.6	14.66	0.14
001187 Ranch Dressing, RC, Single Ser	12gm	200	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
900065 Juice Assortment	SERVING	150	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	300	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			761	*1.10	1870	*50	7.69	*0.00	*131	110.47	*11.23	61.33	15215	*347.5	*76.37	*4.30
% of Calories				*1.30%		*26.3%	9.1%	*0.0%		58.1%		32.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

## Tuesday - 05/03/2022

Reimbursable Meal Total 310

	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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001656 Buns, Hamburger, WG, CASE	each	300	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
900236 Corn Nuggets, FZN	1/2 cup	300	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44
001217 Black Bean & Corn Salad, 1/2 C	1/2 CUP	300	184	1.33	468	*6	3.85	*0.00	*8	29.32	*4.92	8.29	307	148.7	3.67	2.17
000339 Fruit, Canned, Assorted	1/2 CUP	300	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	250	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	250	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04
001453 Graham Cracker Snack, Choc	EACH	250	107	0.00	76	6	3.57	0.00	0	17.86	1.79	1.79	0	8.9	0.00	5.36
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
900329 Ketchup, Individual Packet (2)	2 PC	1	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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)
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	1	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
Weighted Daily Average			752	1.91	1238	*48	14.02	*0.00	*9	136.76	*11.39	21.58	548	384.5	21.66	9.32
% of Calories				2.29%		*25.5%	16.8%	*0.0%		72.7%		11.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 05/04/2022

Reimbursable Meal Total 400

	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)
990110 Hot Pocket, Pepperoni	4.46 oz	400	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
900083 Peas, Green:Canned 1/2 C	1/2 CUP	100	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
990310 VEGGIE SALAD	1/2 CUP	400	33	0.02	170	4	0.12	0.00	0	8.31	1.85	0.54	7845	42.3	2.43	0.57
001556 Dressings, Assorted: Singles	SERVINGS	400	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	400	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04
001355 Cheese Shredded: RF, 1oz	1 OZ	200	110	5.00	180	*N/A*	9.00	0.00	30	0.00	0.00	7.00	300	200.0	0.00	0.00
900065 Juice Assortment	SERVING	350	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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)
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			763	8.77	1543	*42	25.96	0.00	62	100.72	8.88	29.89	8743	589.2	*20.68	4.96
% of Calories				10.34%		*22.0%	30.6%	0.0%		52.8%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 05/05/2022

Reimbursable Meal Total 325

	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)
001449 Beef Patty Breaded	SERVINGS	400	329	9.10	384	0	23.40	0.00	53	14.80	1.60	14.50	750	260.0	0.00	3.78
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	400	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
001403 Romaine Salad w/extras: 1 cup	1 CUP	200	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
001556 Dressings, Assorted: Singles	SERVINGS	200	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	300	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04
900065 Juice Assortment	SERVING	350	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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)
001453 Graham Cracker Snack, Choc	EACH	1	107	0.00	76	6	3.57	0.00	0	17.86	1.79	1.79	0	8.9	0.00	5.36
Weighted Daily Average			783	13.03	1178	*36	38.55	0.00	71	81.51	*6.79	25.44	*3713	*570.1	*27.34	*6.33
% of Calories				14.98%		*18.4%	44.3%	0.0%		41.6%		13.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

## Friday - 05/06/2022

Reimbursable Meal Total 225

	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)
000977 Barbecue Pork Sandwich	2oz servings	200	513	4.00	1409	16	13.51	0.00	53	68.45	5.52	31.12	268	83.6	1.61	3.73
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	200	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
001410 Beans, Baked: 1/2cup	1/2 CUP	200	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	1	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000339 Fruit, Canned, Assorted	1/2 CUP	100	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	275	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	100	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	100	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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)
001426 MILK, 1% FAT	HALF PINT	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			763	3.79	1569	*45	14.39	*0.00	54	122.25	12.36	37.12	848	386.3	24.68	6.09
% of Calories				4.47%		*23.6%	17.0%	*0.0%		64.1%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

### Monday - 05/09/2022

Reimbursable Meal Total 250

	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)
001017 Cheese Stix (2)	Serving	310	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001562 Spaghetti Sauce 1/8 cup	1/8 CUP	300	17	0.00	134	2	0.14	0.00	0	3.51	0.55	0.57	199	6.4	2.92	0.62
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	300	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001439 Romaine Lettuce: 1 cup	1 CUP	300	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001458 Cucumbers, RAW: 1/8 cup	1/8 CUP	300	2	0.00	0	0	0.03	0.00	0	0.41	0.13	0.11	14	2.6	0.60	0.04
000409 Tomatoes (fresh) 1/2 C, Sliced	1/2 c	1	20	0.03	6	3	0.23	0.00	0	4.41	1.36	1.00	945	11.3	15.54	0.31
900108 Peppers, Red Strips	2 OZ	300	9	0.00	52	*N/A*	0.00	0.00	0	1.89	0.94	0.47	95	7.6	14.66	0.14
001187 Ranch Dressing, RC, Single Ser	12gm	300	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
900065 Juice Assortment	SERVING	150	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	300	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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## Portion Values

May 2, 2022 thru May 26, 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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			751	*5.00	1614	*43	16.88	*0.00	*16	122.50	*13.33	28.62	11545	*301.7	*60.56	*17.98
% of Calories				*5.99%		*22.9%	20.2%	*0.0%		65.2%		15.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 05/10/2022

Reimbursable Meal Total 217

	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)
990313 CALZONE, CHICKEN ENCHILADA (OSBORN)	each	400	6	0.10	14	0	0.23	0.00	1	0.67	0.06	0.40	0	5.6	0.00	0.04
001482 Peas, Green:Canned 1/2 C	1/2 CUP	400	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
990310 VEGGIE SALAD	1/2 CUP	200	33	0.02	170	4	0.12	0.00	0	8.31	1.85	0.54	7845	42.3	2.43	0.57
990309 BROCCOLI (1/2 CUP)	1/2 CUP	400	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	400	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	200	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	320	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001043 Animal Crackers WG	1 OZ BAG	300	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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)
001420 Salsa: 1/4 cup	1/4 CUP	1	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			769	0.81	818	*55	9.15	0.00	5	147.18	25.11	*18.28	*19121	*687.1	*123.60	*6.97
% of Calories				0.95%		*28.6%	10.7%	0.0%		76.6%		*9.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 05/11/2022

Reimbursable Meal Total 310

	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)
001705 Chicken Nachos w/ Chips	SERVINGS	400	282	3.45	716	*0	14.97	0.00	*54	20.36	1.94	*17.19	1	9.6	0.00	0.27
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	400	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	1	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990309 BROCCOLI (1/2 CUP)	1/2 CUP	400	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02



# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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 Graham Cracker Snacks:Sortd WG	1 POUCH	300	109	0.17	107	8	3.19	0.00	0	19.62	3.26	1.69	93	4.6	1.00	2.45
Weighted Daily Average			754	4.64	1396	*20	22.66	0.00	*72	99.11	18.84	*39.31	726	349.6	*66.93	5.28
% of Calories				5.54%		*10.6%	27.0%	0.0%		52.6%		*20.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 05/12/2022

Reimbursable Meal Total 300

	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)
900377 Pizza, French Bread PEPPERONI	pizza	350	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	325	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001439 Romaine Lettuce: 1 cup	1 CUP	300	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001476 Tomatoes (fresh) 1/8 C, Sliced	1/8 CUP	300	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	300	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
900064 Dressing, Ranch, 1oz pouch	1 oz.	300	76	1.42	217	1	7.56	0.00	5	1.89	0.00	0.94	5	18.9	0.00	0.00
900065 Juice Assortment	SERVING	300	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	300	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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)
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			762	*6.71	1380	*43	19.77	*0.00	*51	113.76	*10.42	34.74	15399	*819.8	*50.78	*3.53
% of Calories				*7.93%		*22.6%	23.4%	*0.0%		59.7%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 05/13/2022

Reimbursable Meal Total 175

	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)
990136 Burrito	5.75 OZ	1	279	2.23	403	1	8.06	0.00	16	38.80	7.50	15.71	300	60.0	1.20	3.60
001482 Peas, Green:Canned 1/2 C	1/2 CUP	400	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990309 BROCCOLI (1/2 CUP)	1/2 CUP	400	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	300	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# Base Menu Spreadsheet

## Portion Values

May 2, 2022 thru May 26, 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)
001043 Animal Crackers WG	1 OZ BAG	300	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			755	0.73	810	*40	10.42	0.00	5	134.96	26.86	*20.32	20186	684.5	116.32	7.72
% of Calories				0.87%		*21.2%	12.4%	0.0%		71.5%		*10.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	761	*4.65	1342	*42	17.95	*0.00	*48	116.92	*14.52	*31.66	*9604	*512.0	*58.89	*7.25
% of Calories		*5.50%		*22.1%	21.2%	*0.0%		61.5%		*16.6%				

\*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

<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.