

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

Menu Name: Middle School Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 825

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000530 Grilled Cheese Sandwich-Integrated Foods	Sandwich	1	280	6	9.91	0.00	30.96
000852 BBQ Rib Sandwich-MS*	1 Each	100	281	8	11.51	0.00	26.12
000935 Salad Entree-MS (winter)	Each	15	331	28	9.79	0.00	52.73
000938 Chicken Noodle Soup-MS	6 oz	1	94	*0	1.93	*0.00	12.99
000905 Salad Garden Winter	Serving-1 cup	1	13	1	0.02	0.00	2.65
000256 BROCCOLI,raw: fresh	1/2 Cup	60	15	1	0.16	0.00	2.92
000643 Tomatoes, Grape	1/2 cup	25	13	2	0.00	0.00	2.67
000338 Assorted Juice	1 each	655	60	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	1	64	13	0.00	0.00	15.08
001430 Cookie, Frosted Sugar	Each	775	172	15	6.70	0.00	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	560	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	140	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	100	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	65	33	2	1.18	0.00	4.72

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Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	15	72	7	2.11	*0.00	11.74
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
990013 Dressing, Buttermilk, Red-Cal	2 TBSP	1	66	5	2.36	0.00	9.45
Weighted Daily Average			365	*43	8.47	*0.00	60.19
% of Calories				*47.1%	20.9%	*0.0%	66.0%
Weekly Nutrient Guideline			600 - 700		<=0		

Tuesday - 12/04/2018

Reimbursable Meal Total 815

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000977 Country Fried Steak w/Gravy	Piece	1	325	*1	19.00	0.00	23.00
000587 Chicken Drumstick*	Drumstick	620	190	0	11.00	0.00	5.00
000935 Salad Entree-MS (winter)	Each	25	331	28	9.79	0.00	52.73
000611 Mashed Potatoes	1/2 cup	800	82	1	1.17	0.00	17.62
000559 Gravy, Brown	OZ	1	10	0	0.26	0.00	1.57
990071 GREEN BEANS W HAM	1/2 cup	1	82	0	0.68	0.00	19.20
001356 Asst. Fresh Vegetables (1/4)	1/4 Cup	185	46	3	2.67	0.00	4.95
001643 APPLES, FRESH, SLICED, UNPEELE	1/2C	450	29	0	0.10	0.00	7.83
001044 PINEAPPLE,CANNED,JUI CE PACK	1/2 CUP	1	75	18	0.10	0.00	19.55

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Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001615 Biscuit, WG, 1 Grain*	Each	1	100	1	4.50	0.00	13.00
000837 BEANS GARBANZO ,CANNED	1/4 CUP	15	60	0	1.25	0.00	9.50
000833 MILK - CHOCOLATE SKIM	HALF PINT	560	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	130	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	85	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	25	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	25	72	7	2.11	*0.00	11.74
000781 Margarine Cup	Each	1	20	0	2.50	0.00	0.00
Weighted Daily Average			375	*19	11.10	*0.00	47.24
% of Calories				*20.3%	26.6%	*0.0%	50.4%
Weekly Nutrient Guideline			600 - 700		<=0		

Wednesday - 12/05/2018

Reimbursable Meal Total 810

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001639 Pizza, Pepperoni, Wild Mike's	Slice (1/10th)	450	370	4	18.00	0.00	33.00
000588 Lasagna (trayline)	1/24th	335	445	9	17.29	*0.00	40.99
000935 Salad Entree-MS (winter)	Each	25	331	28	9.79	0.00	52.73
001572 Bread, Garlic, WG (1grain)	Each	365	80	0	3.50	0.00	11.00

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Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000825 Caesar Salad	2/3 C Serving	150	108	*1	7.90	*0.00	6.77
001480 CUCUMBER,RAW (1/2C)	1/2 Cup	110	13	1	0.10	0.00	3.14
001051 Blushed Pears	1/2c	1	84	16	0.00	*0.00	21.04
000085 ORANGES WEDGES	EACH	1	45	9	0.12	0.00	11.28
000833 MILK - CHOCOLATE SKIM	HALF PINT	570	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	120	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	25	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	25	72	7	2.11	*0.00	11.74
001150 Dressing, Buttermilk, Red-Cal	TBSP	110	33	2	1.18	0.00	4.72
Weighted Daily Average			575	*25	21.24	*0.00	63.20
% of Calories				*17.4%	33.2%	*0.0%	44.0%
Weekly Nutrient Guideline			600 - 700		<=0		

Thursday - 12/06/2018

Reimbursable Meal Total 815

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001570 Chicken Pattie, Bkft WG Goldki	2 Each	680	160	0	8.00	0.00	8.00
001571 Waffles, Mini Maple,IW EGGO, W	Pkg	680	200	10	5.00	0.00	35.00

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Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001077 Hot Dog on Bun	SANDWICH	110	280	4	17.50	0.00	21.00
000935 Salad Entree-MS (winter)	Each	25	331	28	9.79	0.00	52.73
001219 Potatoes, Crispy Cubes	1/2 cup	790	134	1	6.16	0.00	18.49
000837 BEANS GARBANZO ,CANNED	1/4 CUP	15	60	0	1.25	0.00	9.50
001596 Carrot/Celery Sticks (1/2c)	Portion (1/2C)	115	30	*2	0.20	*0.00	6.33
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	78	19	0.10	0.00	20.39
000338 Assorted Juice	1 each	560	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	125	67	12	0.21	0.00	17.37
001006 SYRUP,PANCAKE	1oz.	600	66	6	0.00	*N/A*	17.43
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	100	100	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	790	21	4	0.03	0.00	4.06
000985 Barbecue Sauce- Elem*	TBSP	425	1	0	0.02	0.00	0.25
001358 Salad Meat-MS-winter	Pick 2	25	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	25	72	7	2.11	*0.00	11.74

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Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	95	33	2	1.18	0.00	4.72
Weighted Daily Average			722	*48	20.35	*0.00	108.38
% of Calories				*26.6%	25.4%	*0.0%	60.0%
Weekly Nutrient Guideline			600 - 700		<=0		

Friday - 12/07/2018

Reimbursable Meal Total 805

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001220 Corn Dog, WG 4oz (2/2)	Each	250	243	5	8.10	0.00	30.37
001296 Spicy Chicken Sandwich-HS, 2*	Sandwich	530	356	4	10.00	0.00	42.00
000935 Salad Entree-MS (winter)	Each	25	331	28	9.79	0.00	52.73
001550 Peanut Butter Combo #2-MS	Each	1	711	37	34.02	0.00	82.50
001422 Potato Wedges, LW #Q-80*	1/2 Cup	1	107	0	2.66	0.00	19.18
001386 BROCCOLI,raw: fresh	1/2 Cup	1	15	1	0.16	0.00	2.92
001371 Strawberries & Blueberries	1/2 Cup	1	65	15	0.27	0.00	16.44
000385 Assorted Fresh Fruit (2)	1 each	510	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	125	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	95	100	11	2.50	0.00	11.00

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Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001358 Salad Meat-MS-winter	Pick 2	25	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	25	72	7	2.11	*0.00	11.74
001047 Assorted Condiments	each	780	37	6	0.25	0.00	7.10
001083 Ketchup	TBSP	780	20	4	0.00	0.00	4.03
Weighted Daily Average			533	40	10.42	*0.00	79.83
% of Calories				30.0%	17.6%	*0.0%	59.9%
Weekly Nutrient Guideline			600 - 700		<=0		

Monday - 12/10/2018

Reimbursable Meal Total 820

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000885 Pepper Jack Cheeseburger-HS	Each	440	343	4	17.36	0.50	28.89
000864 Chicken Patty, on W/G Bun-HS	1 Sandwich	1	356	4	10.00	0.00	42.00
000935 Salad Entree-MS (winter)	Each	30	331	28	9.79	0.00	52.73
001512 Tater Tots	1/2 CUP	785	148	1	6.91	0.00	18.77
000270 CORN: canned, yellow	1/2 cup	1	75	4	0.94	0.00	16.04
000034 LETTUCE & TOMATO: 1/4 C & 2 slice	1/4 C, 2 slc	330	7	1	0.08	0.00	1.34
000338 Assorted Juice	1 each	550	60	13	0.00	0.00	14.05
001531 APPLESAUCE, Cup	1/2 Cup	1	52	0	0.06	0.00	13.79

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Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	540	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00
001047 Assorted Condiments	each	785	37	6	0.25	0.00	7.10
001358 Salad Meat-MS-winter	Pick 2	30	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	30	72	7	2.11	*0.00	11.74
001083 Ketchup	TBSP	785	20	4	0.00	0.00	4.03
Weighted Daily Average			546	40	17.21	*0.27	74.59
% of Calories				29.3%	28.4%	*0.4%	54.6%
Weekly Nutrient Guideline			600 - 700		<=0		

Tuesday - 12/11/2018

Reimbursable Meal Total 805

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001580 Orange Chicken (Ling's)	Serving (3.6oz)	430	150	10	3.00	0.00	19.00
000198 RICE,Whole Grain	1/2 cup	500	105	*0	0.63	0.00	22.08
001095 Tenderloin on Bun*16	each	340	400	4	19.00	0.00	37.00
000935 Salad Entree-MS (winter)	Each	35	331	28	9.79	0.00	52.73
000258 BROCCOLI: frozen, boiled	1/2 Cup	1	60	*0	0.10	0.00	14.51

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001442 Cucumber & Tomatoes	1/2 Cup	85	82	7	2.51	0.00	13.00
000837 BEANS GARBANZO ,CANNED	1/4 CUP	15	60	0	1.25	0.00	9.50
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
001238 Mandarin Oranges w/ Pineapple	1/2 cup	1	84	20	0.06	0.00	21.24
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	45	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	45	72	7	2.11	*0.00	11.74
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	105	66	5	2.36	0.00	9.45
001082 Ketchup/Mustard	each	430	21	4	0.03	0.00	4.06
Weighted Daily Average			478	*30	11.88	*0.00	66.50
% of Calories				*25.1%	22.4%	*0.0%	55.6%
Weekly Nutrient Guideline			600 - 700		<=0		

Wednesday - 12/12/2018

Reimbursable Meal Total 815

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001428 Cheese Pizza Big Daddy's, wg #	Slice	385	400	7	16.00	0.00	43.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001404 Pizza 5" Lunch aRound Pepp 2M/	Each	390	330	9	13.00	0.00	38.00
000935 Salad Entree-MS (winter)	Each	40	331	28	9.79	0.00	52.73
001407 Peas, Steamed	1/2 C	1	91	*0	2.05	0.00	13.73
000905 Salad Garden Winter	Serving-1 cup	415	13	1	0.02	0.00	2.65
001386 BROCCOLI,raw: fresh	1/2 Cup	80	15	1	0.16	0.00	2.92
000338 Assorted Juice	1 each	1	60	13	0.00	0.00	14.05
001643 APPLES, FRESH, SLICED, UNPEELE	1/2C	1	29	0	0.10	0.00	7.83
000354 Rice Krispie Treat, Mini	Each	1	46	3	0.92	0.00	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	415	66	5	2.36	0.00	9.45
001358 Salad Meat-MS-winter	Pick 2	40	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	40	72	7	2.11	*0.00	11.74
Weighted Daily Average			522	*30	16.24	*0.00	66.97
% of Calories				*23.0%	28.0%	*0.0%	51.3%
Weekly Nutrient Guideline			600 - 700		<=0		

Thursday - 12/13/2018

Reimbursable Meal Total 825

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990111 Beef Tacos-MS (W/G) Hard Shells	SERVING	1	244	1	11.74	*0.00	17.45
000502 Quesadilla, Chicken*	EACH	245	322	3	11.71	*0.00	30.58
000935 Salad Entree-MS (winter)	Each	15	331	28	9.79	0.00	52.73
000946 SPANISH RICE	1/3 CUP	410	74	*0	1.12	*0.00	14.22
000008 REFRIED BEANS: canned	1/2 Cup	145	131	1	1.23	*0.00	20.77
000583 LETTUCE & TOMATO	1/4 c each	210	11	2	0.12	0.00	2.29
001043 Salsa	1/4 Cup	300	40	4	0.00	0.00	8.00
000988 Sour Cream, lmt. (.5oz)	1/2 oz	255	28	2	1.89	0.00	2.84
000437 PEACHES: canned, light syrup	1/2 cup	1	71	17	0.04	0.00	19.01
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	555	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK, LOWFAT, FLUID, 1% MILKFAT, W	CARTON	90	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	15	72	7	2.11	*0.00	11.74
Weighted Daily Average			296	*21	5.50	*0.00	43.69
% of Calories				*28.4%	16.7%	*0.0%	59.0%
Weekly Nutrient Guideline			600 - 700		<=0		

Base Menu Spreadsheet

Portion Values

Friday - 12/14/2018

Reimbursable Meal Total 820

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000434 Calzone, Pepperoni	Each	745	340	5	13.00	0.00	35.00
000947 Fish Filet-(2.5M/2.5G)*	Each	60	398	3	14.28	0.00	41.01
000935 Salad Entree-MS (winter)	Each	15	331	28	9.79	0.00	52.73
990074 Potatoes, Triangles	2 each	1	225	1	11.00	0.00	27.00
001053 CARROTS:frozen, boiled	1/2 cup	1	107	*9	4.33	*0.00	17.20
001065 Asst. Fresh Vegetables(1/2)	1/2 c	115	30	*1	0.41	*0.00	5.67
000385 Assorted Fresh Fruit (2)	1 each	345	67	12	0.21	0.00	17.37
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	78	19	0.10	0.00	20.39
990096 Yogurt, Frozen Vanilla, Cup	Cup, 4OZ	1	120	17	2.00	0.00	22.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	555	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	15	72	7	2.11	*0.00	11.74

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001083 Ketchup	TBSP	790	20	4	0.00	0.00	4.03
Weighted Daily Average			505	*31	13.65	*0.00	66.46
% of Calories				*24.6%	24.3%	*0.0%	52.6%
Weekly Nutrient Guideline			600 - 700		<=0		

Monday - 12/17/2018

Reimbursable Meal Total 815

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	375	230	14	7.00	0.00	40.00
001282 Sausage Patty-MS	1 Serving of 2	375	242	0	20.00	0.00	2.00
001296 Spicy Chicken Sandwich-HS, 2*	Sandwich	415	356	4	10.00	0.00	42.00
000935 Salad Entree-MS (winter)	Each	25	331	28	9.79	0.00	52.73
000319 Potato, Smiles	Serving of 4	785	130	0	4.50	0.00	20.00
001380 CUCUMBER,RAW (1/2C)	1/2 Cup	1	40	3	1.28	0.00	6.01
000959 Assorted Canned Fruit	1/2 Cup	155	66	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	550	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001083 Ketchup	TBSP	785	20	4	0.00	0.00	4.03
001082 Ketchup/Mustard	each	325	21	4	0.03	0.00	4.06
001358 Salad Meat-MS-winter	Pick 2	25	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	25	72	7	2.11	*0.00	11.74
001150 Dressing, Buttermilk, Red-Cal	TBSP	70	33	2	1.18	0.00	4.72
Weighted Daily Average			688	*34	22.85	*0.00	89.58
% of Calories				*19.8%	29.9%	*0.0%	52.1%
Weekly Nutrient Guideline			600 - 700		<=0		

Tuesday - 12/18/2018

Reimbursable Meal Total 810

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000352 Chicken and Noodles-Second	8oz Spoodle	775	248	*1	8.32	*0.00	21.20
000935 Salad Entree-MS (winter)	Each	35	331	28	9.79	0.00	52.73
000611 Mashed Potatoes	1/2 cup	775	82	1	1.17	0.00	17.62
990022 PEAS GREEN,FROZEN,BOILED *RESIZED*	1/3 cup	110	52	*0	1.38	0.00	7.47
000996 Roll, Wheat Dinner-(Rich's) 1.75GR	1 each	740	160	3	5.00	0.00	24.00
000837 BEANS GARBANZO ,CANNED	1/4 CUP	15	60	0	1.25	0.00	9.50
000784 Christmas Cake- Elem	1/100th	1	87	*2	2.91	*0.00	14.67

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000385 Assorted Fresh Fruit (2)	1 each	355	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00
000690 Salad Meat-MS	EACH	35	105	1	5.64	0.00	2.19
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	35	72	7	2.11	*0.00	11.74
Weighted Daily Average			629	*28	15.00	*0.00	89.61
% of Calories				*17.8%	21.5%	*0.0%	57.0%
Weekly Nutrient Guideline			600 - 700		<=0		

Wednesday - 12/19/2018

Reimbursable Meal Total 810

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001563 Pizza, Big Daddy Buffal #78639	Slice (1/8th)	445	390	8	19.00	0.00	35.00
001428 Cheese Pizza Big Daddy's, wg #	Slice	330	400	7	16.00	0.00	43.00
000935 Salad Entree-MS (winter)	Each	35	331	28	9.79	0.00	52.73
990071 GREEN BEANS W HAM	1/2 cup	1	82	0	0.68	0.00	19.20
990110 CARROTS,FRESH,RAW (1/2c)	1/2 CUP	1	25	0	0.08	0.00	5.78
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000338 Assorted Juice	1 each	580	60	13	0.00	0.00	14.05
990018 Pudding, Choc, Milk, Cnd RTU *1/3*	1/3 cup	1	100	*N/A*	2.67	*N/A*	18.68
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	35	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	35	72	7	2.11	*0.00	11.74
001150 Dressing, Buttermilk, Red-Cal	TBSP	165	33	2	1.18	0.00	4.72
Weighted Daily Average			558	*36	18.32	*0.00	69.54
% of Calories				*25.8%	29.5%	*0.0%	49.8%
Weekly Nutrient Guideline			600 - 700		<=0		

Thursday - 12/20/2018

Reimbursable Meal Total 815

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	685	356	4	10.00	0.00	42.00
000536 Pork BBQ	Sandwich (4oz)	100	305	11	7.82	0.00	33.63
000935 Salad Entree-MS (winter)	Each	30	331	28	9.79	0.00	52.73
001301 Potatoes, Baby Bakers	1/2 Cup	770	100	0	2.00	0.00	17.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001559 BROCCHEESE & RICE CASSEROLE	SERVINGS	420	153	*3	3.62	*0.00	22.64
000394 Vegetable Sticks	1/2 Cup	140	24	*1	0.12	*0.00	5.49
000837 BEANS GARBANZO ,CANNED	1/4 CUP	20	60	0	1.25	0.00	9.50
000338 Assorted Juice	1 each	575	60	13	0.00	0.00	14.05
000382 Applesauce,w/cinnamon	1/2 Cup	240	65	12	0.00	*0.00	16.83
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	30	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	30	72	7	2.11	*0.00	11.74
001150 Dressing, Buttermilk, Red-Cal	TBSP	140	33	2	1.18	0.00	4.72
001047 Assorted Condiments	each	685	37	6	0.25	0.00	7.10
001083 Ketchup	TBSP	650	20	4	0.00	0.00	4.03
Weighted Daily Average			756	*46	14.58	*0.00	114.35
% of Calories				*24.3%	17.4%	*0.0%	60.5%
Weekly Nutrient Guideline			600 - 700		<=0		

Friday - 12/21/2018

Reimbursable Meal Total 805

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000945 Ham & Cheese Sandwich, Grilled	1 sandwich	1	252	5	8.28	0.00	31.01
000752 Bosco Breadsticks-Elem*	Serving-2 ea	455	301	2	10.09	0.00	34.00
000935 Salad Entree-MS (winter)	Each	45	331	28	9.79	0.00	52.73
001550 Peanut Butter Combo #2-MS	Each	50	711	37	34.02	0.00	82.50
001554 Salad Garden - Elem	Serving-1 cup	275	13	1	0.02	0.00	2.65
000057 Tomato Soup	1/2 cup	1	40	*0	0.13	*0.00	8.44
001065 Asst. Fresh Vegetables(1/2)	1/2 c	190	30	*1	0.41	*0.00	5.67
000688 Assorted Fresh Fruit (pears)	1 each	435	45	7	0.15	0.00	11.55
000106 Strawberry Cup (USDA*)	Serving	275	122	*N/A*	0.17	0.00	32.94
001646 Crackers, Goldfish Colors, WG	PKG	1	100	0	3.50	0.00	14.00
001645 Sauce, Pizza w/ Basil Red Gold	1/4 CUP	385	30	*N/A*	0.00	0.00	6.06
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK, LOWFAT, FLUID, 1% MILKFAT, W	CARTON	90	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	45	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	45	72	7	2.11	*0.00	11.74

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	200	33	2	1.18	0.00	4.72
Weighted Daily Average			453	*28	9.73	*0.00	70.87
% of Calories				*24.7%	19.3%	*0.0%	62.6%
Weekly Nutrient Guideline			600 - 700		<=0		

Monday - 12/24/2018

Reimbursable Meal Total 810

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001077 Hot Dog on Bun	SANDWICH	80	280	4	17.50	0.00	21.00
001473 Cheeseburger on Bun- 2gr.Chery	EACH	715	381	4	19.28	0.90	30.01
000935 Salad Entree-MS (winter)	Each	15	331	28	9.79	0.00	52.73
001390 Potatoes, Shoestring Fries LM*	1/2 Cup	760	173	0	6.10	0.00	27.43
000787 Baked Beans-NEW	1/2 CUP	145	129	0	0.52	0.00	29.11
001064 CARROT STICKS	1/2 CUP	110	36	4	0.21	0.00	8.42
000437 PEACHES: canned,light syrup	1/2 cup	1	71	17	0.04	0.00	19.01
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
001082 Ketchup/Mustard	each	515	21	4	0.03	0.00	4.06
001083 Ketchup	TBSP	1	20	4	0.00	0.00	4.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	535	110	18	0.00	0.00	20.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	135	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	80	100	11	2.50	0.00	11.00
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	15	72	7	2.11	*0.00	11.74
001358 Salad Meat-MS-winter	Pick 2	25	124	1	7.50	*0.00	1.60
Weighted Daily Average			681	24	25.31	*0.79	82.49
% of Calories				14.1%	33.4%	*1.0%	48.5%
Weekly Nutrient Guideline			600 - 700		<=0		

Tuesday - 12/25/2018

Reimbursable Meal Total 805

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001496 Chicken Smackers, Dark 110458	Serving of 10	675	289	0	16.94	0.00	16.94
000571 Country Fried Steak Sandwich	Sandwich	1	450	5	21.00	0.00	48.00
000935 Salad Entree-MS (winter)	Each	25	331	28	9.79	0.00	52.73
000531 Macaroni & Cheese (J.T.M.)	4oz	1	193	2	10.00	0.33	17.33
000258 BROCCOLI: frozen, boiled	1/2 Cup	1	60	*0	0.10	0.00	14.51
990108 Green Pepper Strips	1/2 Cup	1	15	2	0.13	0.00	3.45
000338 Assorted Juice	1 each	690	60	13	0.00	0.00	14.05
001531 APPLESAUCE, Cup	1/2 Cup	1	52	0	0.06	0.00	13.79

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	665	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	105	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	100	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	25	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	25	72	7	2.11	*0.00	11.74
001083 Ketchup	TBSP	750	20	4	0.00	0.00	4.03
001120 Barbecue Sauce	1 oz	1	1	0	0.02	0.00	0.25
Weighted Daily Average			449	*35	15.16	*0.00	52.93
% of Calories				*31.2%	30.4%	*0.0%	47.2%
Weekly Nutrient Guideline			600 - 700		<=0		

Wednesday - 12/26/2018

Reimbursable Meal Total 815

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001052 Pizza, Pepperoni 4x6, #78698	EACH	530	300	*N/A*	12.00	0.00	35.00
990076 DEEP DISH 5" CHEESE PIZZA CN	EACH	1	320	10	12.00	0.00	35.00
000935 Salad Entree-MS (winter)	Each	40	331	28	9.79	0.00	52.73
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	80	62	*0	0.49	0.00	12.24
000905 Salad Garden Winter	Serving-1 cup	440	13	1	0.02	0.00	2.65

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000888 TOMATOES, CHERRY	1/2 CUP	115	13	2	0.15	0.00	2.90
001051 Blushed Pears	1/2c	340	84	16	0.00	*0.00	21.04
000385 Assorted Fresh Fruit (2)	1 each	465	67	12	0.21	0.00	17.37
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	1	100	8	3.50	0.00	17.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	580	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	140	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	75	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	40	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	40	72	7	2.11	*0.00	11.74
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	440	66	5	2.36	0.00	9.45
Weighted Daily Average			454	*36	10.48	*0.00	71.92
% of Calories				*31.7%	20.8%	*0.0%	63.4%
Weekly Nutrient Guideline			600 - 700		<=0		

Thursday - 12/27/2018

Reimbursable Meal Total 810

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000860 Nachos with Ground Beef 2012-H	EACH	745	494	*2	23.43	0.00	46.75
000935 Salad Entree-MS (winter)	Each	20	331	28	9.79	0.00	52.73

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001550 Peanut Butter Combo #2-MS	Each	45	711	37	34.02	0.00	82.50
000271 CORN: frozen, yellow	1/2 cup	530	73	2	1.87	0.00	14.41
001065 Asst. Fresh Vegetables(1/2)	1/2 c	75	30	*1	0.41	*0.00	5.67
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	75	78	19	0.10	0.00	20.39
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	625	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	130	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	95	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	40	33	2	1.18	0.00	4.72
001358 Salad Meat-MS-winter	Pick 2	20	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	20	72	7	2.11	*0.00	11.74
001198 PEPPERS,JALEPENO,CN D,DRND	serving	400	3	*N/A*	0.07	*N/A*	0.53
Weighted Daily Average			722	*35	25.58	*0.00	91.19
% of Calories				*19.4%	31.9%	*0.0%	50.5%
Weekly Nutrient Guideline			600 - 700		<=0		

Friday - 12/28/2018

Reimbursable Meal Total 825

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990094 Chicken, Cherry Blossom	#12 (3.9oz)	1	342	17	6.55	0.00	51.31
000198 RICE,Whole Grain	1/2 cup	1	105	*0	0.63	0.00	22.08
001344 Tenderloin on Bun-MS*	each	1	380	4	18.50	0.00	32.00
000935 Salad Entree-MS (winter)	Each	40	331	28	9.79	0.00	52.73
001249 California Vegetable Blend	1/2 cup	1	42	2	1.78	0.00	5.58
001065 Asst. Fresh Vegetables(1/2)	1/2 c	130	30	*1	0.41	*0.00	5.67
001026 Apples, Cinnamon	1/2 cup	1	93	11	1.34	*0.00	20.69
000385 Assorted Fresh Fruit (2)	1 each	115	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	505	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	565	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	130	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	95	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	130	33	2	1.18	0.00	4.72
001358 Salad Meat-MS-winter	Pick 2	40	124	1	7.50	*0.00	1.60
000884 DRESSING, SALAD, ASSORTED-LINE	2 oz	40	72	7	2.11	*0.00	11.74

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001047 Assorted Condiments	each	1	37	6	0.25	0.00	7.10
Weighted Daily Average			189	*29	1.54	*0.00	34.46
% of Calories				*61.4%	7.3%	*0.0%	72.9%
Weekly Nutrient Guideline			600 - 700		<=0		

**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.