

Base Menu Spreadsheet

Portion Values

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 1630

	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
001510 Peanut Butter Combo K-5 #2	Each	210	479	13	22.97	0.00	46.99
001162 Chicken Noodle Soup	6 oz	1	87	*0	1.84	*0.00	11.22
990036 Cucumber & Tomatoes(1/2C)	1/2 CUP	1	19	2	0.18	0.00	4.19
001310 Juice, Dragon Punch Vegetable	Each, 4oz	1	50	12	0.00	0.00	13.00
000437 PEACHES: canned,light syrup	1/2 cup	1	71	17	0.04	0.00	19.01
001430 Cookie, Frosted Sugar	Each	1	172	15	6.70	0.00	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	1170	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	270	120	22	0.00	0.00	22.00
000230 MILK,1% Lowfat	HALF PINT	170	102	13	2.37	*N/A*	12.18
001150 Dressing, Buttermilk, Red-Cal	TBSP	1450	33	2	1.18	0.00	4.72
Weighted Daily Average			201	*22	4.27	*0.00	29.59
% of Calories				*43.8%	19.1%	*0.0%	58.9%
Weekly Nutrient Guideline			550 - 650		<=0		

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

Tuesday - 12/04/2018

Reimbursable Meal Total 1615

	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
000689 Salad Entree- Elem-ham	Each	240	449	*16	17.72	*0.00	55.31
000611 Mashed Potatoes	1/2 cup	1200	82	1	1.17	0.00	17.62
000559 Gravy, Brown	OZ	1270	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
001643 APPLES, FRESH, SLICED, UNPEELE	1/2C	1310	29	0	0.10	0.00	7.83
001615 Biscuit, WG, 1 Grain*	Each	1	100	1	4.50	0.00	13.00
000837 BEANS GARBANZO ,CANNED	1/4 CUP	40	60	0	1.25	0.00	9.50
000833 MILK - CHOCOLATE SKIM	HALF PINT	1177	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	250	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	146	100	11	2.50	0.00	11.00
000781 Margarine Cup	Each	1	20	0	2.50	0.00	0.00
Weighted Daily Average			269	*20	4.07	*0.00	48.14
% of Calories				*29.7%	13.6%	*0.0%	71.6%
Weekly Nutrient Guideline			550 - 650		<=0		

Wednesday - 12/05/2018

Reimbursable Meal Total 1620

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)
001639 Pizza, Pepperoni, Wild Mike's	Slice (1/10th)	1430	370	4	18.00	0.00	33.00
001451 Peanut Butter Combo #2	Each	195	513	29	18.36	0.00	70.82
001554 Salad Garden - Elem	Serving-1 cup	1	13	1	0.02	0.00	2.65
001478 CUCUMBER,RAW (1/4C)	1/4 Cup	240	40	3	1.23	0.00	6.29
001051 Blushed Pears	1/2c	1	84	16	0.00	*0.00	21.04
000833 MILK - CHOCOLATE SKIM	HALF PINT	1130	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	295	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	185	100	11	2.50	0.00	11.00
990013 Dressing, Buttermilk, Red-Cal	2 TBSP	1	66	5	2.36	0.00	9.45
001150 Dressing, Buttermilk, Red-Cal	TBSP	1	33	2	1.18	0.00	4.72
Weighted Daily Average			504	25	18.57	*0.00	57.82
% of Calories				19.8%	33.2%	*0.0%	45.9%
Weekly Nutrient Guideline			550 - 650		<=0		

Thursday - 12/06/2018

Reimbursable Meal Total 1635

	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	1530	160	0	8.00	0.00	8.00
001571 Waffles, Mini Maple,IW EGGO, W	Pkg	1520	200	10	5.00	0.00	35.00

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)
000689 Salad Entree- Elem-ham	Each	105	449	*16	17.72	*0.00	55.31
000992 Juice, Wango Mango	Carton	1430	50	12	0.00	0.00	13.00
000837 BEANS GARBANZO ,CANNED	1/4 CUP	33	60	0	1.25	0.00	9.50
000616 Carrot/Celery Sticks (1/4c)	Portion (1/4C)	135	53	*4	1.32	*0.00	8.94
000085 ORANGES WEDGES	EACH	1	45	9	0.12	0.00	11.28
001006 SYRUP,PANCAKE	1oz.	1365	66	6	0.00	*N/A*	17.43
000833 MILK - CHOCOLATE SKIM	HALF PINT	1125	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	295	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	175	100	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	4	123	29	0.08	*0.00	30.02
000951 Dressing, Buttermilk, RC-Salad	4 T	101	132	9	4.72	0.00	18.90
000985 Barbecue Sauce- Elem*	TBSP	1020	1	0	0.02	0.00	0.25
001083 Ketchup	TBSP	715	20	4	0.00	0.00	4.03
Weighted Daily Average			595	*46	13.98	*0.00	92.50
% of Calories				*30.9%	21.1%	*0.0%	62.2%
Weekly Nutrient Guideline			550 - 650		<=0		

Friday - 12/07/2018

Reimbursable Meal Total 1575

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)
001220 Corn Dog, WG 4oz (2/2)	Each	1	243	5	8.10	0.00	30.37
001451 Peanut Butter Combo #2	Each	140	513	29	18.36	0.00	70.82
001422 Potato Wedges, LW #Q-80*	1/2 Cup	1	107	0	2.66	0.00	19.18
000952 BROCCOLI,raw: fresh-ELEM	1/4 Cup	50	8	0	0.08	0.00	1.51
001371 Strawberries & Blueberries	1/2 Cup	1500	65	15	0.27	0.00	16.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	1140	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	235	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	185	100	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	1300	21	4	0.03	0.00	4.06
001083 Ketchup	TBSP	1300	20	4	0.00	0.00	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	1	33	2	1.18	0.00	4.72
Weighted Daily Average			251	41	2.22	0.00	47.76
% of Calories				65.3%	8.0%	0.0%	76.1%
Weekly Nutrient Guideline			550 - 650		<=0		

Monday - 12/10/2018

Reimbursable Meal Total 1620

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000474 Cheeseburger on Bun-Cherries	EACH	1480	360	4	18.75	0.90	25.00

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)
001510 Peanut Butter Combo K-5 #2	Each	1	479	13	22.97	0.00	46.99
001512 Tater Tots	1/2 CUP	1605	148	1	6.91	0.00	18.77
001049 CARROTS,FRESH,RAW	1/4 CUP	380	12	0	0.04	0.00	2.89
001531 APPLESAUCE, Cup	1/2 Cup	1	52	0	0.06	0.00	13.79
000833 MILK - CHOCOLATE SKIM	HALF PINT	1255	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	235	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	115	100	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	1510	21	4	0.03	0.00	4.06
001083 Ketchup	TBSP	1115	20	4	0.00	0.00	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	315	33	2	1.18	0.00	4.72
Weighted Daily Average			629	30	24.44	0.82	69.09
% of Calories				19.1%	35.0%	1.2%	43.9%
Weekly Nutrient Guideline			550 - 650		<=0		

Tuesday - 12/11/2018

Reimbursable Meal Total 1625

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000587 Chicken Drumstick*	Drumstick	1455	190	0	11.00	0.00	5.00
000908 Salad Entree- Elem*	Each	170	454	28	17.79	*0.00	52.68

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)
990091 Potatoes, Crispy Cubes (1/3C)	1/3 cup	1	107	1	4.93	0.00	14.79
001086 Broccoli w/ Cheese	#8 Scoop	1	36	*1	0.74	0.00	5.35
000837 BEANS GARBANZO ,CANNED	1/4 CUP	50	60	0	1.25	0.00	9.50
001238 Mandarin Oranges w/ Pineapple	1/2 cup	1	84	20	0.06	0.00	21.24
000753 Dinner Roll, Whole Grain	Each	1	100	*0	3.50	0.00	16.00
000951 Dressing, Buttermilk, RC-Salad	4 T	164	132	9	4.72	0.00	18.90
001035 Applesauce French Dressing	2 oz	6	123	29	0.08	*0.00	30.02
000833 MILK - CHOCOLATE SKIM	HALF PINT	1275	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	235	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	135	100	11	2.50	0.00	11.00
001083 Ketchup	TBSP	1325	20	4	0.00	0.00	4.03
Weighted Daily Average			362	*26	12.44	*0.00	35.40
% of Calories				*28.7%	30.9%	*0.0%	39.1%
Weekly Nutrient Guideline			550 - 650		<=0		

Wednesday - 12/12/2018

Reimbursable Meal Total 1670

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990088 Rippers, Cheesy, WG	Each	1	340	2	13.00	0.00	32.00

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)
001645 Sauce, Pizza w/ Basil Red Gold	1/4 CUP	1	30	*N/A*	0.00	0.00	6.06
001510 Peanut Butter Combo K-5 #2	Each	1	479	13	22.97	0.00	46.99
000905 Salad Garden Winter	Serving-1 cup	1580	13	1	0.02	0.00	2.65
000967 TOMATOES, CHERRY	1/4 CUP	1	7	1	0.07	0.00	1.45
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	1230	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	273	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	1530	33	2	1.18	0.00	4.72
Weighted Daily Average			153	*21	1.34	0.00	26.21
% of Calories				*54.9%	7.9%	0.0%	68.5%
Weekly Nutrient Guideline			550 - 650		<=0		

Thursday - 12/13/2018

Reimbursable Meal Total 1635

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001521 Tacos-elem (W/G)	SERVING	1	271	2	12.38	*0.00	17.58
000908 Salad Entree- Elem*	Each	95	454	28	17.79	*0.00	52.68

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)
000270 CORN: canned, yellow	1/2 cup	1	75	4	0.94	0.00	16.04
000879 Lettuce,Iceburg,Shredded-1/4C	1/4 Cup	1	2	0	0.03	0.00	0.33
000008 REFRIED BEANS: canned	1/2 Cup	250	131	1	1.23	*0.00	20.77
001043 Salsa	1/4 Cup	490	40	4	0.00	0.00	8.00
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	78	19	0.10	0.00	20.39
000833 MILK - CHOCOLATE SKIM	HALF PINT	1235	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	270	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	125	100	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	5	123	29	0.08	*0.00	30.02
000951 Dressing, Buttermilk, RC-Salad	4 T	90	132	9	4.72	0.00	18.90
Weighted Daily Average			177	22	1.68	*0.00	29.38
% of Calories				49.7%	8.5%	*0.0%	66.4%
Weekly Nutrient Guideline			550 - 650		<=0		

Friday - 12/14/2018

Reimbursable Meal Total 1650

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000434 Calzone, Pepperoni	Each	1425	340	5	13.00	0.00	35.00
001510 Peanut Butter Combo K-5 #2	Each	1	479	13	22.97	0.00	46.99

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)
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	690	62	*0	0.49	0.00	12.24
001356 Asst. Fresh Vegetables (1/4)	1/4 Cup	295	46	3	2.67	0.00	4.95
000422 GRAPES,Fresh	1/2 C	1620	31	7	0.16	0.00	7.89
990096 Yogurt, Frozen Vanilla, Cup	Cup, 4OZ	1	120	17	2.00	0.00	22.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1255	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	225	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	11	2.50	0.00	11.00
Weighted Daily Average			468	*30	12.32	0.00	63.30
% of Calories				*25.6%	23.7%	0.0%	54.1%
Weekly Nutrient Guideline			550 - 650		<=0		

Monday - 12/17/2018

Reimbursable Meal Total 1620

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	1500	230	14	7.00	0.00	40.00
000904 Peanut Butter Combo	Each	125	472	16	20.32	0.00	51.80
000678 Sausage Patty	Each	1465	121	0	10.00	0.00	1.00
000319 Potato, Smiles	Serving of 4	1585	130	0	4.50	0.00	20.00
990012 Tomatoes, Grape	1/4 cup	1	7	1	0.00	0.00	1.33

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)
000911 Apple Juice, Sour	Carton	1420	60	13	0.00	0.00	14.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1195	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	230	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	175	100	11	2.50	0.00	11.00
001083 Ketchup	TBSP	1410	20	4	0.00	0.00	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	1	33	2	1.18	0.00	4.72
Weighted Daily Average			665	47	21.77	0.00	96.35
% of Calories				28.3%	29.5%	0.0%	58.0%
Weekly Nutrient Guideline			550 - 650		<=0		

Tuesday - 12/18/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001336 Chicken and Noodles-elem*	6oz Spoodle	1410	231	*0	7.05	*0.00	20.48
000689 Salad Entree- Elem-ham	Each	220	449	*16	17.72	*0.00	55.31
000611 Mashed Potatoes	1/2 cup	1540	82	1	1.17	0.00	17.62
000837 BEANS GARBANZO ,CANNED	1/4 CUP	60	60	0	1.25	0.00	9.50
001643 APPLES, FRESH, SLICED, UNPEELE	1/2C	1	29	0	0.10	0.00	7.83
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)
000996 Roll, Wheat Dinner-(Rich's) 1.75GR	1 each	1400	160	3	5.00	0.00	24.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1265	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	215	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	125	100	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	10	123	29	0.08	*0.00	30.02
000951 Dressing, Buttermilk, RC-Salad	4 T	210	132	9	4.72	0.00	18.90
Weighted Daily Average			604	*25	14.74	*0.00	84.69
% of Calories				*16.6%	22.0%	*0.0%	56.1%
Weekly Nutrient Guideline			550 - 650		<=0		

Wednesday - 12/19/2018

Reimbursable Meal Total 1575

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001052 Pizza, Pepperoni 4x6, #78698	EACH	1360	300	*N/A*	12.00	0.00	35.00
000904 Peanut Butter Combo	Each	215	472	16	20.32	0.00	51.80
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
000085 ORANGES WEDGES	EACH	1	45	9	0.12	0.00	11.28
000833 MILK - CHOCOLATE SKIM	HALF PINT	1125	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	275	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	1	33	2	1.18	0.00	4.72
Weighted Daily Average			433	*20	13.39	0.00	56.56
% of Calories				*18.5%	27.8%	0.0%	52.2%
Weekly Nutrient Guideline			550 - 650		<=0		

Thursday - 12/20/2018

Reimbursable Meal Total 1625

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001340 Chicken Fries, WG*	Serving	1465	250	*N/A*	15.00	0.00	16.00
000689 Salad Entree- Elem-ham	Each	160	449	*16	17.72	*0.00	55.31
001301 Potatoes, Baby Bakers	1/2 Cup	1490	100	0	2.00	0.00	17.00
990109 Green Pepper Strips	1/4 Cup	1	5	1	0.04	0.00	1.07
000837 BEANS GARBANZO ,CANNED	1/4 CUP	45	60	0	1.25	0.00	9.50
000382 Applesauce,w/cinnamon	1/2 Cup	1535	65	12	0.00	*0.00	16.83
001393 Muffin, Choc Chip (1gr)	Each	1	177	14	5.89	0.00	26.53
000833 MILK - CHOCOLATE SKIM	HALF PINT	1195	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	255	120	22	0.00	0.00	22.00

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)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	155	100	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	5	123	29	0.08	*0.00	30.02
000951 Dressing, Buttermilk, RC-Salad	4 T	256	132	9	4.72	0.00	18.90
000985 Barbecue Sauce- Elem*	TBSP	1	1	0	0.02	0.00	0.25
001083 Ketchup	TBSP	1375	20	4	0.00	0.00	4.03
Weighted Daily Average			572	*36	18.13	*0.00	77.32
% of Calories				*25.2%	28.5%	*0.0%	54.1%
Weekly Nutrient Guideline			550 - 650		<=0		

Friday - 12/21/2018

Reimbursable Meal Total 1670

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001394 Ham&Cheese Sandwich,Grilled-EI	1 sandwich	1	232	5	7.78	0.00	26.01
000057 Tomato Soup	1/2 cup	1	40	*0	0.13	*0.00	8.44
000904 Peanut Butter Combo	Each	1	472	16	20.32	0.00	51.80
001646 Crackers, Goldfish Colors, WG	PKG	1	100	0	3.50	0.00	14.00
000992 Juice, Wango Mango	Carton	1	50	12	0.00	0.00	13.00
990041 Asst. Fresh Vegetables(1/2)	1/2 Cup	1	93	*5	5.37	0.00	9.76
001041 Strawberries & Bananas	1/2 Cup	1	44	10	0.14	0.00	11.31

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	1285	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	230	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	135	100	11	2.50	0.00	11.00
001047 Assorted Condiments	each	1	37	6	0.25	0.00	7.10
Weighted Daily Average			110	*18	0.22	*0.00	19.39
% of Calories				*65.5%	1.8%	*0.0%	70.5%
Weekly Nutrient Guideline			550 - 650		<=0		

Monday - 12/24/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001077 Hot Dog on Bun	SANDWICH	1370	280	4	17.50	0.00	21.00
001510 Peanut Butter Combo K-5 #2	Each	260	479	13	22.97	0.00	46.99
000787 Baked Beans-NEW	1/2 CUP	1035	129	0	0.52	0.00	29.11
001049 CARROTS,FRESH,RAW	1/4 CUP	570	12	0	0.04	0.00	2.89
000437 PEACHES: canned,light syrup	1/2 cup	1500	71	17	0.04	0.00	19.01
001082 Ketchup/Mustard	each	1385	21	4	0.03	0.00	4.06
000833 MILK - CHOCOLATE SKIM	HALF PINT	1290	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	220	120	22	0.00	0.00	22.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	115	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	455	33	2	1.18	0.00	4.72
Weighted Daily Average			600	44	19.29	0.00	86.48
% of Calories				29.3%	28.9%	0.0%	57.7%
Weekly Nutrient Guideline			550 - 650		<=0		

Tuesday - 12/25/2018

Reimbursable Meal Total 1655

	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	1450	289	0	16.94	0.00	16.94
000908 Salad Entree- Elem*	Each	110	454	28	17.79	*0.00	52.68
000766 Macaroni & Cheese, JTM #5769	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
990109 Green Pepper Strips	1/4 Cup	1	5	1	0.04	0.00	1.07
001051 Blushed Pears	1/2c	1	84	16	0.00	*0.00	21.04
000833 MILK - CHOCOLATE SKIM	HALF PINT	1180	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	310	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	3	123	29	0.08	*0.00	30.02

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)
000951 Dressing, Buttermilk, RC-Salad	4 T	108	132	9	4.72	0.00	18.90
001150 Dressing, Buttermilk, Red-Cal	TBSP	110	33	2	1.18	0.00	4.72
001083 Ketchup	TBSP	930	20	4	0.00	0.00	4.03
000985 Barbecue Sauce- Elem*	TBSP	620	1	0	0.02	0.00	0.25
Weighted Daily Average			417	*23	16.67	*0.00	41.78
% of Calories				*22.1%	36.0%	*0.0%	40.1%
Weekly Nutrient Guideline			550 - 650		<=0		

Wednesday - 12/26/2018

Reimbursable Meal Total 1655

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990076 DEEP DISH 5" CHEESE PIZZA CN	EACH	1	320	10	12.00	0.00	35.00
001510 Peanut Butter Combo K-5 #2	Each	205	479	13	22.97	0.00	46.99
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	1090	62	*0	0.49	0.00	12.24
000979 TOMATOES, CHERRY (1/4)	1/4 Cup	225	7	1	0.07	0.00	1.45
000385 Assorted Fresh Fruit (2)	1 each	1600	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	1175	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	305	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	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)
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	1	100	8	3.50	0.00	17.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	615	33	2	1.18	0.00	4.72
Weighted Daily Average			288	*32	4.05	0.00	51.91
% of Calories				*44.4%	12.7%	0.0%	72.1%
Weekly Nutrient Guideline			550 - 650		<=0		

Thursday - 12/27/2018

Reimbursable Meal Total 1585

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000839 Nachos with Ground Beef-ELEM 2018*	Serving	1505	377	*1	18.24	0.00	35.16
000908 Salad Entree- Elem*	Each	1	454	28	17.79	*0.00	52.68
000271 CORN: frozen, yellow	1/2 cup	1455	73	2	1.87	0.00	14.41
001475 CUCUMBER,RAW (1/4C)	1/4 Cup	235	4	0	0.05	0.00	0.64
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1425	78	19	0.10	0.00	20.39
000833 MILK - CHOCOLATE SKIM	HALF PINT	1145	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	265	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	195	33	2	1.18	0.00	4.72

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)
000837 BEANS GARBANZO ,CANNED	1/4 CUP	1	60	0	1.25	0.00	9.50
Weighted Daily Average			609	*39	19.52	*0.00	84.83
% of Calories				*25.6%	28.8%	*0.0%	55.7%
Weekly Nutrient Guideline			550 - 650		<=0		

Friday - 12/28/2018

Reimbursable Meal Total 1605

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000752 Bosco Breadsticks-Elem*	Serving-2 ea	1290	301	2	10.09	0.00	34.00
001451 Peanut Butter Combo #2	Each	315	513	29	18.36	0.00	70.82
000825 Caesar Salad	2/3 C Serving	1205	108	*1	7.90	*0.00	6.77
001356 Asst. Fresh Vegetables (1/4)	1/4 Cup	315	46	3	2.67	0.00	4.95
001026 Apples, Cinnamon	1/2 cup	1285	93	11	1.34	*0.00	20.69
001462 Marinara Sauce, Red Gold #RPKN	1/4 Cup	1280	30	2	1.00	0.00	4.50
000833 MILK - CHOCOLATE SKIM	HALF PINT	1192	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	255	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	151	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)
001150 Dressing, Buttermilk, Red-Cal	TBSP	1	33	2	1.18	0.00	4.72
Weighted Daily Average			642	*37	20.28	*0.00	86.83
% of Calories				*23.1%	28.4%	*0.0%	54.1%
Weekly Nutrient Guideline			550 - 650		<=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.