

Base Menu Spreadsheet

Portion Values

Menu Name: High School Berry Basket

Include Cost: No

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 110

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000927 Bosco Breadsticks-HS*	Serving (2ea)	85	482	7	18.25	0.00	49.54
001096 Tenderloin on Bun-HS*	1 Each	1	410	4	19.00	0.00	40.00
001378 Salad Entree-HS (no beans)*	Each	20	309	28	9.22	0.00	51.22
000256 BROCCOLI,raw: fresh	1/2 Cup	15	15	1	0.16	0.00	2.92
001442 Cucumber & Tomatoes	1/2 Cup	25	82	7	2.51	0.00	13.00
000338 Assorted Juice	1 each	110	60	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	60	66	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	45	67	12	0.21	0.00	17.37
000354 Rice Krispie Treat, Mini	Each	100	46	3	0.92	0.00	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	80	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	5	2.36	0.00	9.45
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	20	186	*2	19.90	*0.00	2.98

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)
001358 Salad Meat-MS-winter	Pick 2	20	124	1	7.50	*0.00	1.60
001047 Assorted Condiments	each	50	37	6	0.25	0.00	7.10
Weighted Daily Average			822	*60	23.58	*0.00	115.98
% of Calories				*29.2%	25.8%	*0.0%	56.4%
Weekly Nutrient Guideline			750 - 850		<=0		

Tuesday - 12/04/2018

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000910 Ham & Cheese Sand (amer-elem)	1/2 Sandwich	65	148	4	4.22	0.00	19.59
001304 Turkey & Cheese Sub-BB	1 each	55	284	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	105	11	1	0.39	0.00	1.83
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98
001638 Grab & Go Assorted	Each	15	601	*22	31.65	*0.00	58.51
001306 Assorted Condiments-BB	Each	125	179	*1	16.70	0.00	7.25
001064 CARROT STICKS	1/2 CUP	1	36	4	0.21	0.00	8.42

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)
000925 CELERY STICKS	1/2 Cup	1	11	1	0.09	0.00	2.16
000385 Assorted Fresh Fruit (2)	1 each	75	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	125	60	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	30	64	13	0.00	0.00	15.08
001119 Cinnamon Sweet Roll Dough,SM*	1 serving	90	104	8	0.51	*0.00	22.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	100	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	11	2.50	0.00	11.00
Weighted Daily Average			804	*54	29.70	*0.00	103.10
% of Calories				*26.9%	33.2%	*0.0%	51.3%
Weekly Nutrient Guideline			750 - 850		<=0		

Wednesday - 12/05/2018

Reimbursable Meal Total 65

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000892 Salad Entree-HS	Each	65	20	1	0.00	0.00	3.99
001427 Salad Bar-Vegetables/Crout	Servings	65	127	*2	5.13	*0.00	13.63
001162 Chicken Noodle Soup	6 oz	1	87	*0	1.84	*0.00	11.22
001638 Grab & Go Assorted	Each	10	601	*22	31.65	*0.00	58.51

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)
000792 Black Bean Salad	2/3 CUP	10	203	*9	4.52	*0.02	33.30
990025 DICED HAM *RESIZED*	1.25 OZ	15	37	1	2.00	0.00	2.00
000895 Grilled Chicken Diced	1.25 oz	40	55	0	2.96	0.00	0.09
000370 EGG,DICED	1 OZ	20	45	0	3.00	0.00	1.00
001454 Cheese, Shredded	OZ	55	82	0	5.59	*0.00	0.66
990024 BEANS GARBANZO ,CANNED	1/2 CUP	5	120	0	2.50	0.00	19.00
001386 BROCCOLI,raw: fresh	1/2 Cup	20	15	1	0.16	0.00	2.92
001377 Bread Slice, Wild Berry (2 WG)	Slice	1	270	24	9.00	0.00	43.00
001137 Gelatin Cubes	1/2 cup	1	98	*2	1.91	*0.00	19.05
000106 Strawberry Cup (USDA*)	Serving	35	122	*N/A*	0.17	0.00	32.94
000338 Assorted Juice	1 each	40	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	40	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	40	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	10	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	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)
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	65	186	*2	19.90	*0.00	2.98
Weighted Daily Average			841	*42	39.39	*0.00	93.21
% of Calories				*20.0%	42.2%	*0.0%	44.3%
Weekly Nutrient Guideline			750 - 850		<=0		

Thursday - 12/06/2018

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	30	287	5	11.17	0.00	32.67
001304 Turkey & Cheese Sub-BB	1 each	65	284	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	30	336	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	125	11	1	0.39	0.00	1.83
001378 Salad Entree-HS (no beans)*	Each	10	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	10	124	1	7.50	*0.00	1.60
001638 Grab & Go Assorted	Each	5	601	*22	31.65	*0.00	58.51
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	10	186	*2	19.90	*0.00	2.98
001306 Assorted Condiments-BB	Each	145	179	*1	16.70	0.00	7.25
001308 Jicama Sticks-1/2 C	1/2 Cup	5	28	1	0.00	0.00	6.72
001064 CARROT STICKS	1/2 CUP	1	36	4	0.21	0.00	8.42

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	30	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	140	60	13	0.00	0.00	14.05
001051 Blushed Pears	1/2c	45	84	16	0.00	*0.00	21.04
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	30	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	11	2.50	0.00	11.00
Weighted Daily Average			737	*46	30.14	*0.00	85.74
% of Calories				*25.0%	36.8%	*0.0%	46.5%
Weekly Nutrient Guideline			750 - 850		<=0		

Friday - 12/07/2018

Reimbursable Meal Total 220

	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
001057 Ham & Swiss Sandwich,Grilled	1 sandwich	1	212	*3	7.23	*0.00	27.14
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
000620 Chips, Harvest Cheddar 1.25GR	Bag	1	124	0	5.32	0.00	16.83
001065 Asst. Fresh Vegetables(1/2)	1/2 c	40	30	*1	0.41	*0.00	5.67
000825 Caesar Salad	2/3 C Serving	1	108	*1	7.90	*0.00	6.77

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	175	60	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	115	157	24	1.22	*0.00	36.46
000959 Assorted Canned Fruit	1/2 Cup	70	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	130	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	195	21	4	0.03	0.00	4.06
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	10	186	*2	19.90	*0.00	2.98
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	5	2.36	0.00	9.45
Weighted Daily Average			332	*49	3.66	*0.00	64.26
% of Calories				*59.0%	9.9%	*0.0%	77.4%
Weekly Nutrient Guideline			750 - 850		<=0		

Monday - 12/10/2018

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000178 Cheeseburger on Bun(second)	1 each	1	318	3	14.28	0.50	29.01
000861 Pork BBQ-HS*	Sandwich (4oz)	1	325	11	8.32	0.00	38.63

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)
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001638 Grab & Go Assorted	Each	10	601	*22	31.65	*0.00	58.51
001155 Crackers, Goldfish, WG 1 grain	1 each	90	100	0	3.50	0.00	14.00
000256 BROCCOLI, raw: fresh	1/2 Cup	20	15	1	0.16	0.00	2.92
000180 LETTUCE & TOMATO: Shred/diced	Serving	50	13	2	0.14	0.00	2.82
001310 Juice, Dragon Punch Vegetable	Each, 4oz	40	50	12	0.00	0.00	13.00
000382 Applesauce, w/cinnamon	1/2 Cup	60	65	12	0.00	*0.00	16.83
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	95	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	22	0.00	0.00	22.00
000835 MILK, LOWFAT, FLUID, 1% MILKFAT, W	CARTON	10	100	11	2.50	0.00	11.00
001047 Assorted Condiments	each	135	37	6	0.25	0.00	7.10
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	20	66	5	2.36	0.00	9.45
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98

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)
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
Weighted Daily Average			407	*47	8.80	*0.00	67.40
% of Calories				*46.2%	19.5%	*0.0%	66.2%
Weekly Nutrient Guideline			750 - 850		<=0		

Tuesday - 12/11/2018

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	45	287	5	11.17	0.00	32.67
001304 Turkey & Cheese Sub-BB	1 each	80	284	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	25	336	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	150	11	1	0.39	0.00	1.83
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
001638 Grab & Go Assorted	Each	10	601	*22	31.65	*0.00	58.51
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98
001306 Assorted Condiments-BB	Each	150	179	*1	16.70	0.00	7.25
001064 CARROT STICKS	1/2 CUP	40	36	4	0.21	0.00	8.42
000925 CELERY STICKS	1/2 Cup	10	11	1	0.09	0.00	2.16

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	75	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	155	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	1	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	115	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	50	66	5	2.36	0.00	9.45
Weighted Daily Average			727	*46	28.45	*0.00	86.67
% of Calories				*25.3%	35.2%	*0.0%	47.7%
Weekly Nutrient Guideline			750 - 850		<=0		

Wednesday - 12/12/2018

Reimbursable Meal Total 60

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000892 Salad Entree-HS	Each	50	20	1	0.00	0.00	3.99
001427 Salad Bar-Vegetables/Crout	Servings	50	127	*2	5.13	*0.00	13.63
001638 Grab & Go Assorted	Each	10	601	*22	31.65	*0.00	58.51
990025 DICED HAM *RESIZED*	1.25 OZ	10	37	1	2.00	0.00	2.00
000895 Grilled Chicken Diced	1.25 oz	30	55	0	2.96	0.00	0.09

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)
000370 EGG,DICED	1 OZ	15	45	0	3.00	0.00	1.00
001454 Cheese, Shredded	OZ	30	82	0	5.59	*0.00	0.66
990024 BEANS GARBANZO ,CANNED	1/2 CUP	5	120	0	2.50	0.00	19.00
990026 Broccoli Cheese Soup *RESIZED*	1/2 CUP	1	95	*1	6.32	*0.08	7.12
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	1	0.00	0.00	6.72
001377 Bread Slice, Wild Berry (2 WG)	Slice	40	270	24	9.00	0.00	43.00
000184 Pudding, Vanilla w/ chocolate	1/2 cup	40	147	23	1.57	0.00	33.03
000305 Peaches, Diced (Indiv)	Each	15	64	13	0.00	0.00	15.08
000338 Assorted Juice	1 each	40	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	25	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	35	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	10	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	2	100	11	2.50	0.00	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	50	186	*2	19.90	*0.00	2.98
Weighted Daily Average			929	*71	39.03	*0.00	117.46
% of Calories				*30.6%	37.8%	*0.0%	50.6%
Weekly Nutrient Guideline			750 - 850		<=0		

Thursday - 12/13/2018

Reimbursable Meal Total 135

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	287	5	11.17	0.00	32.67
001304 Turkey & Cheese Sub-BB	1 each	80	284	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	15	336	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	115	11	1	0.39	0.00	1.83
001306 Assorted Condiments-BB	Each	115	179	*1	16.70	0.00	7.25
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98
001638 Grab & Go Assorted	Each	5	601	*22	31.65	*0.00	58.51
000983 BROCCOLI SALAD-Rev	1/2 CUP	40	106	*14	2.62	*0.00	20.70
001064 CARROT STICKS	1/2 CUP	25	36	4	0.21	0.00	8.42
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	1	100	8	3.50	0.00	17.00
000385 Assorted Fresh Fruit (2)	1 each	85	67	12	0.21	0.00	17.37
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	55	78	19	0.10	0.00	20.39
000338 Assorted Juice	1 each	110	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	80	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	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	20	100	11	2.50	0.00	11.00
Weighted Daily Average			766	*56	28.00	*0.00	97.55
% of Calories				*29.2%	32.9%	*0.0%	50.9%
Weekly Nutrient Guideline			750 - 850		<=0		

Friday - 12/14/2018

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001346 BBQ Rib Sandwich-HS*	1 Each	35	360	12	14.01	0.00	41.09
000613 Mozzarella Sticks, WG 2M/2.5G	Serving (6)	80	387	5	13.69	0.00	42.56
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001638 Grab & Go Assorted	Each	10	601	*22	31.65	*0.00	58.51
000792 Black Bean Salad	2/3 CUP	5	203	*9	4.52	*0.02	33.30
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	50	142	0	7.09	0.00	19.24
001065 Asst. Fresh Vegetables(1/2)	1/2 c	20	30	*1	0.41	*0.00	5.67
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	70	67	12	0.21	0.00	17.37
001611 Strawberries & Blueberries (2)	1/2 Cup	1	107	*23	0.29	0.00	28.27
001560 Sherbet, Cherry Blueraspberry	Serving	1	70	15	0.00	0.00	18.00

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)
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	20	124	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	1	186	*2	19.90	*0.00	2.98
Weighted Daily Average			666	*46	19.00	*0.00	93.79
% of Calories				*27.6%	25.7%	*0.0%	56.3%
Weekly Nutrient Guideline			750 - 850		<=0		

Monday - 12/17/2018

Reimbursable Meal Total 95

	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	57	243	5	8.10	0.00	30.37
001096 Tenderloin on Bun-HS*	1 Each	1	410	4	19.00	0.00	40.00
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98
001638 Grab & Go Assorted	Each	15	601	*22	31.65	*0.00	58.51
001591 Pasta Salad, Ranch	1/2 cup	85	200	*1	10.39	*0.00	21.07

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)
001386 BROCCOLI,raw: fresh	1/2 Cup	15	15	1	0.16	0.00	2.92
001064 CARROT STICKS	1/2 CUP	25	36	4	0.21	0.00	8.42
000385 Assorted Fresh Fruit (2)	1 each	40	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	85	60	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	50	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	60	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	140	1	14.00	0.00	1.00
001082 Ketchup/Mustard	each	57	21	4	0.03	0.00	4.06
Weighted Daily Average			822	*54	31.39	*0.00	107.91
% of Calories				*26.3%	34.4%	*0.0%	52.5%
Weekly Nutrient Guideline			750 - 850		<=0		

Tuesday - 12/18/2018

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	287	5	11.17	0.00	32.67
001304 Turkey & Cheese Sub-BB	1 each	80	284	3	5.76	0.00	29.01

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)
001302 Cold Cut Sub-BB	Sandwich	20	336	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	120	11	1	0.39	0.00	1.83
001306 Assorted Condiments-BB	Each	120	179	*1	16.70	0.00	7.25
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
001638 Grab & Go Assorted	Each	15	601	*22	31.65	*0.00	58.51
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98
000925 CELERY STICKS	1/2 Cup	5	11	1	0.09	0.00	2.16
001380 CUCUMBER,RAW (1/2C)	1/2 Cup	10	40	3	1.28	0.00	6.01
900017 POTATO SALAD	2/3 CUP	20	123	*3	5.22	*0.02	18.09
000385 Assorted Fresh Fruit (2)	1 each	75	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	140	60	13	0.00	0.00	14.05
000784 Christmas Cake- Elem	1/100th	1	87	*2	2.91	*0.00	14.67
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	35	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)
000959 Assorted Canned Fruit	1/2 Cup	1	66	*9	0.07	0.00	17.31
Weighted Daily Average			759	*50	28.65	*0.00	91.27
% of Calories				*26.4%	34.0%	*0.0%	48.1%
Weekly Nutrient Guideline			750 - 850		<=0		

Wednesday - 12/19/2018

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000892 Salad Entree-HS	Each	50	20	1	0.00	0.00	3.99
001427 Salad Bar-Vegetables/Crout	Servings	50	127	*2	5.13	*0.00	13.63
000057 Tomato Soup	1/2 cup	1	40	*0	0.13	*0.00	8.44
001638 Grab & Go Assorted	Each	25	601	*22	31.65	*0.00	58.51
990025 DICED HAM *RESIZED*	1.25 OZ	10	37	1	2.00	0.00	2.00
000895 Grilled Chicken Diced	1.25 oz	30	55	0	2.96	0.00	0.09
000370 EGG,DICED	1 OZ	15	45	0	3.00	0.00	1.00
001454 Cheese, Shredded	OZ	40	82	0	5.59	*0.00	0.66
990024 BEANS GARBANZO ,CANNED	1/2 CUP	5	120	0	2.50	0.00	19.00
001377 Bread Slice, Wild Berry (2 WG)	Slice	45	270	24	9.00	0.00	43.00
000106 Strawberry Cup (USDA*)	Serving	45	122	*N/A*	0.17	0.00	32.94

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	35	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	50	60	13	0.00	0.00	14.05
001430 Cookie, Frosted Sugar	Each	1	172	15	6.70	0.00	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	35	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	11	2.50	0.00	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	50	186	*2	19.90	*0.00	2.98
000792 Black Bean Salad	2/3 CUP	10	203	*9	4.52	*0.02	33.30
Weighted Daily Average			943	*57	39.07	*0.00	119.97
% of Calories				*24.2%	37.3%	*0.0%	50.9%
Weekly Nutrient Guideline			750 - 850		<=0		

Thursday - 12/20/2018

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	287	5	11.17	0.00	32.67
001304 Turkey & Cheese Sub-BB	1 each	55	284	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	95	11	1	0.39	0.00	1.83

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)
001378 Salad Entree-HS (no beans)*	Each	20	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
001638 Grab & Go Assorted	Each	25	601	*22	31.65	*0.00	58.51
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	20	186	*2	19.90	*0.00	2.98
001306 Assorted Condiments-BB	Each	95	179	*1	16.70	0.00	7.25
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	1	0.00	0.00	6.72
990108 Green Pepper Strips	1/2 Cup	1	15	2	0.13	0.00	3.45
001051 Blushed Pears	1/2c	1	84	16	0.00	*0.00	21.04
000338 Assorted Juice	1 each	110	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	50	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	5	2.36	0.00	9.45
Weighted Daily Average			763	*47	31.50	*0.00	88.61
% of Calories				*24.6%	37.2%	*0.0%	46.5%
Weekly Nutrient Guideline			750 - 850		<=0		

Friday - 12/21/2018

Reimbursable Meal Total 195

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000434 Calzone, Pepperoni	Each	150	340	5	13.00	0.00	35.00
000571 Country Fried Steak Sandwich	Sandwich	20	450	5	21.00	0.00	48.00
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001638 Grab & Go Assorted	Each	10	601	*22	31.65	*0.00	58.51
001065 Asst. Fresh Vegetables(1/2)	1/2 c	30	30	*1	0.41	*0.00	5.67
000992 Juice, Wango Mango	Carton	1	50	12	0.00	0.00	13.00
000959 Assorted Canned Fruit	1/2 Cup	120	66	*9	0.07	0.00	17.31
000338 Assorted Juice	1 each	175	60	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	1	157	24	1.22	*0.00	36.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	115	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
001047 Assorted Condiments	each	180	37	6	0.25	0.00	7.10
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
Weighted Daily Average			623	*48	17.26	*0.00	87.80
% of Calories				*30.8%	24.9%	*0.0%	56.4%
Weekly Nutrient Guideline			750 - 850		<=0		

Base Menu Spreadsheet

Portion Values

Monday - 12/24/2018

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001346 BBQ Rib Sandwich-HS*	1 Each	30	360	12	14.01	0.00	41.09
000013 Chicken Patty on Bun	1 Sandwich	1	410	3	18.00	0.00	38.00
000034 LETTUCE & TOMATO:1/4 C & 2 slice	1/4 C,2 slc	95	7	1	0.08	0.00	1.34
001378 Salad Entree-HS (no beans)*	Each	20	309	28	9.22	0.00	51.22
000926 Baked Potato chips, Lays	EACH	115	100	2	1.50	0.00	20.00
001064 CARROT STICKS	1/2 CUP	25	36	4	0.21	0.00	8.42
001310 Juice, Dragon Punch Vegetable	Each, 4oz	30	50	12	0.00	0.00	13.00
001601 Grab & Go Cheese Celery/PB	Each	10	642	20	40.20	0.00	56.73
001637 Grab & Go String Cheese/PBJ	Each	10	671	*26	35.50	*0.00	67.32
001584 Grab & Go Co-Jack Stick/Yogurt	Each	10	624	*29	32.45	*0.00	64.22
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
000305 Peaches, Diced (Indiv)	Each	50	64	13	0.00	0.00	15.08
000338 Assorted Juice	1 each	145	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	45	67	12	0.21	0.00	17.37
001387 Cookie, M&M, WG, LF#4912, 1/4G	Cookie	140	104	9	3.15	0.00	18.54
000833 MILK - CHOCOLATE SKIM	HALF PINT	120	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	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	5	100	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	55	21	4	0.03	0.00	4.06
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	15	66	5	2.36	0.00	9.45
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98
Weighted Daily Average			606	*58	16.01	*0.00	97.96
% of Calories				*38.3%	23.8%	*0.0%	64.7%
Weekly Nutrient Guideline			750 - 850		<=0		

Tuesday - 12/25/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	25	287	5	11.17	0.00	32.67
001304 Turkey & Cheese Sub-BB	1 each	50	284	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	140	11	1	0.39	0.00	1.83
001306 Assorted Condiments-BB	Each	145	179	*1	16.70	0.00	7.25
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
001637 Grab & Go String Cheese/PBJ	Each	10	671	*26	35.50	*0.00	67.32

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)
001601 Grab & Go Cheese Celery/PB	Each	10	642	20	40.20	0.00	56.73
001584 Grab & Go Co-Jack Stick/Yogurt	Each	10	624	*29	32.45	*0.00	64.22
000925 CELERY STICKS	1/2 Cup	15	11	1	0.09	0.00	2.16
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	1	17	2	0.08	0.00	3.47
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	30	78	19	0.10	0.00	20.39
000385 Assorted Fresh Fruit (2)	1 each	100	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	125	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	30	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	11	2.50	0.00	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	*2	19.90	*0.00	2.98
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	30	66	5	2.36	0.00	9.45
Weighted Daily Average			118030	*7785	5122.70	*0.00	13947.14
% of Calories				*26.4%	39.1%	*0.0%	47.3%
Weekly Nutrient Guideline			750 - 850		<=0		

Wednesday - 12/26/2018

Reimbursable Meal Total 80

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)
000892 Salad Entree-HS	Each	40	20	1	0.00	0.00	3.99
001427 Salad Bar-Vegetables/Crout	Servings	40	127	*2	5.13	*0.00	13.63
000339 Chili 2018	6oz	1	152	*2	5.87	*0.00	10.43
990025 DICED HAM *RESIZED*	1.25 OZ	8	37	1	2.00	0.00	2.00
000895 Grilled Chicken Diced	1.25 oz	25	55	0	2.96	0.00	0.09
000370 EGG,DICED	1 OZ	12	45	0	3.00	0.00	1.00
001454 Cheese, Shredded	OZ	35	82	0	5.59	*0.00	0.66
001380 CUCUMBER,RAW (1/2C)	1/2 Cup	1	40	3	1.28	0.00	6.01
990024 BEANS GARBANZO ,CANNED	1/2 CUP	5	120	0	2.50	0.00	19.00
000888 TOMATOES, CHERRY	1/2 CUP	1	13	2	0.15	0.00	2.90
001377 Bread Slice, Wild Berry (2 WG)	Slice	40	270	24	9.00	0.00	43.00
001051 Blushed Pears	1/2c	30	84	16	0.00	*0.00	21.04
000338 Assorted Juice	1 each	40	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	40	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	45	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	11	2.50	0.00	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	40	186	*2	19.90	*0.00	2.98

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)
001601 Grab & Go Cheese Celery/PB	Each	10	642	20	40.20	0.00	56.73
001584 Grab & Go Co-Jack Stick/Yogurt	Each	10	624	*29	32.45	*0.00	64.22
001637 Grab & Go String Cheese/PBJ	Each	20	671	*26	35.50	*0.00	67.32
Weighted Daily Average			895	*62	39.51	*0.00	106.88
% of Calories				*27.7%	39.7%	*0.0%	47.8%
Weekly Nutrient Guideline			750 - 850		<=0		

Thursday - 12/27/2018

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	35	287	5	11.17	0.00	32.67
001304 Turkey & Cheese Sub-BB	1 each	85	284	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	40	336	4	15.72	0.00	30.15
001378 Salad Entree-HS (no beans)*	Each	1	309	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	1	124	1	7.50	*0.00	1.60
001637 Grab & Go String Cheese/PBJ	Each	1	671	*26	35.50	*0.00	67.32
001584 Grab & Go Co-Jack Stick/Yogurt	Each	1	624	*29	32.45	*0.00	64.22
001601 Grab & Go Cheese Celery/PB	Each	1	642	20	40.20	0.00	56.73
001306 Assorted Condiments-BB	Each	160	179	*1	16.70	0.00	7.25

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)
001305 Sandwich Fixings	Serving	160	11	1	0.39	0.00	1.83
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	1	0.00	0.00	6.72
000983 BROCCOLI SALAD-Rev	1/2 CUP	15	106	*14	2.62	*0.00	20.70
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
001353 Assorted Canned Fruit	1/2 Cup	65	66	*9	0.07	0.00	17.31
001226 Ice Cream Sandwich	1 each	120	82	*N/A*	2.06	0.00	17.49
000833 MILK - CHOCOLATE SKIM	HALF PINT	85	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	10	33	2	1.18	0.00	4.72
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	1	186	*2	19.90	*0.00	2.98
Weighted Daily Average			968	*49	38.03	*0.00	118.00
% of Calories				*20.2%	35.4%	*0.0%	48.8%
Weekly Nutrient Guideline			750 - 850		<=0		

Friday - 12/28/2018

Reimbursable Meal Total 220

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)
990088 Rippers, Cheesy, WG	Each	1	340	2	13.00	0.00	32.00
000861 Pork BBQ-HS*	Sandwich (4oz)	1	325	11	8.32	0.00	38.63
001378 Salad Entree-HS (no beans)*	Each	15	309	28	9.22	0.00	51.22
000620 Chips, Harvest Cheddar 1.25GR	Bag	1	124	0	5.32	0.00	16.83
001065 Asst. Fresh Vegetables(1/2)	1/2 c	40	30	*1	0.41	*0.00	5.67
000825 Caesar Salad	2/3 C Serving	1	108	*1	7.90	*0.00	6.77
000335 Coleslaw	1/2 cup	15	160	15	10.00	0.00	17.00
000338 Assorted Juice	1 each	175	60	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	115	157	24	1.22	*0.00	36.46
000959 Assorted Canned Fruit	1/2 Cup	70	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	130	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	15	124	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	10	186	*2	19.90	*0.00	2.98

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	5	2.36	0.00	9.45
Weighted Daily Average			325	*46	4.33	*0.00	61.88
% of Calories				*56.6%	12.0%	*0.0%	76.2%
Weekly Nutrient Guideline			750 - 850		<=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.