

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

**Menu Name:** High School Lunch 2018-2019

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 12/03/2018

**Reimbursable Meal Total 510**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001453 Chicken Bacon Club-MS	1 Sandwich	335	312	4	11.78	0.00	26.89
001346 BBQ Rib Sandwich-HS*	1 Each	1	360	12	14.01	0.00	41.09
990029 POTATO, AU GRATIN,CLASSIC CASS	2/3 cup	250	58	1	3.38	0.00	6.24
001053 CARROTS:frozen, boiled	1/2 cup	160	107	*9	4.33	*0.00	17.20
000034 LETTUCE &TOMATO:1/4 C &2 slice	1/4 C,2 slc	225	7	1	0.08	0.00	1.34
001442 Cucumber & Tomatoes	1/2 Cup	45	82	7	2.51	0.00	13.00
000385 Assorted Fresh Fruit (2)	1 each	150	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	370	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	95	66	*9	0.07	0.00	17.31
000354 Rice Krispie Treat, Mini	Each	425	46	3	0.92	0.00	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	380	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	70	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	50	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	45	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 <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001047 Assorted Condiments	each	510	37	6	0.25	0.00	7.10
Weighted Daily Average			540	*47	12.48	*0.00	79.89
% of Calories				*34.8%	20.8%	*0.0%	59.2%
Weekly Nutrient Guideline			750 - 850		<=30		

**Tuesday - 12/04/2018**

**Reimbursable Meal Total 520**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001057 Ham & Swiss Sandwich,Grilled	1 sandwich	215	212	*3	7.23	*0.00	27.14
000571 Country Fried Steak Sandwich	Sandwich	1	450	5	21.00	0.00	48.00
001161 Potato Wedges Seas. #C-27 LW	1/2 C	1	175	0	8.10	0.00	24.29
000905 Salad Garden Winter	Serving-1 cup	150	13	1	0.02	0.00	2.65
001596 Carrot/Celery Sticks (1/2c)	Portion (1/2C)	90	30	*2	0.20	*0.00	6.33
900007 HUMMUS	1/2 CUP	10	199	*2	9.31	0.00	21.59
000338 Assorted Juice	1 each	465	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	240	67	12	0.21	0.00	17.37
000305 Peaches, Diced (Indiv)	Each	95	64	13	0.00	0.00	15.08
001119 Cinnamon Sweet Roll Dough,SM*	1 serving	450	104	8	0.51	*0.00	22.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	400	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 <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	40	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	115	66	5	2.36	0.00	9.45
001083 Ketchup	TBSP	500	20	4	0.00	0.00	4.03
001047 Assorted Condiments	each	450	37	6	0.25	0.00	7.10
Weighted Daily Average			464	*56	4.74	*0.00	87.92
% of Calories				*48.3%	9.2%	*0.0%	75.8%
Weekly Nutrient Guideline			750 - 850		<=30		

**Wednesday - 12/05/2018**

**Reimbursable Meal Total 400**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000434 Calzone, Pepperoni	Each	160	340	5	13.00	0.00	35.00
001593 Flatbread, Chicken/Bufalo	Each	1	531	*4	32.62	*0.00	30.07
001301 Potatoes, Baby Bakers	1/2 Cup	400	100	0	2.00	0.00	17.00
990071 GREEN BEANS W HAM	1/2 cup	150	82	0	0.68	0.00	19.20
000792 Black Bean Salad	2/3 CUP	20	203	*9	4.52	*0.02	33.30
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	1	142	0	7.09	0.00	19.24
001065 Asst. Fresh Vegetables(1/2)	1/2 c	80	30	*1	0.41	*0.00	5.67

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000338 Assorted Juice	1 each	350	60	13	0.00	0.00	14.05
000106 Strawberry Cup (USDA*)	Serving	200	122	*N/A*	0.17	0.00	32.94
001137 Gelatin Cubes	1/2 cup	1	98	*2	1.91	*0.00	19.05
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	275	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	70	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
001493 Ketchup-HS	TBSP	1	48	10	0.00	0.00	9.56
Weighted Daily Average			501	*31	8.11	*0.00	88.29
% of Calories				*24.8%	14.6%	*0.0%	70.5%
Weekly Nutrient Guideline			750 - 850		<=30		

Thursday - 12/06/2018

Reimbursable Meal Total 620

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
000881 Italian Stromboli-HS	Sandwich	1	322	*3	10.50	0.00	35.89
001308 Jicama Sticks-1/2 C	1/2 Cup	1	28	1	0.00	0.00	6.72

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001064 CARROT STICKS	1/2 CUP	140	36	4	0.21	0.00	8.42
001449 Vegetables, Oriental Blend	1/2 Cup	1	31	*2	0.00	0.00	7.06
000338 Assorted Juice	1 each	375	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	175	67	12	0.21	0.00	17.37
001051 Blushed Pears	1/2c	1	84	16	0.00	*0.00	21.04
000833 MILK - CHOCOLATE SKIM	HALF PINT	440	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	100	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	70	33	2	1.18	0.00	4.72
Weighted Daily Average			173	*29	0.45	*0.00	34.61
% of Calories				*67.1%	2.3%	*0.0%	80.0%
Weekly Nutrient Guideline			750 - 850		<=30		

**Friday - 12/07/2018**

**Reimbursable Meal Total 485**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000927 Bosco Breadsticks-HS*	Serving (2ea)	395	482	7	18.25	0.00	49.54
001220 Corn Dog, WG 4oz (2/2)	Each	90	243	5	8.10	0.00	30.37
001447 Vegetable Blend, Baja	1/2 Cup	45	74	5	1.00	0.00	14.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000825 Caesar Salad	2/3 C Serving	225	108	*1	7.90	*0.00	6.77
001065 Asst. Fresh Vegetables(1/2)	1/2 c	70	30	*1	0.41	*0.00	5.67
000335 Coleslaw	1/2 cup	45	160	15	10.00	0.00	17.00
000338 Assorted Juice	1 each	330	60	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	175	157	24	1.22	*0.00	36.46
000959 Assorted Canned Fruit	1/2 Cup	120	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	355	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	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
001082 Ketchup/Mustard	each	145	21	4	0.03	0.00	4.06
001150 Dressing, Buttermilk, Red-Cal	TBSP	70	33	2	1.18	0.00	4.72
001186 Tartar Sauce	pkt.	30	42	2	3.60	0.03	3.00
001083 Ketchup	TBSP	70	20	4	0.00	0.00	4.03
Weighted Daily Average			750	*48	22.15	*0.00	101.31
% of Calories				*25.6%	26.6%	*0.0%	54.0%
Weekly Nutrient Guideline			750 - 850		<=30		

Monday - 12/10/2018

Reimbursable Meal Total 525

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001397 Chicken, Bites Goldkist #7518	Serving (6)	490	241	1	9.00	0.00	18.00
000681 Country Fried Steak (16530)	Serving	35	300	2	19.00	0.00	19.00
000611 Mashed Potatoes	1/2 cup	525	82	1	1.17	0.00	17.62
000271 CORN: frozen, yellow	1/2 cup	430	73	2	1.87	0.00	14.41
000710 Gravy, White Pepper (PIONEER)	1/4 Cup	350	53	*0	2.95	*0.00	5.91
000256 BROCCOLI,raw: fresh	1/2 Cup	45	15	1	0.16	0.00	2.92
000382 Applesauce,w/cinnamon	1/2 Cup	100	65	12	0.00	*0.00	16.83
000338 Assorted Juice	1 each	400	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
001363 Biscuit, W/G (Bakery Chef)	Each	500	207	*3	10.00	1.00	25.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	430	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	30	100	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	45	33	2	1.18	0.00	4.72
Weighted Daily Average			789	*36	24.13	*0.95	108.94
% of Calories				*18.3%	27.5%	*1.1%	55.2%
Weekly Nutrient Guideline			750 - 850		<=30		

Tuesday - 12/11/2018

Reimbursable Meal Total 440

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001297 Beef or Chicken Tacos-HS	1 serving	440	231	*1	11.15	*0.00	14.89
000008 REFRIED BEANS: canned	1/2 Cup	160	131	1	1.23	*0.00	20.77
001328 Rice, Queso Brown*	1/2 cup	320	140	*1	4.42	*0.00	19.96
001477 Lettuce,Iceburg,Shredded - 1/2C	1/2 Cup	375	4	0	0.06	0.00	0.65
001064 CARROT STICKS	1/2 CUP	55	36	4	0.21	0.00	8.42
000925 CELERY STICKS	1/2 Cup	25	11	1	0.09	0.00	2.16
001043 Salsa	1/4 Cup	160	40	4	0.00	0.00	8.00
000385 Assorted Fresh Fruit (2)	1 each	225	67	12	0.21	0.00	17.37
001353 Assorted Canned Fruit	1/2 Cup	100	66	*9	0.07	0.00	17.31
000338 Assorted Juice	1 each	390	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	360	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
001198 PEPPERS,JALEPENO,CN D,DRND	serving	295	3	*N/A*	0.07	*N/A*	0.53
001170 Sour Cream, Lite	2 Tbsp	190	30	2	2.00	0.00	3.00



# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	80	33	2	1.18	0.00	4.72
Weighted Daily Average			634	*41	16.29	*0.00	88.36
% of Calories				*25.9%	23.1%	*0.0%	55.7%
Weekly Nutrient Guideline			750 - 850		<=30		

**Wednesday - 12/12/2018**

**Reimbursable Meal Total 585**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001349 Pizza, Pepperoni Big Daddy *	Slice	309	410	7	18.00	0.00	43.00
000588 Lasagna (trayline)	1/24th	276	445	9	17.29	*0.00	40.99
000715 Texas Toast	Each	276	90	1	2.50	0.00	15.00
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	1	17	2	0.08	0.00	3.47
001442 Cucumber & Tomatoes	1/2 Cup	35	82	7	2.51	0.00	13.00
001308 Jicama Sticks-1/2 C	1/2 Cup	20	28	1	0.00	0.00	6.72
001053 CARROTS:frozen, boiled	1/2 cup	50	107	*9	4.33	*0.00	17.20
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	340	60	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	60	64	13	0.00	0.00	15.08
000184 Pudding, Vanilla w/ chocolate	1/2 cup	275	147	23	1.57	0.00	33.03

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	430	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	85	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	175	66	5	2.36	0.00	9.45
Weighted Daily Average			721	*48	21.00	*0.00	98.45
% of Calories				*26.6%	26.2%	*0.0%	54.6%
Weekly Nutrient Guideline			750 - 850		<=30		

Thursday - 12/13/2018

Reimbursable Meal Total 585

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	565	356	4	10.00	0.00	42.00
000861 Pork BBQ-HS*	Sandwich (4oz)	20	325	11	8.32	0.00	38.63
001390 Potatoes, Shoestring Fries LM*	1/2 Cup	585	173	0	6.10	0.00	27.43
000983 BROCCOLI SALAD-Rev	1/2 CUP	40	106	*14	2.62	*0.00	20.70
000180 LETTUCE & TOMATO:Shred/diced	Serving	400	13	2	0.14	0.00	2.82
001064 CARROT STICKS	1/2 CUP	75	36	4	0.21	0.00	8.42
000338 Assorted Juice	1 each	400	60	13	0.00	0.00	14.05
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	150	78	19	0.10	0.00	20.39

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000385 Assorted Fresh Fruit (2)	1 each	300	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	390	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	95	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
001083 Ketchup	TBSP	585	20	4	0.00	0.00	4.03
001047 Assorted Condiments	each	565	37	6	0.25	0.00	7.10
Weighted Daily Average			806	*54	17.04	*0.00	126.71
% of Calories				*26.8%	19.0%	*0.0%	62.9%
Weekly Nutrient Guideline			750 - 850		<=30		

### Friday - 12/14/2018

Reimbursable Meal Total 525

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001348 Cheeseburger Bacon BBQ	Sandwich	400	444	8	22.67	0.50	35.34
000947 Fish Filet-(2.5M/2.5G)*	Each	125	398	3	14.28	0.00	41.01
001512 Tater Tots	1/2 CUP	515	148	1	6.91	0.00	18.77
001613 BROCCOLI: frozen, boiled	1/2 Cup	10	57	*0	3.47	*0.00	5.12
001065 Asst. Fresh Vegetables(1/2)	1/2 c	70	30	*1	0.41	*0.00	5.67

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000787 Baked Beans-NEW	1/2 CUP	25	129	0	0.52	0.00	29.11
000338 Assorted Juice	1 each	350	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	115	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
000833 MILK - CHOCOLATE SKIM	HALF PINT	375	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	80	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	40	100	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	515	21	4	0.03	0.00	4.06
001083 Ketchup	TBSP	515	20	4	0.00	0.00	4.03
Weighted Daily Average			789	*44	27.87	*0.38	97.01
% of Calories				*22.3%	31.8%	*0.4%	49.2%
Weekly Nutrient Guideline			750 - 850		<=30		

**Monday - 12/17/2018**

**Reimbursable Meal Total 450**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001296 Spicy Chicken Sandwich-HS, 2*	Sandwich	400	356	4	10.00	0.00	42.00
001095 Tenderloin on Bun*16	each	50	400	4	19.00	0.00	37.00

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## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000531 Macaroni & Cheese (J.T.M.)	4oz	1	193	2	10.00	0.33	17.33
000958 GREEN BEANS: canned,cooked	1/2 Cup	1	42	*0	1.65	0.00	6.21
001064 CARROT STICKS	1/2 CUP	45	36	4	0.21	0.00	8.42
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	1	17	2	0.08	0.00	3.47
000959 Assorted Canned Fruit	1/2 Cup	70	66	*9	0.07	0.00	17.31
000338 Assorted Juice	1 each	380	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	315	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	450	66	5	2.36	0.00	9.45
001082 Ketchup/Mustard	each	450	21	4	0.03	0.00	4.06
Weighted Daily Average			620	*43	13.71	0.00	89.22
% of Calories				*27.7%	19.9%	0.0%	57.6%
Weekly Nutrient Guideline			750 - 850		<=30		

Tuesday - 12/18/2018

Reimbursable Meal Total 475

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001337 Chicken and Noodles-HS*	8oz Spoodle	475	294	*0	9.06	*0.00	26.16
000611 Mashed Potatoes	1/2 cup	475	82	1	1.17	0.00	17.62
001502 PEAS: frozen,boiled	1/2 CUP	60	79	4	2.05	0.00	11.41
001480 CUCUMBER,RAW (1/2C)	1/2 Cup	50	13	1	0.10	0.00	3.14
000925 CELERY STICKS	1/2 Cup	25	11	1	0.09	0.00	2.16
000385 Assorted Fresh Fruit (2)	1 each	90	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	400	60	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	115	66	*9	0.07	0.00	17.31
000784 Christmas Cake- Elem	1/100th	1	87	*2	2.91	*0.00	14.67
000996 Roll, Wheat Dinner-(Rich's) 1.75GR	1 each	400	160	3	5.00	0.00	24.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	350	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	45	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	400	66	5	2.36	0.00	9.45
Weighted Daily Average			761	*40	17.01	*0.00	111.27
% of Calories				*21.0%	20.1%	*0.0%	58.5%
Weekly Nutrient Guideline			750 - 850		<=30		

Wednesday - 12/19/2018

Reimbursable Meal Total 575

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001122 Taco Salad	Each	430	512	*0	27.72	*0.00	30.72
000502 Quesadilla, Chicken*	EACH	1	322	3	11.71	*0.00	30.58
990032 SPANISH RICE	1/2 CUP	410	138	*0	2.08	*0.00	26.38
000271 CORN: frozen, yellow	1/2 cup	340	73	2	1.87	0.00	14.41
990081 Taco Salad/Quesadilla Toppings	Each	1	34	*2	1.20	*0.00	4.97
000792 Black Bean Salad	2/3 CUP	1	203	*9	4.52	*0.02	33.30
001064 CARROT STICKS	1/2 CUP	1	36	4	0.21	0.00	8.42
000338 Assorted Juice	1 each	450	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	120	67	12	0.21	0.00	17.37
000106 Strawberry Cup (USDA*)	Serving	1	122	*N/A*	0.17	0.00	32.94
001430 Cookie, Frosted Sugar	Each	1	172	15	6.70	0.00	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	385	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	80	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
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	5	2.36	0.00	9.45
Weighted Daily Average			697	*31	23.94	*0.00	83.90
% of Calories				*17.8%	30.9%	*0.0%	48.1%
Weekly Nutrient Guideline			750 - 850		<=30		

# Base Menu Spreadsheet

## Portion Values

Thursday - 12/20/2018

Reimbursable Meal Total 490

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001446 Flatbread, Chicken/Bacon/Ranch	Each	430	614	5	39.39	*0.00	29.26
001346 BBQ Rib Sandwich-HS*	1 Each	60	360	12	14.01	0.00	41.09
001161 Potato Wedges Seas. #C-27 LW	1/2 C	490	175	0	8.10	0.00	24.29
001249 California Vegetable Blend	1/2 cup	20	42	2	1.78	0.00	5.58
001308 Jicama Sticks-1/2 C	1/2 Cup	20	28	1	0.00	0.00	6.72
990108 Green Pepper Strips	1/2 Cup	1	15	2	0.13	0.00	3.45
000385 Assorted Fresh Fruit (2)	1 each	190	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	400	60	13	0.00	0.00	14.05
001051 Blushed Pears	1/2c	1	84	16	0.00	*0.00	21.04
000833 MILK - CHOCOLATE SKIM	HALF PINT	340	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	55	100	11	2.50	0.00	11.00
001083 Ketchup	TBSP	490	20	4	0.00	0.00	4.03



# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	80	33	2	1.18	0.00	4.72
Weighted Daily Average			968	42	45.01	*0.00	97.03
% of Calories				17.4%	41.8%	*0.0%	40.1%
Weekly Nutrient Guideline			750 - 850		<=30		

**Friday - 12/21/2018**

**Reimbursable Meal Total 570**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000530 Grilled Cheese Sandwich-Integrated Foods	Sandwich	1	280	6	9.91	0.00	30.96
000672 PB & J Uncrustable (5.3oz)	Each	1	600	29	34.00	0.00	64.00
000339 Chili 2018	6oz	1	152	*2	5.87	*0.00	10.43
001463 Crackers,Saltine Mini, 1/2 Gr	Pkg	1	50	0	2.00	0.00	7.00
000992 Juice, Wango Mango	Carton	1	50	12	0.00	0.00	13.00
000335 Coleslaw	1/2 cup	1	160	15	10.00	0.00	17.00
001065 Asst. Fresh Vegetables(1/2)	1/2 c	60	30	*1	0.41	*0.00	5.67
001178 Apples w/ Carmel	1 Serving	1	157	24	1.22	*0.00	36.46
000338 Assorted Juice	1 each	340	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	150	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	315	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 <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	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
Weighted Daily Average			139	*23	0.26	*0.00	28.18
% of Calories				*66.2%	1.7%	*0.0%	81.1%
Weekly Nutrient Guideline			750 - 850		<=30		

**Monday - 12/24/2018**

**Reimbursable Meal Total 400**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001295 Hot Dogs-2	Serving of 2	50	560	8	35.00	0.00	42.00
000885 Pepper Jack Cheeseburger-HS	Each	350	343	4	17.36	0.50	28.89
000787 Baked Beans-NEW	1/2 CUP	190	129	0	0.52	0.00	29.11
000958 GREEN BEANS: canned,cooked	1/2 Cup	250	42	*0	1.65	0.00	6.21
001064 CARROT STICKS	1/2 CUP	60	36	4	0.21	0.00	8.42
001310 Juice, Dragon Punch Vegetable	Each, 4oz	1	50	12	0.00	0.00	13.00
000305 Peaches, Diced (Indiv)	Each	145	64	13	0.00	0.00	15.08
000338 Assorted Juice	1 each	350	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	115	67	12	0.21	0.00	17.37
001387 Cookie, M&M, WG, LF#4912, 1/4G	Cookie	380	104	9	3.15	0.00	18.54

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001082 Ketchup/Mustard	each	400	21	4	0.03	0.00	4.06
000833 MILK - CHOCOLATE SKIM	HALF PINT	315	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	15	100	11	2.50	0.00	11.00
Weighted Daily Average			782	*54	24.06	0.44	112.87
% of Calories				*27.6%	27.7%	0.5%	57.7%
Weekly Nutrient Guideline			750 - 850		<=30		

Tuesday - 12/25/2018

Reimbursable Meal Total 545

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000883 Chicken Tenders-HS w/ Breadst*	Serving (3)	515	401	2	15.09	0.00	32.00
001351 Shrimp, Poppers w/ Breadstick	Serving	30	421	9	16.27	0.00	46.62
000611 Mashed Potatoes	1/2 cup	545	82	1	1.17	0.00	17.62
001208 Gravy, Chix Trio	1 oz	425	19	0	0.28	0.00	3.89
001086 Broccoli w/ Cheese	#8 Scoop	150	36	*1	0.74	0.00	5.35
000925 CELERY STICKS	1/2 Cup	40	11	1	0.09	0.00	2.16
000385 Assorted Fresh Fruit (2)	1 each	135	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	380	60	13	0.00	0.00	14.05

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	78	19	0.10	0.00	20.39
000833 MILK - CHOCOLATE SKIM	HALF PINT	400	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	60	100	11	2.50	0.00	11.00
001120 Barbecue Sauce	1 oz	300	1	0	0.02	0.00	0.25
001083 Ketchup	TBSP	250	20	4	0.00	0.00	4.03
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	5	2.36	0.00	9.45
Weighted Daily Average			692	*35	17.27	0.00	90.82
% of Calories				*20.2%	22.5%	0.0%	52.5%
Weekly Nutrient Guideline			750 - 850		<=30		

**Wednesday - 12/26/2018**

**Reimbursable Meal Total 640**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
990092 Pulled Pork Mac & Cheese	Serving	1	559	22	24.00	0.50	60.15
001096 Tenderloin on Bun-HS*	1 Each	40	410	4	19.00	0.00	40.00
001124 Potatoes, Waffle Fries LM D23*	1/2 cup	580	213	0	10.67	0.00	25.33
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	25	62	*0	0.49	0.00	12.24
000888 TOMATOES, CHERRY	1/2 CUP	60	13	2	0.15	0.00	2.90

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001380 CUCUMBER,RAW (1/2C)	1/2 Cup	1	40	3	1.28	0.00	6.01
000385 Assorted Fresh Fruit (2)	1 each	90	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	360	60	13	0.00	0.00	14.05
001051 Blushed Pears	1/2c	190	84	16	0.00	*0.00	21.04
001320 Cheez-It W/G Crackers, .75oz	Each	1	100	0	3.50	0.00	14.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	450	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	65	100	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	140	66	5	2.36	0.00	9.45
001047 Assorted Condiments	each	640	37	6	0.25	0.00	7.10
001083 Ketchup	TBSP	580	20	4	0.00	0.00	4.03
Weighted Daily Average			466	*42	11.98	*0.00	74.02
% of Calories				*36.1%	23.1%	*0.0%	63.5%
Weekly Nutrient Guideline			750 - 850		<=30		

**Thursday - 12/27/2018**

**Reimbursable Meal Total 535**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	420	356	4	10.00	0.00	42.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000571 Country Fried Steak Sandwich	Sandwich	45	450	5	21.00	0.00	48.00
000840 Potato, Sweet Fries	1/2 CUP	250	97	7	3.01	*0.00	16.86
000034 LETTUCE & TOMATO:1/4 C & 2 slice	1/4 C,2 slc	200	7	1	0.08	0.00	1.34
000983 BROCCOLI SALAD-Rev	1/2 CUP	40	106	*14	2.62	*0.00	20.70
001308 Jicama Sticks-1/2 C	1/2 Cup	30	28	1	0.00	0.00	6.72
000338 Assorted Juice	1 each	360	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	80	66	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	1	67	12	0.21	0.00	17.37
001226 Ice Cream Sandwich	1 each	350	82	*N/A*	2.06	0.00	17.49
001047 Assorted Condiments	each	535	37	6	0.25	0.00	7.10
000833 MILK - CHOCOLATE SKIM	HALF PINT	430	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	65	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	100	11	2.50	0.00	11.00
990013 Dressing, Buttermilk, Red-Cal	2 TBSP	1	66	5	2.36	0.00	9.45
Weighted Daily Average			624	*42	13.01	*0.00	97.31
% of Calories				*26.9%	18.8%	*0.0%	62.4%
Weekly Nutrient Guideline			750 - 850		<=30		

Friday - 12/28/2018

Reimbursable Meal Total 450

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000860 Nachos with Ground Beef 2012-H	EACH	420	494	*2	23.43	0.00	46.75
000947 Fish Filet-(2.5M/2.5G)*	Each	30	398	3	14.28	0.00	41.01
000271 CORN: frozen, yellow	1/2 cup	285	73	2	1.87	0.00	14.41
001043 Salsa	1/4 Cup	95	40	4	0.00	0.00	8.00
001065 Asst. Fresh Vegetables(1/2)	1/2 c	100	30	*1	0.41	*0.00	5.67
000792 Black Bean Salad	2/3 CUP	25	203	*9	4.52	*0.02	33.30
000008 REFRIED BEANS: canned	1/2 Cup	75	131	1	1.23	*0.00	20.77
001611 Strawberries & Blueberries (2)	1/2 Cup	240	107	*23	0.29	0.00	28.27
000385 Assorted Fresh Fruit (2)	1 each	100	67	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	450	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	330	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	55	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
001170 Sour Cream, Lite	2 Tbsp	160	30	2	2.00	0.00	3.00
001198 PEPPERS,JALEPENO,CN D,DRND	serving	400	3	*N/A*	0.07	*N/A*	0.53
001186 Tartar Sauce	pkt.	30	42	2	3.60	0.03	3.00

# Base Menu Spreadsheet

## Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001083 Ketchup	TBSP	30	20	4	0.00	0.00	4.03
Weighted Daily Average			834	*51	25.96	*0.00	116.97
% of Calories				*24.5%	28.0%	*0.0%	56.1%
Weekly Nutrient Guideline			750 - 850		<=30		

*\*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.