

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

Menu Name: PS Lunch Menu

Include Cost: No

Site:

Report Style: Detailed

### Thursday - 03/01/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000959 .CHICKEN, GK PhD NUGGETS, 6116	4 PIECES	100	254	3.00	321	14.00	0.00	15.00	3.00	17.00	61	15.0	0.00	1.00
000466 .POTATO, PUFFS ORE-IDA (PS)	5 PIECES	100	103	0.79	246	4.76	0.00	12.70	1.59	1.59	0	0.0	2.86	0.00
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000916 .KETCHUP, RED GOLD 33% FANCY	1 TBSP	100	20	0.00	160	0.00	0.00	5.00	0.00	0.00	100	0.0	1.20	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			548	5.19	876	21.28	*0.00	60.16	6.45	30.24	786	96.5	40.38	1.26
% of Calories				8.52%		34.9%	*0.0%	43.9%		22.1%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

### Friday - 03/02/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	7.00	600	16.00	0.00	34.00	3.00	21.00	400	450.0	0.00	2.70
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	1.50	0.00	27.00	0.00	0.00	0	20.0	60.00	0.36
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	0.66	122	3.63	0.00	0.66	0.00	0.33	2	0.7	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			702	10.06	939	23.70	*0.00	92.63	6.10	33.26	6888	565.7	97.43	3.69
% of Calories				12.90%		30.4%	*0.0%	52.8%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

Monday - 03/05/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000755 .CHICKEN, CRISPY TENDERS WG	1 SERV	100	263	2.53	395	15.17	0.00	16.19	3.04	15.17	101	40.5	0.00	1.82
000124 .POTATO, SMILES	4 SMILES	100	129	0.50	179	4.48	0.00	19.92	1.99	1.99	0	0.0	2.39	0.36
000716 .BREAD, WG DINNER ROLL SB-220	1 ROLL	100	90	0.00	120	1.00	0.00	18.00	1.00	2.00	10	0.0	0.00	0.72
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			654	4.42	843	23.17	*0.00	81.57	7.89	30.82	736	121.9	38.72	3.16
% of Calories				6.08%		31.9%	*0.0%	49.9%		18.9%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

## Tuesday - 03/06/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	7.00	600	16.00	0.00	34.00	3.00	21.00	400	450.0	0.00	2.70
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
900260 peach cup, frozen	1/2 cup	100	118	0.02	8	0.16	0.00	29.98	2.25	0.79	355	3.8	117.75	0.46
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	0.66	122	3.63	0.00	0.66	0.00	0.33	2	0.7	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			700	9.08	912	22.36	*0.00	95.60	8.35	34.05	7243	549.5	155.18	3.80
% of Calories				11.67%		28.7%	*0.0%	54.6%		19.5%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

## Wednesday - 03/07/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990048 .MAC & CHEESE, JTM	SERV	100	291	8.10	758	15.00	0.00	25.00	1.00	15.00	654	362.0	0.00	1.00
000062 *CUCUMBER, RAW	1/4 CUP	100	4	0.00	1	0.05	0.00	0.64	0.21	0.18	21	4.2	0.95	0.06
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			466	9.50	908	17.57	*0.00	53.11	3.08	26.83	1301	447.6	37.28	1.32
% of Calories				18.35%		33.9%	*0.0%	45.6%		23.0%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

Thursday - 03/08/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001116 .PANCAKE, WG 4" KRUSTEAZ PANCAKE	2 PANCAKES	100	150	0.50	400	2.00	0.00	30.98	4.00	3.00	2	4.0	0.00	8.00
000574 .TURKEY, SAUSAGE PATTY	1 EACH	100	62	1.02	102	4.10	0.00	0.00	0.00	6.15	0	20.5	0.00	0.37
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000777 .APPLESAUCE CUPS	1 CUP	100	51	0.01	2	0.10	0.00	14.00	1.00	0.20	35	5.0	1.20	0.30
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00

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## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			394	2.89	684	8.50	0.00	62.28	6.23	20.42	5957	104.6	6.14	9.04
% of Calories				6.60%		19.4%	0.0%	63.2%		20.7%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

## Friday - 03/09/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	7.00	600	16.00	0.00	34.00	3.00	21.00	400	450.0	0.00	2.70
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	1.50	0.00	27.00	0.00	0.00	0	20.0	60.00	0.36
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	0.66	122	3.63	0.00	0.66	0.00	0.33	2	0.7	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			702	10.06	939	23.70	*0.00	92.63	6.10	33.26	6888	565.7	97.43	3.69
% of Calories				12.90%		30.4%	*0.0%	52.8%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

## Monday - 03/12/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000801 .TAQUITOS, CHIX POSADA	2 EACH	100	220	2.00	270	10.00	0.00	26.00	2.00	8.00	200	40.0	0.00	1.44
000358 .RICE, SPANISH	.25 CUP	100	61	0.21	251	1.45	0.00	10.19	0.48	1.09	9	5.1	12.79	0.11
000494 *BEANS, BBQ COWBOY	1/2 CUP	100	119	0.09	436	0.47	0.00	26.85	5.21	6.03	137	43.2	0.00	1.51
001007 .SALSA, LOW SODIUM, POUCH	2 TBSP	1	11	0.01	35	0.06	0.00	2.17	0.45	0.46	170	3.5	1.25	0.69
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			571	3.69	1106	14.44	*0.00	90.52	9.56	26.78	973	169.8	49.13	3.32
% of Calories				5.82%		22.8%	*0.0%	63.4%		18.8%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

Tuesday - 03/13/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990075 .PIZZA, GALAXY, CHEESE WG, BULK	1 EACH	100	280	6.00	440	12.00	0.00	29.00	3.00	15.00	6	238.1	25.00	10.00
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			466	7.40	623	14.57	*0.00	59.97	6.10	26.93	6492	333.2	62.43	10.63
% of Calories				14.29%		28.1%	*0.0%	51.5%		23.1%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

### Wednesday - 03/14/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990044 .CHICKEN, BRD SMACKER, DARK(PS)	8 PIECES	100	234	2.40	479	13.60	0.00	13.60	2.40	14.40	134	14.4	0.00	1.60
000584 .POTATO, SMILES (PS)	3 SMILES	100	108	0.41	149	3.73	0.00	16.60	1.66	1.66	0	0.0	1.99	0.30
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			514	4.21	778	19.85	*0.00	57.66	5.93	27.72	759	95.9	38.32	2.16
% of Calories				7.37%		34.8%	*0.0%	44.9%		21.6%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

### Thursday - 03/15/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000947 .BURRITO, BEAN & CHEESE (PS)	1 EACH	100	200	5.00	370	11.00	0.00	15.00	4.00	10.00	200	200.0	3.60	1.80
001179 .CORN	CUP	100	27	0.10	84	0.50	0.00	5.88	0.82	0.94	19	1.2	0.74	0.11
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000159 *SALSA, RED GOLD	1 SERV	100	20	0.00	137	0.00	0.00	3.91	21.51	0.00	20	3.9	19.55	3.91
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			418	6.49	740	14.02	*0.00	52.25	28.19	22.60	864	286.6	60.22	6.08
% of Calories				13.97%		30.2%	*0.0%	50.0%		21.6%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

## Friday - 03/16/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	7.00	600	16.00	0.00	34.00	3.00	21.00	400	450.0	0.00	2.70
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	1.50	0.00	27.00	0.00	0.00	0	20.0	60.00	0.36
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	0.66	122	3.63	0.00	0.66	0.00	0.33	2	0.7	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00



# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			702	10.06	939	23.70	*0.00	92.63	6.10	33.26	6888	565.7	97.43	3.69
% of Calories				12.90%		30.4%	*0.0%	52.8%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

### Monday - 03/19/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001116 .PANCAKE, WG 4" KRUSTEAZ PANCAKE	2 PANCAKES	100	150	0.50	400	2.00	0.00	30.98	4.00	3.00	2	4.0	0.00	8.00
000574 .TURKEY, SAUSAGE PATTY	1 EACH	100	62	1.02	102	4.10	0.00	0.00	0.00	6.15	0	20.5	0.00	0.37
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000777 .APPLESAUCE CUPS	1 CUP	100	51	0.01	2	0.10	0.00	14.00	1.00	0.20	35	5.0	1.20	0.30
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			394	2.89	684	8.50	0.00	62.28	6.23	20.42	5957	104.6	6.14	9.04
% of Calories				6.60%		19.4%	0.0%	63.2%		20.7%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

### Tuesday - 03/20/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990036 .PIZZA, CRUNCHER, CHEESE (PS)	4 CRUNCHERS	100	300	6.00	600	13.50	0.00	30.75	3.75	15.00	3421	318.0	1.50	1.50
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			486	7.40	783	16.07	*0.00	61.72	6.85	26.93	9907	413.1	38.93	2.13
% of Calories				13.70%		29.8%	*0.0%	50.8%		22.2%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

Wednesday - 03/21/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000137 *PASTA WITH MEAT SAUCE	1 CUP	1	274	1.50	256	4.48	*0.50	46.84	3.22	14.46	*334	*18.7	*4.01	16.37
990047 .BREAD, TOAST, GARLIC	TOAST	1	140	1.50	230	7.00	0.00	16.00	2.00	3.00	0	0.0	0.00	0.00
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			175	1.42	154	2.63	*0.00	28.09	1.92	11.83	*629	*81.6	*36.37	0.42
% of Calories				7.30%		13.5%	*0.0%	64.2%		27.0%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

## Thursday - 03/22/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000959 .CHICKEN, GK PHD NUGGETS, 6116	4 PIECES	100	254	3.00	321	14.00	0.00	15.00	3.00	17.00	61	15.0	0.00	1.00
000466 .POTATO, PUFFS ORE-IDA (PS)	5 PIECES	100	103	0.79	246	4.76	0.00	12.70	1.59	1.59	0	0.0	2.86	0.00
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000916 .KETCHUP, RED GOLD 33% FANCY	1 TBSP	100	20	0.00	160	0.00	0.00	5.00	0.00	0.00	100	0.0	1.20	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			548	5.19	876	21.28	*0.00	60.16	6.45	30.24	786	96.5	40.38	1.26
% of Calories				8.52%		34.9%	*0.0%	43.9%		22.1%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

## Friday - 03/23/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	7.00	600	16.00	0.00	34.00	3.00	21.00	400	450.0	0.00	2.70
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	1.50	0.00	27.00	0.00	0.00	0	20.0	60.00	0.36
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	0.66	122	3.63	0.00	0.66	0.00	0.33	2	0.7	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			702	10.06	939	23.70	*0.00	92.63	6.10	33.26	6888	565.7	97.43	3.69
% of Calories				12.90%		30.4%	*0.0%	52.8%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

Monday - 03/26/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000755 .CHICKEN, CRISPY TENDERS WG	1 SERV	100	263	2.53	395	15.17	0.00	16.19	3.04	15.17	101	40.5	0.00	1.82
000124 .POTATO, SMILES	4 SMILES	100	129	0.50	179	4.48	0.00	19.92	1.99	1.99	0	0.0	2.39	0.36
000716 .BREAD, WG DINNER ROLL SB-220	1 ROLL	100	90	0.00	120	1.00	0.00	18.00	1.00	2.00	10	0.0	0.00	0.72
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			654	4.42	843	23.17	*0.00	81.57	7.89	30.82	736	121.9	38.72	3.16
% of Calories				6.08%		31.9%	*0.0%	49.9%		18.9%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

### Tuesday - 03/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001116 .PANCAKE, WG 4" KRUSTEAZ PANCAKE	2 PANCAKES	100	150	0.50	400	2.00	0.00	30.98	4.00	3.00	2	4.0	0.00	8.00
000574 .TURKEY, SAUSAGE PATTY	1 EACH	100	62	1.02	102	4.10	0.00	0.00	0.00	6.15	0	20.5	0.00	0.37
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000777 .APPLESAUCE CUPS	1 CUP	100	51	0.01	2	0.10	0.00	14.00	1.00	0.20	35	5.0	1.20	0.30
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			394	2.89	684	8.50	0.00	62.28	6.23	20.42	5957	104.6	6.14	9.04
% of Calories				6.60%		19.4%	0.0%	63.2%		20.7%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

### Wednesday - 03/28/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990048 .MAC & CHEESE, JTM	SERV	100	291	8.10	758	15.00	0.00	25.00	1.00	15.00	654	362.0	0.00	1.00
000062 *CUCUMBER, RAW	1/4 CUP	100	4	0.00	1	0.05	0.00	0.64	0.21	0.18	21	4.2	0.95	0.06
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			466	9.50	908	17.57	*0.00	53.11	3.08	26.83	1301	447.6	37.28	1.32
% of Calories				18.35%		33.9%	*0.0%	45.6%		23.0%				
Weekly Nutrient Guideline			0 - 0	<0		<=0								

Thursday - 03/29/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	7.00	600	16.00	0.00	34.00	3.00	21.00	400	450.0	0.00	2.70
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	0.06	0.00	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	1.50	0.00	27.00	0.00	0.00	0	20.0	60.00	0.36
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	0.27	*0.00	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	0.66	122	3.63	0.00	0.66	0.00	0.33	2	0.7	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	2.50	0.00	14.00	0.00	11.00	10	35.0	4.00	0.00

# Base Menu Spreadsheet

MANHATTAN BEACH USD

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	0.00	0.00	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			702	10.06	939	23.70	*0.00	92.63	6.10	33.26	6888	565.7	97.43	3.69
% of Calories				12.90%		30.4%	*0.0%	52.8%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0		<=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

<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.