

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

Menu Name: PS Lunch Menu

Include Cost: No

Site:

Report Style: Detailed

Friday - 09/01/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000731 .PIZZA, CHEESE WG 16" BIG DADD	1 SLICE	100	280	3.00	460	4	8.00	0.00	15	33.00	3.00	19.00	400	350.0	0.00	2.70
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	2	0.06	0.00	0	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	*N/A*	1.50	0.00	5	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	*6	0.27	*0.00	0	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	35	0.51	121	1	3.54	0.00	3	0.51	0.00	0.51	3	10.1	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			622	5.91	799	*14	15.62	*0.00	32	91.47	6.10	30.53	7329	758.7	95.99	3.69
% of Calories				8.55%		*9.0%	22.6%	*0.0%		58.8%		19.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 09/05/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990036 .PIZZA, CRUNCHER, CHEESE (PS)	4 CRUNCHERS	100	300	6.00	600	2	13.50	0.00	22	30.75	3.75	15.00	3421	318.0	1.50	1.50

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	2	0.06	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			486	7.40	783	*12	16.07	*0.00	32	61.72	6.85	26.03	10348	696.6	37.49	2.13
% of Calories				13.70%		*9.9%	29.8%	*0.0%		50.8%		21.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 09/06/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000959 .CHICKEN, GK PhD NUGGETS, 6116	4 PIECES	100	254	3.00	321	0	14.00	0.00	59	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	0	4.76	0.00	0	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	*6	0.27	*0.00	0	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	7	0.00	0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			548	5.19	876	*14	21.28	*0.00	68	60.16	6.45	29.34	1227	380.0	38.94	1.26
% of Calories				8.52%		*10.2%	34.9%	*0.0%		43.9%		21.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 09/07/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000547 *FRENCH TOAST STICKS, KRSZ(PS)	3 STICKS	100	230	1.00	420	*N/A*	5.00	0.00	15	41.00	1.00	6.00	200	60.0	0.00	1.80
000194 .CHEESE, MOZZARELLA STRING	1 EACH	100	79	3.46	207	0	5.93	0.00	15	0.99	0.00	6.91	99	197.5	0.00	0.07
000777 .APPLESAUCE CUPS	1 CUP	100	51	0.01	2	11	0.10	0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			477	5.82	776	*12	13.28	0.00	39	69.79	2.00	23.01	834	607.5	3.60	2.17
% of Calories				10.98%		*10.1%	25.1%	0.0%		58.5%		19.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 09/08/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000949 .PIZZA, CHEESE HND TOSS WG(PS)	1 SLICE	100	272	5.61	456	7	11.21	0.00	28	28.83	3.20	14.41	320	280.3	0.00	1.44
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	2	0.06	0.00	0	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	*N/A*	1.50	0.00	5	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	*6	0.27	*0.00	0	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	35	0.51	121	1	3.54	0.00	3	0.51	0.00	0.51	3	10.1	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			614	8.51	795	*17	18.83	*0.00	45	87.30	6.30	25.95	7250	689.0	95.99	2.43
% of Calories				12.47%		*11.1%	27.6%	*0.0%		56.9%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 09/11/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000755 .CHICKEN, CRISPY TENDERS WG	1 SERV	100	263	2.53	395	*N/A*	15.17	0.00	25	16.19	3.04	15.17	101	40.5	0.00	1.82
000124 .POTATO, SMILES	4 SMILES	100	129	0.50	179	0	4.48	0.00	0	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	2	1.00	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			654	4.42	843	*9	23.17	*0.00	35	81.57	7.89	29.92	1177	405.4	37.28	3.16
% of Calories				6.08%		*5.5%	31.9%	*0.0%		49.9%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 09/12/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000949 .PIZZA, CHEESE HND TOSS WG(PS)	1 SLICE	100	272	5.61	456	7	11.21	0.00	28	28.83	3.20	14.41	320	280.3	0.00	1.44
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	2	0.06	0.00	0	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	28	0.16	0.00	0	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	*6	0.27	*0.00	0	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	35	0.51	121	1	3.54	0.00	3	0.51	0.00	0.51	3	10.1	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			611	7.53	768	*45	17.49	*0.00	40	90.28	8.55	26.74	7605	672.7	153.74	2.54
% of Calories				11.09%		*29.5%	25.8%	*0.0%		59.1%		17.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 09/13/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000727 .MAC & CHEESE, RDFAT, LOL (PS)	1 SERV	100	215	4.44	726	*N/A*	8.15	0.00	22	23.70	0.74	11.85	593	296.3	0.00	0.80
990047 .BREAD, TOAST, GARLIC	TOAST	100	140	1.50	230	2	7.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.00
000062 *CUCUMBER, RAW	1/4 CUP	100	4	0.00	1	0	0.05	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			530	7.34	1106	*10	17.71	*0.00	32	67.81	4.82	25.78	1680	665.4	35.84	1.12
% of Calories				12.46%		*7.5%	30.1%	*0.0%		51.2%		19.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 09/14/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000710 .BEEF, TRIPLE B BURGER, 2.25oz	1 PATTY	100	147	3.40	200	0	8.65	0.00	39	0.10	0.03	16.08	0	13.7	0.03	1.85
001190 .BREAD, BUN, 3.5" HAMBURGER, ROHWW3	1 BUN	100	120	0.00	230	1	2.00	0.00	0	22.00	2.00	4.00	0	0.0	0.00	6.00
000466 .POTATO, PUFFS ORE-IDA (PS)	5 PIECES	100	103	0.79	246	0	4.76	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			542	5.59	825	*8	17.93	*0.00	48	62.26	5.48	32.42	1066	378.6	37.77	8.11
% of Calories				9.28%		*5.9%	29.8%	*0.0%		45.9%		23.9%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 09/15/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000949 .PIZZA, CHEESE HND TOSS WG(PS)	1 SLICE	100	272	5.61	456	7	11.21	0.00	28	28.83	3.20	14.41	320	280.3	0.00	1.44
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	2	0.06	0.00	0	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	*N/A*	1.50	0.00	5	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	*6	0.27	*0.00	0	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	35	0.51	121	1	3.54	0.00	3	0.51	0.00	0.51	3	10.1	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			614	8.51	795	*17	18.83	*0.00	45	87.30	6.30	25.95	7250	689.0	95.99	2.43
% of Calories				12.47%		*11.1%	27.6%	*0.0%		56.9%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 09/18/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000801 .TAQUITOS, CHIX POSADA	2 EACH	100	220	2.00	270	0	10.00	0.00	20	26.00	2.00	8.00	200	40.0	0.00	1.44
000358 .RICE, SPANISH	.25 CUP	100	61	0.21	251	2	1.45	0.00	0	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	10	0.47	0.00	0	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	*N/A*	0.06	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			571	3.69	1106	*19	14.44	*0.00	29	90.52	9.56	25.88	1414	453.3	47.69	3.32
% of Calories				5.82%		*13.3%	22.8%	*0.0%		63.4%		18.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 09/19/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990036 .PIZZA, CRUNCHER, CHEESE (PS)	4 CRUNCHERS	100	300	6.00	600	2	13.50	0.00	22	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	2	0.06	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			486	7.40	783	*12	16.07	*0.00	32	61.72	6.85	26.03	10348	696.6	37.49	2.13
% of Calories				13.70%		*9.9%	29.8%	*0.0%		50.8%		21.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 09/20/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990044 .CHICKEN, BRD SMACKER, DARK(PS)	8 PIECES	100	234	2.40	479	0	13.60	0.00	65	13.60	2.40	14.40	134	14.4	0.00	1.60
000584 .POTATO, SMILES (PS)	3 SMILES	100	108	0.41	149	0	3.73	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			514	4.21	778	*7	19.85	*0.00	74	57.66	5.93	26.82	1200	379.4	36.88	2.16
% of Calories				7.37%		*5.4%	34.8%	*0.0%		44.9%		20.9%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 09/21/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000947 .BURRITO, BEAN & CHEESE (PS)	1 EACH	100	200	5.00	370	1	11.00	0.00	20	15.00	4.00	10.00	200	200.0	3.60	1.80
001179 .CORN	CUP	100	27	0.10	84	2	0.50	0.00	0	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	*6	0.27	*0.00	0	13.66	1.87	0.86	566	20.0	32.49	0.26
000159 *SALSA, RED GOLD	1 SERV	100	20	0.00	137	2	0.00	0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			418	6.49	740	*12	14.02	*0.00	29	52.25	28.19	21.69	1305	570.1	58.78	6.08
% of Calories				13.97%		*11.5%	30.2%	*0.0%		50.0%		20.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 09/22/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000949 .PIZZA, CHEESE HND TOSS WG(PS)	1 SLICE	100	272	5.61	456	7	11.21	0.00	28	28.83	3.20	14.41	320	280.3	0.00	1.44
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	2	0.06	0.00	0	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	*N/A*	1.50	0.00	5	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	*6	0.27	*0.00	0	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	35	0.51	121	1	3.54	0.00	3	0.51	0.00	0.51	3	10.1	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	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	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			614	8.51	795	*17	18.83	*0.00	45	87.30	6.30	25.95	7250	689.0	95.99	2.43
% of Calories				12.47%		*11.1%	27.6%	*0.0%		56.9%		16.9%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 09/25/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	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	5	2.00	0.00	7	30.98	4.00	3.00	2	4.0	0.00	8.00
000574 .TURKEY, SAUSAGE PATTY	1 EACH	100	62	1.02	102	*N/A*	4.10	0.00	31	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	2	0.06	0.00	0	3.50	1.23	0.27	5861	13.6	1.10	0.38
000777 .APPLESAUCE CUPS	1 CUP	100	51	0.01	2	11	0.10	0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			394	2.89	684	*19	8.50	0.00	47	62.28	6.23	19.52	6398	388.1	4.70	9.04
% of Calories				6.60%		*19.3%	19.4%	0.0%		63.2%		19.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 09/26/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000949 .PIZZA, CHEESE HND TOSS WG(PS)	1 SLICE	100	272	5.61	456	7	11.21	0.00	28	28.83	3.20	14.41	320	280.3	0.00	1.44
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	2	0.06	0.00	0	3.50	1.23	0.27	5861	13.6	1.10	0.38
000777 .APPLESAUCE CUPS	1 CUP	100	51	0.01	2	11	0.10	0.00	0	14.00	1.00	0.20	35	5.0	1.20	0.30
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	0.04	2	*6	0.27	*0.00	0	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	35	0.51	121	1	3.54	0.00	3	0.51	0.00	0.51	3	10.1	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			545	7.52	762	*28	17.43	*0.00	40	74.30	7.30	26.15	7285	674.0	37.19	2.38
% of Calories				12.42%		*20.6%	28.8%	*0.0%		54.5%		19.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 09/27/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000137 *PASTA WITH MEAT SAUCE	1 CUP	1	274	1.50	256	*N/A*	4.48	*0.50	14	46.84	3.22	14.46	*334	*18.7	*4.01	16.37
990047 .BREAD, TOAST, GARLIC	TOAST	1	140	1.50	230	2	7.00	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			175	1.42	154	*7	2.63	*0.00	10	28.09	1.92	10.93	*1070	*365.1	*34.93	0.42
% of Calories				7.30%		*16.0%	13.5%	*0.0%		64.2%		25.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 09/28/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000727 .MAC & CHEESE, RDFAT, LOL (PS)	1 SERV	100	215	4.44	726	*N/A*	8.15	0.00	22	23.70	0.74	11.85	593	296.3	0.00	0.80
990047 .BREAD, TOAST, GARLIC	TOAST	100	140	1.50	230	2	7.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.00
000062 *CUCUMBER, RAW	1/4 CUP	100	4	0.00	1	0	0.05	0.00	0	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	*6	0.27	*0.00	0	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	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			530	7.34	1106	*10	17.71	*0.00	32	67.81	4.82	25.78	1680	665.4	35.84	1.12
% of Calories				12.46%		*7.5%	30.1%	*0.0%		51.2%		19.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 09/29/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000949 .PIZZA, CHEESE HND TOSS WG(PS)	1 SLICE	100	272	5.61	456	7	11.21	0.00	28	28.83	3.20	14.41	320	280.3	0.00	1.44
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	0.01	33	2	0.06	0.00	0	3.50	1.23	0.27	5861	13.6	1.10	0.38
000566 *SORBET, LUIGI'S	1 EACH	100	120	1.00	35	*N/A*	1.50	0.00	5	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	*6	0.27	*0.00	0	13.66	1.87	0.86	566	20.0	32.49	0.26
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	35	0.51	121	1	3.54	0.00	3	0.51	0.00	0.51	3	10.1	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	1.50	150	*N/A*	2.50	0.00	10	14.00	0.00	10.00	500	350.0	2.40	0.00
000702 *MILK, NONFAT (SKIM)	1 CARTON	10	90	0.00	120	12	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			614	8.51	795	*17	18.83	*0.00	45	87.30	6.30	25.95	7250	689.0	95.99	2.43
% of Calories				12.47%		*11.1%	27.6%	*0.0%		56.9%		16.9%				
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

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.