

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

**Menu Name:** K-8 Lunch 2 Entree (AB)

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Thursday - 10/01/2020

**Reimbursable Meal Total 10800**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900044 SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	6000	347	2.32	698	3	11.94	0.01	38.47	22.24
825867 COND PC Sauce, BBQ 12g	Each	6000	15	0.00	160	1	0.00	0.00	3.00	0.00
900046 HOT DOG, Plain WG 2.0	Each	2000	300	4.41	1003	4	14.18	0.01	29.16	12.73
831492 VEG: SPINACH, Fz 1/4c	1/4 Cup	8000	28	0.13	79	0	0.71	0.00	3.91	3.27
829475 FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	8000	30	0.01	0	6	0.18	0.00	7.39	0.45
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			386	2.28	861	22	10.03	0.01	52.23	23.84
% of Calories				5.32%		22.8%	23.4%	0.0%	54.1%	24.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 10/02/2020

**Reimbursable Meal Total 10800**

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900170 Pizza Tony's Galaxy Smart Chz	Pizza	6000	280	6.00	440	9	12.00	0.00	29.00	15.00
000179 BRD: PANCAKES, AP WG Confetti	Pouch	2000	220	1.00	300	11	7.00	0.00	36.00	4.00
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	2000	120	4.00	420	0	5.00	0.00	2.00	16.00
990377 Tater Tots, McCain 1/4c	1/4c	8000	46	0.21	83	0	1.66	0.00	7.04	0.41
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	8000	62	0.00	0	12	0.00	0.00	17.09	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			352	4.48	575	25	10.23	0.00	51.26	15.75
% of Calories				11.45%		28.4%	26.2%	0.0%	58.2%	17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

**Monday - 10/05/2020**

**Reimbursable Meal Total 10800**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
000046 NACHOS BfGd Bn Scp AP- IW Chip	Each	6000	327	5.40	786	1	12.12	0.06	36.67	16.04
900045 BURG, Beef AP WG 2.0	Each	2000	250	2.50	295	3	8.00	0.00	27.00	17.00
825856 COND PC Ketchup 9g Heinz	Each	2000	10	0.00	85	2	0.00	0.00	3.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
831190 VEG: CARROTS, Fresh Baby 1/4c	1/4 Cup	8000	12	0.01	28	2	0.05	0.00	2.92	0.23
829475 FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	8000	30	0.01	0	6	0.18	0.00	7.39	0.45
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			307	3.55	601	15	8.50	0.03	41.58	15.97
% of Calories				10.41%		19.5%	24.9%	0.1%	54.2%	20.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Tuesday - 10/06/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	6000	220	1.00	380	11	7.00	0.00	37.00	3.00
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	6000	120	4.00	420	0	5.00	0.00	2.00	16.00
829155 CHIX Tender, KK (3) WG 2.0	3 Each	2000	212	2.02	738	1	11.12	0.00	13.14	15.16
990379 French Fries Shoestring McCain 1/4c	1/4 Cup	8000	35	0.17	7	0	1.39	0.00	5.90	0.35
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	8000	62	0.00	0	12	0.00	0.00	17.09	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			353	3.35	722	25	9.87	0.00	51.37	17.03
% of Calories				8.54%		28.3%	25.2%	0.0%	58.2%	19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 10/07/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900046 HOT DOG, Plain WG 2.0	Each	6000	300	4.41	1003	4	14.18	0.01	29.16	12.73
825856 COND PC Ketchup 9g Heinz	Each	6000	10	0.00	85	2	0.00	0.00	3.00	0.00
000209 MELT SUB AP, BfMtbi BBQ SS2.0	Sandwich	2000	345	3.20	737	21	10.00	0.40	46.80	15.40
831487 VEG: BROCCOLI, Frz Chpd 1/4c	1/4 Cup	8000	12	0.01	5	1	0.05	0.00	2.30	1.34
826355 FRUIT: KIWI, Fresh 36ct 1/2c	1/2 Cup	8000	58	0.03	3	8	0.49	0.00	13.86	1.08
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			334	3.14	820	21	10.25	0.08	46.53	15.12
% of Calories				8.46%		25.1%	27.6%	0.2%	55.7%	18.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 10/08/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
831183 CHIX Popcorn, AP WG 2.0	Serving	6000	256	2.78	389	1	14.46	0.00	15.58	15.58
825867 COND PC Sauce, BBQ 12g	Each	6000	15	0.00	160	1	0.00	0.00	3.00	0.00
826964 ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spoodles	2000	667	13.37	1241	5	24.02	*0.00	84.59	28.98
830310 VEG: BEANS, Green Fz 1/4c	1/4 Cup	8000	10	0.02	0	1	0.06	0.00	2.25	0.52
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	8000	62	0.00	0	12	0.00	0.00	17.09	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			373	4.10	609	19	12.64	*0.00	48.33	17.81
% of Calories				9.89%		20.4%	30.5%	*0.0%	51.8%	19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

### Friday - 10/09/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990374 Corn Dog, Tyson	serv	6000	300	3.50	400	8	16.00	0.00	25.00	14.00
825856 COND PC Ketchup 9g Heinz	Each	6000	10	0.00	85	2	0.00	0.00	3.00	0.00
900170 Pizza Tony's Galaxy Smart Chz	Pizza	2000	280	6.00	440	9	12.00	0.00	29.00	15.00
831167 VEG: BEANS, Black 1/4c	1/4 Cup	8000	94	0.14	73	0	0.67	0.08	16.16	5.79
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	8000	69	0.09	1	9	0.26	0.00	17.68	0.84
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			391	3.29	479	22	11.91	0.06	54.01	18.88
% of Calories				7.57%		22.5%	27.4%	0.1%	55.3%	19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Monday - 10/12/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900116 BURG, Beef AMAP WG 2.25- ALPHA	Each	6000	295	4.62	495	4	11.50	0.00	27.50	19.50
825856 COND PC Ketchup 9g Heinz	Each	6000	10	0.00	85	2	0.00	0.00	3.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
831183 CHIX Popcorn, AP WG 2.0	Serving	2000	256	2.78	389	1	14.46	0.00	15.58	15.58
830312 VEG: CORN, Fz 1/4c	1/4 Cup	8000	33	0.04	0	1	0.27	0.00	7.90	1.04
000194 FRUIT: CRAISINS, SS Waterm1.16	Box (1.16oz)	8000	110	0.00	0	24	0.00	0.00	28.00	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			369	3.19	468	29	9.39	0.00	54.44	17.90
% of Calories				7.78%		31.4%	22.9%	0.0%	59.0%	19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Tuesday - 10/13/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
825806 CHIX Nugget, WG (5) 2.0	5 Each	6000	203	1.90	444	0	10.15	0.00	12.68	16.49
900046 HOT DOG, Plain WG 2.0	Each	2000	300	4.41	1003	4	14.18	0.01	29.16	12.73
990379 French Fries Shoestring McCain 1/4c	1/4 Cup	8000	35	0.17	7	0	1.39	0.00	5.90	0.35
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
000263 FRUIT: ORANGE 138ct 1/2c IW	1 ea	8000	57	0.02	0	11	0.15	*N/A*	14.34	1.15
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			290	2.09	574	18	9.52	*0.00	37.68	16.03
% of Calories				6.49%		24.8%	29.5%	*0.0%	52.0%	22.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 10/14/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990373 Mini Corn Dog, Tyson	serv	6000	255	2.25	690	6	12.00	*N/A*	24.00	12.00
825856 COND PC Ketchup 9g Heinz	Each	6000	10	0.00	85	2	0.00	0.00	3.00	0.00
000067 TACO BfGd Soft AP WG 2.0 2ea	2 Each	2000	336	6.13	638	3	13.45	0.00	33.95	21.36
831492 VEG: SPINACH, Fz 1/4c	1/4 Cup	8000	28	0.13	79	0	0.71	0.00	3.91	3.27
829475 FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	8000	30	0.01	0	6	0.18	0.00	7.39	0.45
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
833553 SNACK: BAR, RiceKrTrt MiniWGIW	Each	8000	50	0.00	45	3	1.00	0.00	9.00	0.00
Weighted Daily Average			335	2.56	714	20	10.67	*0.00	44.34	16.79
% of Calories				6.88%		23.9%	28.7%	*0.0%	52.9%	20.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 10/15/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
830905 BRD: FR TST STK, AP WG (1.5BG)	3 Sticks	6000	225	2.25	285	11	9.00	0.00	31.50	4.50
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	6000	120	4.00	420	0	5.00	0.00	2.00	16.00
900186 Pizza Tony's Galaxy Smart Pep	Pizza	2000	290	6.00	520	9	12.00	0.00	29.00	16.00
990377 Tater Tots, McCain 1/4c	1/4c	8000	46	0.21	83	0	1.66	0.00	7.04	0.41
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	8000	62	0.00	0	12	0.00	0.00	17.09	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			379	4.81	686	26	11.34	0.00	52.10	18.07
% of Calories				11.42%		27.4%	26.9%	0.0%	55.0%	19.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Friday - 10/16/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900044 SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	6000	347	2.32	698	3	11.94	0.01	38.47	22.24
825867 COND PC Sauce, BBQ 12g	Each	6000	15	0.00	160	1	0.00	0.00	3.00	0.00
900045 BURG, Beef AP WG 2.0	Each	2000	250	2.50	295	3	8.00	0.00	27.00	17.00
831529 VEG: BEANS, Bkd Veg AP 1/4c	1/4 Cup	8000	121	0.00	257	7	0.50	0.00	21.68	5.55
829475 FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	8000	30	0.01	0	6	0.18	0.00	7.39	0.45
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			405	1.83	795	20	8.74	0.01	57.59	23.36
% of Calories				4.07%		19.8%	19.4%	0.0%	56.9%	23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

### Monday - 10/19/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
000069 MELT SUB AP, BfMtbl PizzaSS2.0	Sandwich	6000	345	5.36	856	7	13.18	0.41	34.26	20.63
000119 SDW SLDR, ChixPty WG 2.0	Each	2000	343	2.48	722	3	11.66	0.04	38.46	19.66
825867 COND PC Sauce, BBQ 12g	Each	2000	15	0.00	160	1	0.00	0.00	3.00	0.00
831487 VEG: BROCCOLI, Frz Chpd 1/4c	1/4 Cup	8000	12	0.01	5	1	0.05	0.00	2.30	1.34
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	8000	62	0.00	0	12	0.00	0.00	17.09	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			359	3.51	716	21	9.64	0.24	49.10	19.50
% of Calories				8.80%		23.4%	24.2%	0.6%	54.7%	21.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Tuesday - 10/20/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900116 BURG, Beef AMAP WG 2.25- ALPHA	Each	6000	295	4.62	495	4	11.50	0.00	27.50	19.50
000215 SDW: PNCK C.Sausage	EACH	2000	253	2.17	470	3	10.00	0.00	28.33	14.33

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
825872 COND PC Syrup 1.4oz Smuckers	Each	2000	110	0.00	25	21	0.00	0.00	29.00	0.00
990377 Tater Tots, McCain 1/4c	1/4c	8000	46	0.21	83	0	1.66	0.00	7.04	0.41
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
829475 FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	8000	30	0.01	0	6	0.18	0.00	7.39	0.45
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			340	3.20	564	20	9.72	0.00	46.82	17.54
% of Calories				8.47%		23.5%	25.7%	0.0%	55.1%	20.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 10/21/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
825806 CHIX Nugget, WG (5) 2.0	5 Each	6000	203	1.90	444	0	10.15	0.00	12.68	16.49
825867 COND PC Sauce, BBQ 12g	Each	6000	15	0.00	160	1	0.00	0.00	3.00	0.00
000277 Chili Cheese Burrito	ea	2000	310	3.00	580	1	11.00	0.00	37.00	16.00
831190 VEG: CARROTS, Fresh Baby 1/4c	1/4 Cup	8000	12	0.01	28	2	0.05	0.00	2.92	0.23
000263 FRUIT: ORANGE 138ct 1/2c IW	1 ea	8000	57	0.02	0	11	0.15	*N/A*	14.34	1.15

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			276	1.70	537	18	7.93	*0.00	36.37	16.55
% of Calories				5.54%		26.1%	25.9%	*0.0%	52.7%	24.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 10/22/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900046 HOT DOG, Plain WG 2.0	Each	6000	300	4.41	1003	4	14.18	0.01	29.16	12.73
825856 COND PC Ketchup 9g Heinz	Each	6000	10	0.00	85	2	0.00	0.00	3.00	0.00
829737 PASTA, Spaghetti WG 1/2c	1/2 Cup	2000	116	0.17	7	1	1.67	0.00	20.76	3.54
833095 BEEF Meatballs, RS AP 5ea 2.0	5 Each	2000	150	4.00	210	0	10.00	0.50	2.00	13.00
827400 SAUCE P, Spag AP	1/2 Cup	2000	60	0.00	30	6	0.00	0.00	12.00	2.00
830312 VEG: CORN, Fz 1/4c	1/4 Cup	8000	33	0.04	0	1	0.27	0.00	7.90	1.04
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	8000	62	0.00	0	12	0.00	0.00	17.09	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			349	3.32	724	22	10.36	0.10	50.83	14.69
% of Calories				8.56%		25.2%	26.7%	0.3%	58.3%	16.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 10/23/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900045 BURG, Beef AP WG 2.0	Each	6000	250	2.50	295	3	8.00	0.00	27.00	17.00
825856 COND PC Ketchup 9g Heinz	Each	6000	10	0.00	85	2	0.00	0.00	3.00	0.00
831183 CHIX Popcorn, AP WG 2.0	Serving	2000	256	2.78	389	1	14.46	0.00	15.58	15.58
831167 VEG: BEANS, Black 1/4c	1/4 Cup	8000	94	0.14	73	0	0.67	0.08	16.16	5.79
000194 FRUIT: CRAISINS, SS Waterm1.16	Box (1.16oz)	8000	110	0.00	0	24	0.00	0.00	28.00	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			389	2.08	410	28	7.73	0.06	60.28	20.02
% of Calories				4.81%		28.8%	17.9%	0.1%	62.0%	20.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

### Monday - 10/26/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900044 SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	6000	347	2.32	698	3	11.94	0.01	38.47	22.24
000179 BRD: PANCAKES, AP WG Confetti	Pouch	2000	220	1.00	300	11	7.00	0.00	36.00	4.00
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	2000	120	4.00	420	0	5.00	0.00	2.00	16.00
990377 Tater Tots, McCain 1/4c	1/4c	8000	46	0.21	83	0	1.66	0.00	7.04	0.41
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	8000	62	0.00	0	12	0.00	0.00	17.09	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			389	2.44	719	22	10.20	0.01	56.52	19.77
% of Calories				5.65%		22.6%	23.6%	0.0%	58.1%	20.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Tuesday - 10/27/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900170 Pizza Tony's Galaxy Smart Chz	Pizza	6000	280	6.00	440	9	12.00	0.00	29.00	15.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
829155 CHIX Tender, KK (3) WG 2.0	3 Each	2000	212	2.02	738	1	11.12	0.00	13.14	15.16
825867 COND PC Sauce, BBQ 12g	Each	2000	15	0.00	160	1	0.00	0.00	3.00	0.00
831489 VEG: PEAS, Green Fz 1/4c	1/4 Cup	8000	37	0.02	34	2	0.13	0.00	6.69	2.41
000263 FRUIT: ORANGE 138ct 1/2c IW	1 ea	8000	57	0.02	0	11	0.15	*N/A*	14.34	1.15
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			313	3.81	509	23	9.04	*0.00	42.69	17.19
% of Calories				10.96%		29.4%	26.0%	*0.0%	54.6%	22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 10/28/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900116 BURG, Beef AMAP WG 2.25- ALPHA	Each	6000	295	4.62	495	4	11.50	0.00	27.50	19.50
825856 COND PC Ketchup 9g Heinz	Each	6000	10	0.00	85	2	0.00	0.00	3.00	0.00
990373 Mini Corn Dog, Tyson	serv	2000	255	2.25	690	6	12.00	*N/A*	24.00	12.00
831529 VEG: BEANS, Bkd Veg AP 1/4c	1/4 Cup	8000	121	0.00	257	7	0.50	0.00	21.68	5.55
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	8000	110	0.00	0	24	0.00	0.00	28.00	0.00



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			434	3.06	714	34	9.10	*0.00	66.21	20.57
% of Calories				6.35%		31.3%	18.9%	*0.0%	61.0%	19.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 10/29/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990332 Pizza Crunchers	serving	6000	420	9.00	670	3	20.00	0.00	41.00	20.00
826964 ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spoodles	2000	667	13.37	1241	5	24.02	*0.00	84.59	28.98
831492 VEG: SPINACH, Fz 1/4c	1/4 Cup	8000	28	0.13	79	0	0.71	0.00	3.91	3.27
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	8000	62	0.00	0	12	0.00	0.00	17.09	0.00
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			470	7.64	734	19	16.20	*0.00	62.02	22.31
% of Calories				14.63%		16.2%	31.0%	*0.0%	52.8%	19.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 10/30/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
900046 HOT DOG, Plain WG 2.0	Each	6000	300	4.41	1003	4	14.18	0.01	29.16	12.73
825806 CHIX Nugget, WG (5) 2.0	5 Each	2000	203	1.90	444	0	10.15	0.00	12.68	16.49
990380 Swt Pot FF, McCain 1/4c	1/4	8000	53	0.33	60	2	2.00	0.00	8.00	0.33
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
829475 FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	8000	30	0.01	0	6	0.18	0.00	7.39	0.45
900015 MILK SS, Skim Chocolate	Carton	4000	110	0.00	180	18	0.00	0.00	20.00	8.00
900012 MILK SS, 1% White 8oz	Carton	500	100	1.50	120	11	2.50	0.00	11.00	8.00
900014 MILK SS, Skim 8oz	Carton	100	80	0.00	120	11	0.00	0.00	11.00	8.00
Weighted Daily Average			319	3.13	820	17	11.49	0.01	40.19	14.12
% of Calories				8.83%		21.3%	32.4%	0.0%	50.4%	17.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
Weighted Averages			360	3	652	22	10.20	*0.03	50.11	18.13
% of Calories				8.25%		24.4%	25.5%	*0.1%	55.7%	20.1%

*\*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.**