

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

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

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/02/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	8000	220	1.00	300	11	7.00	0.00	36.00	4.00
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	8000	120	4.00	420	0	5.00	0.00	2.00	16.00
831075 CHIX Popcorn, AP Spicy WG 2.0	Serving	2000	249	2.71	369	1	14.09	0.00	16.26	14.09
000027 Roll, Dinner Wheat AP (Alpha)	each	2000	76	0.24	146	1	1.33	0.02	13.23	2.83
990377 Tater Tots, McCain 1/4c	1/4c	10000	46	0.21	83	0	1.66	0.00	7.04	0.41
825856 COND PC Ketchup 9g Heinz	Each	10000	10	0.00	85	2	0.00	0.00	3.00	0.00
000194 FRUIT: CRAISINS, SS Waterm1.16	Box (1.16oz)	10000	110	0.00	0	24	0.00	0.00	28.00	0.00
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			552	4.51	924	47	13.39	0.00	84.26	24.70
% of Calories				7.35%		34.1%	21.8%	0.0%	61.1%	17.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Tuesday - 11/03/2020

Reimbursable Meal Total 10800

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
825806 CHIX Nugget, WG (5) 2.0	5 Each	8000	203	1.90	444	0	10.15	0.00	12.68	16.49
825867 COND PC Sauce, BBQ 12g	Each	8000	15	0.00	160	1	0.00	0.00	3.00	0.00
000209 MELT SUB AP, BfMtbl BBQ SS2.0	Sandwich	2000	345	3.20	737	21	10.00	0.40	46.80	15.40
831529 VEG: BEANS, Bkd Veg AP 1/4c	1/4 Cup	10000	121	0.00	257	7	0.50	0.00	21.68	5.55
000108 FRUIT: CUP SS, Applesc Cin1/2c	Each (1/2c)	10000	50	0.00	15	12	0.00	0.00	14.00	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			430	2.07	909	30	9.95	0.07	61.34	23.61
% of Calories				4.33%		27.9%	20.8%	0.1%	57.1%	22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Wednesday - 11/04/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
900045 BURG, Beef AP WG 2.0	Each	8000	250	2.50	295	3	8.00	0.00	27.00	17.00
900186 Pizza Tony's Galaxy Smart Pep	Pizza	2000	290	6.00	520	9	12.00	0.00	29.00	16.00
990380 Swt Pot FF, McCain 1/4c	1/4	10000	53	0.33	60	2	2.00	0.00	8.00	0.33
825856 COND PC Ketchup 9g Heinz	Each	10000	10	0.00	85	2	0.00	0.00	3.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000154 FRUIT: CRAISINS, SS Origin1.16	Box (1.16oz)	10000	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			445	3.34	522	37	10.12	0.00	69.50	19.27
% of Calories				6.76%		33.3%	20.5%	0.0%	62.5%	17.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 11/05/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
900044 SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	8000	347	2.32	698	3	11.94	0.01	38.47	22.24
825867 COND PC Sauce, BBQ 12g	Each	8000	15	0.00	160	1	0.00	0.00	3.00	0.00
833175 BRD: PANCAKES, AP WG MplBlstIW	Pouch	2000	210	1.00	270	11	6.00	0.00	38.00	4.00
830309 CHEESE, MZ String 2ea 2.0	2 Stick	2000	160	7.00	300	0	12.00	0.00	2.00	14.00
990377 Tater Tots, McCain 1/4c	1/4c	10000	46	0.21	83	0	1.66	0.00	7.04	0.41
825856 COND PC Ketchup 9g Heinz	Each	10000	10	0.00	85	2	0.00	0.00	3.00	0.00
000089 Fruit: Clementine GFP 1/2c	each	10000	35	0.00	0	7	0.00	0.00	9.00	1.00
900015 MILK SS, Skim Chocolate	Carton	8000	110	0.00	180	18	0.00	0.00	20.00	8.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			507	3.46	1037	28	13.83	0.01	71.18	27.49
% of Calories				6.14%		22.1%	24.6%	0.0%	56.2%	21.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Friday - 11/06/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
900046 HOT DOG, Plain WG 2.0	Each	8000	300	4.41	1003	4	14.18	0.01	29.16	12.73
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
829700 -ORI ChixDcd Org Broc 2.0	6oz spdl(2 MMA)	2000	179	0.71	194	14	2.62	*0.00	20.91	19.92
827186 RICE, Plain WG 1BG	1/2 Cup	2000	100	0.00	2	0	0.89	0.00	21.26	2.36
990521 VEG: BLEND, 5 Way Mix Fz 1/4c	1/4 Cup	10000	53	0.02	28	3	0.12	0.00	10.58	2.31
000109 FRUIT: CUP SS, Applesc STW1/2c	Each (1/2c)	10000	50	0.00	15	12	0.00	0.00	14.00	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

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			422	3.49	956	27	11.38	*0.01	62.41	19.10
% of Calories				7.44%		25.6%	24.3%	*0.0%	59.2%	18.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Monday - 11/09/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000046 NACHOS BfGd Bn Scp AP- IW Chips	Each	8000	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
831190 VEG: CARROTS, Fresh Baby 1/4c	1/4 Cup	10000	12	0.01	28	2	0.05	0.00	2.92	0.23
000109 FRUIT: CUP SS, Applesc STW1/2c	Each (1/2c)	10000	50	0.00	15	12	0.00	0.00	14.00	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			394	4.54	765	22	10.62	0.04	56.41	18.65
% of Calories				10.37%		22.3%	24.3%	0.1%	57.3%	18.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

Tuesday - 11/10/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	8000	220	1.00	380	11	7.00	0.00	37.00	3.00
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	8000	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
990383 Crinkle FF McCain 1/4c	1/4c	10000	43	0.26	50	0	1.88	0.03	6.64	0.47
825856 COND PC Ketchup 9g Heinz	Each	10000	10	0.00	85	2	0.00	0.00	3.00	0.00
000089 Fruit: Clementine GFP 1/2c	each	10000	35	0.00	0	7	0.00	0.00	9.00	1.00
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			419	4.39	928	24	12.80	0.02	56.60	21.65
% of Calories				9.43%		22.9%	27.5%	0.0%	54.0%	20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Wednesday - 11/11/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
900046 HOT DOG, Plain WG 2.0	Each	8000	300	4.41	1003	4	14.18	0.01	29.16	12.73

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Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00
000069 MELT SUB AP, BfMtbl PizzaSS2.0	Sandwich	2000	345	5.36	856	7	13.18	0.41	34.26	20.63
831487 VEG: BROCCOLI, Frz Chpd 1/4c	1/4 Cup	10000	12	0.01	5	1	0.05	0.00	2.30	1.34
000116 FRUIT: CUP SS, Applesc 1/2c	Each (1/2c)	10000	50	0.00	15	12	0.00	0.00	14.00	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			397	4.34	1056	24	13.11	0.08	53.28	17.89
% of Calories				9.84%		24.2%	29.7%	0.2%	53.7%	18.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 11/12/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
831183 CHIX Popcorn, AP WG 2.0	Serving	8000	256	2.78	389	1	14.46	0.00	15.58	15.58
825867 COND PC Sauce, BBQ 12g	Each	8000	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	10000	10	0.02	0	1	0.06	0.00	2.25	0.52
000089 Fruit: Clementine GFP 1/2c	each	10000	35	0.00	0	7	0.00	0.00	9.00	1.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			412	4.62	710	17	15.33	*0.00	47.86	21.72
% of Calories				10.09%		16.5%	33.5%	*0.0%	46.5%	21.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Friday - 11/13/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
900170 Pizza Tony's Galaxy Smart Chz	Pizza	8000	280	6.00	440	9	12.00	0.00	29.00	15.00
900044 SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	2000	347	2.32	698	3	11.94	0.01	38.47	22.24
990377 Tater Tots, McCain 1/4c	1/4c	10000	46	0.21	83	0	1.66	0.00	7.04	0.41
825856 COND PC Ketchup 9g Heinz	Each	10000	10	0.00	85	2	0.00	0.00	3.00	0.00
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	10000	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

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			427	5.14	684	28	12.75	0.00	61.74	19.02
% of Calories				10.83%		26.2%	26.9%	0.0%	57.8%	17.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Monday - 11/16/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
900116 BURG, Beef AMAP WG 2.25- ALPHA	Each	8000	295	4.62	495	4	11.50	0.00	27.50	19.50
825856 COND PC Ketchup 9g Heinz	Each	8000	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
831190 VEG: CARROTS, Fresh Baby 1/4c	1/4 Cup	10000	12	0.01	28	2	0.05	0.00	2.92	0.23
000194 FRUIT: CRAISINS, SS Waterm1.16	Box (1.16oz)	10000	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			433	4.02	601	35	11.36	0.00	62.13	20.95
% of Calories				8.36%		32.3%	23.6%	0.0%	57.4%	19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

Tuesday - 11/17/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
825806 CHIX Nugget, WG (5) 2.0	5 Each	8000	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
990383 Crinkle FF McCain 1/4c	1/4c	10000	43	0.26	50	0	1.88	0.03	6.64	0.47
825856 COND PC Ketchup 9g Heinz	Each	10000	10	0.00	85	2	0.00	0.00	3.00	0.00
000110 FRUIT: CUP SS, Applesc STB1/2c	Each (1/2c)	10000	50	0.00	15	12	0.00	0.00	14.00	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			347	2.53	727	21	11.99	0.03	44.70	18.42
% of Calories				6.56%		24.2%	31.1%	0.1%	51.5%	21.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Wednesday - 11/18/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990373 Mini Corn Dog, Tyson	serv	8000	255	2.25	690	6	12.00	*N/A*	24.00	12.00
825856 COND PC Ketchup 9g Heinz	Each	8000	10	0.00	85	2	0.00	0.00	3.00	0.00

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Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
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
830312 VEG: CORN, Fz 1/4c	1/4 Cup	10000	33	0.04	0	1	0.27	0.00	7.90	1.04
000089 Fruit: Clementine GFP 1/2c	each	10000	35	0.00	0	7	0.00	0.00	9.00	1.00
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			368	2.91	766	21	11.75	*0.00	49.95	18.15
% of Calories				7.12%		22.8%	28.7%	*0.0%	54.3%	19.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Thursday - 11/19/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000046 NACHOS BfGd Bn Scp AP- IW Chips	Each	8000	327	5.40	786	1	12.12	0.06	36.67	16.04
900186 Pizza Tony's Galaxy Smart Pep	Pizza	2000	290	6.00	520	9	12.00	0.00	29.00	16.00
831190 VEG: CARROTS, Fresh Baby 1/4c	1/4 Cup	10000	12	0.01	28	2	0.05	0.00	2.92	0.23
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	10000	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

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			411	5.19	777	23	11.36	0.04	59.08	18.46
% of Calories				11.36%		22.4%	24.9%	0.1%	57.5%	18.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Friday - 11/20/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
830636 TKY, Breast Sliced 1.0	Serving	8000	60	0.50	220	0	2.00	0.00	2.00	9.00
830636 TKY, Breast Sliced 1.0	Serving	8000	60	0.50	220	0	2.00	0.00	2.00	9.00
826194 COND_Gravy, Poultry LS SS	1/4 Cup	8000	37	0.34	123	0	1.01	0.01	6.30	0.74
900045 BURG, Beef AP WG 2.0	Each	2000	250	2.50	295	3	8.00	0.00	27.00	17.00
831549 VEG: POTATO, Mashed 1/4c	1/4 Cup	10000	34	0.00	51	0	0.21	0.00	7.69	0.86
000110 FRUIT: CUP SS, Applesc STB1/2c	Each (1/2c)	10000	50	0.00	15	12	0.00	0.00	14.00	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

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			287	1.52	606	19	5.51	0.00	40.74	21.23
% of Calories				4.77%		26.5%	17.3%	0.0%	56.8%	29.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Monday - 11/23/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000209 MELT SUB AP, BfMtbl BBQ SS2.0	Sandwich	8000	345	3.20	737	21	10.00	0.40	46.80	15.40
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	10000	12	0.01	5	1	0.05	0.00	2.30	1.34
000082 FRUIT: APPLE, 138ct GFP 1c	Each(138ct)	10000	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			436	2.91	787	36	9.73	0.30	68.32	19.69
% of Calories				6.01%		33.0%	20.1%	0.6%	62.7%	18.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

Tuesday - 11/24/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
900116 BURG, Beef AMAP WG 2.25- ALPHA	Each	8000	295	4.62	495	4	11.50	0.00	27.50	19.50
825862 COND PC Mustard 6g	Each	8000	0	0.00	65	0	0.00	0.00	1.00	0.00
000215 SDW: PNCK C.Sausage	EACH	2000	253	2.17	470	3	10.00	0.00	28.33	14.33
825872 COND PC Syrup 1.4oz Smuckers	Each	2000	110	0.00	25	21	0.00	0.00	29.00	0.00
831190 VEG: CARROTS, Fresh Baby 1/4c	1/4 Cup	10000	12	0.01	28	2	0.05	0.00	2.92	0.23
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	10000	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			445	3.90	605	38	10.53	0.00	68.38	20.72
% of Calories				7.89%		34.2%	21.3%	0.0%	61.5%	18.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Wednesday - 11/25/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
825806 CHIX Nugget, WG (5) 2.0	5 Each	8000	203	1.90	444	0	10.15	0.00	12.68	16.49

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000120 Pizza Tony's Galaxy Smart Chz	Pizza	2000	280	6.00	440	9	12.00	0.00	29.00	15.00
990383 Crinkle FF McCain 1/4c	1/4c	10000	43	0.26	50	0	1.88	0.03	6.64	0.47
825856 COND PC Ketchup 9g Heinz	Each	10000	10	0.00	85	2	0.00	0.00	3.00	0.00
000116 FRUIT: CUP SS, Applesc 1/2c	Each (1/2c)	10000	50	0.00	15	12	0.00	0.00	14.00	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			344	2.83	623	22	11.59	0.02	44.67	18.84
% of Calories				7.40%		25.6%	30.3%	0.1%	51.9%	21.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

Monday - 11/30/2020

Reimbursable Meal Total 10800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
830905 BRD: FR TST STK, AP WG (1.5BG)	3 Sticks	8000	225	2.25	285	11	9.00	0.00	31.50	4.50
830308 CHEESE, MZ String LF 2ea 2.0	2 Stick	8000	120	4.00	420	0	5.00	0.00	2.00	16.00
900044 SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	2000	347	2.32	698	3	11.94	0.01	38.47	22.24
990377 Tater Tots, McCain 1/4c	1/4c	10000	46	0.21	83	0	1.66	0.00	7.04	0.41
825856 COND PC Ketchup 9g Heinz	Each	10000	10	0.00	85	2	0.00	0.00	3.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2020 thru Nov 30, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
833552 FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	10000	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			519	5.32	880	41	14.23	0.00	75.18	23.09
% of Calories				9.23%		31.6%	24.7%	0.0%	57.9%	17.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
Weighted Averages			421	4	782	28	11.65	*0.03	59.88	20.67
% of Calories				8.00%		26.6%	24.9%	*0.1%	56.9%	19.6%

- *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.