

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 03/01/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990061 FISH STICKS W/ MAC & CHEESE	SERVING	1000	346	4.54	683	34.70
990124 BLACK BEAN DIP & CHIPS	1/2 CUP	500	370	3.95	483	48.57
000953 CHERRY TOMATOES: 1/2 CUP	1/2 CUP	400	40	0.36	94	4.56
000907 CELERY STICKS-ELEM-1/2 CUP	1/2 CUP	400	36	0.36	138	3.45
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	800	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000605 COOKIE, CHOC CHIP, OTIS	EACH	1000	160	4.00	120	23.00
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	800	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
Weighted Daily Average			641	7.55	908	89.77
% of Calories				10.60%		56.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Thursday - 03/02/2023

Reimbursable Meal Total 1500

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990247 PANCAKES & SYRUP - ELEM	SERVING	1100	280	0.00	240	60.00
000219 CANADIAN BACON-4 EACH	4 EACH	1100	120	2.00	501	0.00
990120 BRKFST SANDWICH, HAM CROISS (LUNCH)	EA	400	323	7.79	691	26.23
000965 HASH BROWN: SIMPLOT, 2.25 OZ	1 EA	1500	127	1.00	285	16.51
001144 PEPPERS, RED SWEET, 1/2 C	1/2 CUP	600	36	0.36	91	3.80
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	800	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
Weighted Daily Average			672	5.02	1186	100.02
% of Calories				6.72%		59.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Friday - 03/03/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990179 CHICKEN, ROASTED, USD 8 PC, BBQ	SERVING	800	270	5.00	733	4.46
990215 CORNBREAD, LOAF, IW, MUFFINTOWN	EACH	800	180	0.50	90	28.00
000588 PIZZA, PAN, NARDONES	EACH	700	320	6.00	380	31.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000131 SWEET POTATO FRIES; 1/2 CUP	1/2 CUP	900	173	1.00	308	28.07
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	400	201	0.59	438	19.78
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	500	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			712	6.83	1077	87.73
% of Calories				8.63%		49.3%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Monday - 03/13/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000004 CHICKEN NUGGETS-ELEM	5 EACH	800	229	2.00	709	19.83
000277 DINNER ROLL, WHL GRN - ELEM	1 EA	800	106	2.57	142	14.00
990250 CHEESE PRETZEL- 1 1/2 OZ - HH ROLL	SANDWICH	700	319	8.87	1053	28.68
000040 PEAS: frozen,boiled	1/2 CUP	800	62	0.04	58	11.41
001030 BABY CARROTS: ELEM, 1/2 CUP	1/2 CUP	500	52	0.35	147	7.74
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	600	17	0.03	24	3.71

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			544	7.06	1186	74.17
% of Calories				11.68%		54.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Tuesday - 03/14/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	1100	402	7.70	907	47.07
990268 BBQ GRILLED CHICKEN SANDWICH	EA	400	268	1.70	770	29.01
001079 SPINACH SALAD W/ STRAWBERRIES	1/2 CUP	800	37	0.35	49	3.80
000747 CUCUMBER SLICES: 1/2 CUP	1/2 CUP	400	38	0.35	98	3.89
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	600	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			563	6.72	1083	79.40
% of Calories				10.74%		56.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Wednesday - 03/15/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000026 CHICKEN PATTY SANDWICH-ELEM	EACH	1400	344	2.62	733	36.43
990218 VEGGIE BURGER, ELEM, SCRATCH MADE	EACH	100	424	1.44	933	74.23
990170 SOUP, BROCCOLI CHEESE, 6 OZ	6 OZ	600	115	5.04	269	6.35
001127 CHICKPEAS, ROASTED RANCH	1/2 CUP	400	190	0.47	277	27.33
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	800	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000036 CRACKERS, GOLDFISH	.75 OZ	1100	100	1.00	170	14.00
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
Weighted Daily Average			688	5.77	1216	93.62
% of Calories				7.55%		54.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Thursday - 03/16/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001223 TURKEY BACON HOAGIE, TOASTED - ELEM	EACH	800	321	4.87	1317	23.38
990130 PIZZABOLI	EACH	700	321	6.00	751	36.27
005073 FRENCH FRIES, ELEM	1/2 CUP	1000	195	1.07	579	29.56
000980 PEAS,SUGAR SNAP; 1/2 CUP	1/2 CUP	400	42	0.06	4	7.22
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			626	6.46	1597	84.61
% of Calories				9.29%		54.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Friday - 03/17/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990095 PASTA W/ SAUCE & MEATBALLS- ELEM	1 CUP	800	360	2.50	680	43.00
000593 PIZZA, FRENCH BREAD, RED BARON	EACH	700	290	4.50	600	33.00
000805 ZUCCHINI, ROASTED: 1/2 CUP	1/2 CUP	600	21	0.18	11	1.51
000907 CELERY STICKS- ELEM-1/2 CUP	1/2 CUP	200	36	0.36	138	3.45
000807 BROCCOLI,RAW- ELEM-1/2 CUP	1/2 CUP	300	39	0.37	102	4.02
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	1000	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000607 COOKIE, SUGAR, OTIS	EA	1200	160	3.00	140	23.00
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			647	6.38	965	93.67
% of Calories				8.87%		57.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Monday - 03/20/2023

Reimbursable Meal Total 1500

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000004 CHICKEN NUGGETS-ELEM	5 EACH	1200	229	2.00	709	19.83
990064 BISCUIT, NON-WG, ELEM, RICH'S	EACH	1000	236	7.07	632	29.00
990175 CHEESE SANDWICH, 1.5 oz	SANDWICH	300	307	9.19	904	22.15
000271 CORN, 1/2 C	1/2 CUP	600	66	0.08	1	15.76
001030 BABY CARROTS: ELEM, 1/2 CUP	1/2 CUP	600	52	0.35	147	7.74
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	600	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			616	8.67	1389	83.11
% of Calories				12.67%		54.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Tuesday - 03/21/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000715 POPCORN CHICKEN-ELEM	3/4 CUP	800	280	2.98	715	22.95
000277 DINNER ROLL, WHL GRN - ELEM	1 EA	1100	106	2.57	142	14.00
000194 BERRY & YOGURT PARFAIT - Elem	EACH	700	426	1.54	189	83.51

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000418 BAKED POTATO - ELEM	1 EACH	1000	165	2.63	46	29.22
000747 CUCUMBER SLICES: 1/2 CUP	1/2 CUP	400	38	0.35	98	3.89
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	300	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			709	6.38	786	115.34
% of Calories				8.10%		65.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Wednesday - 03/22/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001167 WALKING TACO - ELEM/CHARTER	EACH	1000	386	4.75	624	35.52
000688 QUESADILLA, CHEESE	2-EACH	500	326	7.58	699	28.23
000997 BLACK BEANS, SEASONED	1/2 CUP	300	138	0.35	657	22.77
000747 CUCUMBER SLICES: 1/2 CUP	1/2 CUP	300	38	0.35	98	3.89
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	800	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001016 ICE CREAM, VANILLA CUP	1 EA	1300	176	5.77	68	20.07
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			722	11.19	1023	90.39
% of Calories				13.95%		50.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Thursday - 03/23/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000491 ITALIAN DUNKERS-ELEM	SERVING	1000	470	6.50	960	60.00
000757 CEREAL (CHEX), GRAHAMS & YOGURT	SERVING	500	310	1.00	410	62.00
000807 BROCCOLI,RAW-ELEM-1/2 CUP	1/2 CUP	400	39	0.37	102	4.02
001030 BABY CARROTS: ELEM, 1/2 CUP	1/2 CUP	400	52	0.35	147	7.74
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	800	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			610	5.21	1007	98.38
% of Calories				7.69%		64.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Friday - 03/24/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990110 PASTA W/ SAUCE & CHICK PARM - ELEM	1 CUP	900	318	1.72	754	47.20
000593 PIZZA, FRENCH BREAD, RED BARON	EACH	600	290	4.50	600	33.00
990163 BROCCOLI, ROASTED	1/2 C	400	34	0.30	15	3.06
000989 TOMATOES,RED,RIPE,RAW, 1/2 C	1/2 CUP	500	13	0.02	4	2.90
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	600	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			487	3.26	858	77.38
% of Calories				6.02%		63.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Monday - 03/27/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000145 NO SCHOOL TODAY						
Weighted Daily Average			0	0.00	0	0.00
% of Calories				0%		0%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Tuesday - 03/28/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	1100	402	7.70	907	47.07
000269 TURKEY SANDWICH - 2 oz mt	SANDWICH	400	336	7.53	955	22.67
001144 PEPPERS, RED SWEET, 1/2 C	1/2 CUP	400	36	0.36	91	3.80

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001030 BABY CARROTS: ELEM, 1/2 CUP	1/2 CUP	500	52	0.35	147	7.74
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	600	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			578	8.21	1154	78.24
% of Calories				12.78%		54.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Wednesday - 03/29/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000070 CHEESEBURGER - ELEM	1 SAND	600	336	6.65	752	27.54
001262 MUNCHIES - PIZZA	EACH	900	490	14.34	1251	31.64
005073 FRENCH FRIES, ELEM	1/2 CUP	1200	195	1.07	579	29.56
000807 BROCCOLI,RAW-ELEM-1/2 CUP	1/2 CUP	300	39	0.37	102	4.02
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	600	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			758	12.54	1695	88.54
% of Calories				14.89%		46.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Thursday - 03/30/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000026 CHICKEN PATTY SANDWICH-ELEM	EACH	800	344	2.62	733	36.43
001156 LASAGNA & BRD STICK	EA	700	394	4.50	1056	54.89
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	500	201	0.59	438	19.78
000747 CUCUMBER SLICES: 1/2 CUP	1/2 CUP	600	38	0.35	98	3.89
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	800	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			618	4.19	1232	87.77
% of Calories				6.10%		56.8%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Friday - 03/31/2023

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
005063 SLOPPY JOE - ELEM/MS	EACH	600	359	4.59	860	37.19
000593 PIZZA, FRENCH BREAD, RED BARON	EACH	900	290	4.50	600	33.00
000131 SWEET POTATO FRIES; 1/2 CUP	1/2 CUP	900	173	1.00	308	28.07
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	300	201	0.59	438	19.78
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	800	17	0.03	24	3.71
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000294 FRUIT ROLL UP	1 EA	1300	54	0.27	55	11.91
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			677	5.84	1188	100.37
% of Calories				7.76%		59.3%
Weekly Nutrient Guideline			550 - 650	<10	1230	

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages			639	7	1150	89.56
% of Calories				9.72%		56.1%

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

**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.