

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

Menu Name: High School Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/13/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990255 BRUSCHETTA GRILLED CHEESE	1 SANDWICH	100	389	11.77	669	28.61
001151 CHEESEBURGER - HS	1 SAND	100	345	7.00	467	24.50
001181 POPCORN CHICKEN-1 CUP-WITH BRDSTK	1 CUP	150	467	4.98	1012	43.51
000577 PASTA & MT BALLS - MS/HS	1 CUP	50	442	2.50	802	59.50
000956 BREAD STICKS, WW, GRLC, NY, 6"	EACH	50	110	1.00	230	17.00
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
000179 ENTREE SALAD - CHICKEN CAESAR	EACH	50	499	3.94	847	46.19
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45

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Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990164 QUICHE, BACON & CHEESE	PORTIONS	75	384	11.91	951	22.46
990165 QUICHE, VEGETABLE CHEESE	PORTIONS	25	350	10.59	788	24.52
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	250	3.50	669	18.67
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			773	8.81	1122	103.79
% of Calories				10.26%		53.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/14/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990071 TURKEY BACON HOAGIE, TOASTED - HS	EACH	100	322	4.96	1217	25.86
001151 CHEESEBURGER - HS	1 SAND	50	345	7.00	467	24.50

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Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	50	325	1.95	521	32.47
000935 ITALIAN DUNKERS-HS	SERVING	150	594	10.00	1073	65.80
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
000205 ENTREE SALAD - TURKEY CHEF	EACH	50	394	4.67	675	44.17
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990146 PANCAKES w/ SYRUP	2 EACH	100	424	4.62	1323	71.79
001178 SAUSAGE PATTIES, 2 EACH, 1.47 OZ	2 EACH	50	159	3.97	575	1.98
000363 YOGURT - 4 OZ CUP	4 OZ	50	90	0.00	50	19.00
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	250	3.50	669	18.67
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78

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Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			769	8.00	1201	109.26
% of Calories				9.36%		56.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/15/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990086 CHICKEN SANDWICH, SOUTHWEST	EACH	100	427	5.87	1436	36.56
001156 LASAGNA & BRD STICK	EA	100	394	4.50	1056	54.89
000945 GENERAL TSO CHICKEN - MS/HS	CUP	150	574	4.32	767	76.14
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	150	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83

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Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
001141 ENTREE SALAD - ASIAN STYLE	EACH	50	597	2.96	1170	72.95
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990093 FRENCH TOAST, HS, 2 SL W/ SYRUP PC	2 SLICES	100	428	2.02	478	72.13
000363 YOGURT - 4 OZ CUP	4 OZ	50	90	0.00	50	19.00
001178 SAUSAGE PATTIES, 2 EACH, 1.47 OZ	2 EACH	50	159	3.97	575	1.98
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	250	3.50	669	18.67
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			813	7.28	1218	118.34
% of Calories				8.06%		58.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

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Thursday - 03/16/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990133 CUBAN SANDWICH	EACH	50	515	8.99	655	47.19
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	50	325	1.95	521	32.47
001181 POPCORN CHICKEN-1 CUP-WITH BRDSTK	1 CUP	150	467	4.98	1012	43.51
000935 ITALIAN DUNKERS-HS	SERVING	150	594	10.00	1073	65.80
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
000179 ENTREE SALAD - CHICKEN CAESAR	EACH	50	499	3.94	847	46.19
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990093 FRENCH TOAST, HS, 2 SL W/ SYRUP PC	2 SLICES	100	428	2.02	478	72.13
001178 SAUSAGE PATTIES, 2 EACH, 1.47 OZ	2 EACH	50	159	3.97	575	1.98
000363 YOGURT - 4 OZ CUP	4 OZ	50	90	0.00	50	19.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	250	3.50	669	18.67
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			821	8.05	1164	114.47
% of Calories				8.82%		55.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/17/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990272 BEEF GYRO	EACH	50	690	10.99	818	43.69
990274 FISH PO'BOY SANDWICH	SANDWICH	50	423	3.18	599	44.44
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	150	325	1.95	521	32.47
990108 MACARONI & CHEESE - HS	CUP	150	402	11.55	456	35.68

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000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
990035 ENTREE SALAD - SOUTHWEST CHICKEN	EACH	50	532	6.24	798	52.11
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990253 BRKFST SAND, EGG & CHZ BAGEL	SANDWICH	50	393	3.79	746	58.23
990147 BRKFST SAND, HAM, EGG, & CHZ BAGEL	SANDWICH	50	423	4.29	871	58.23
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	250	3.50	669	18.67
001158 BAKED POTATO - 100 CT	EACH	250	128	0.06	14	29.19
000131 SWEET POTATO FRIES; 1/2 CUP	1/2 CUP	600	173	1.00	308	28.07
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			816	8.14	1179	114.20
% of Calories				8.98%		56.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/20/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990255 BRUSCHETTA GRILLED CHEESE	1 SANDWICH	100	389	11.77	669	28.61
001151 CHEESEBURGER - HS	1 SAND	100	345	7.00	467	24.50
001181 POPCORN CHICKEN-1 CUP-WITH BRDSTK	1 CUP	150	467	4.98	1012	43.51
000577 PASTA & MT BALLS - MS/HS	1 CUP	50	442	2.50	802	59.50
000956 BREAD STICKS, WW, GRLC, NY, 6"	EACH	50	110	1.00	230	17.00
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42

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Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
000179 ENTREE SALAD - CHICKEN CAESAR	EACH	50	499	3.94	847	46.19
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990233 MAC & CHEESE w/ PULLED PORK	CUP	100	403	11.56	458	35.73
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	250	3.50	669	18.67
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			750	8.80	1074	99.22
% of Calories				10.56%		52.9%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/21/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990071 TURKEY BACON HOAGIE, TOASTED - HS	EACH	100	322	4.96	1217	25.86

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001151 CHEESEBURGER - HS	1 SAND	50	345	7.00	467	24.50
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	50	325	1.95	521	32.47
000935 ITALIAN DUNKERS-HS	SERVING	150	594	10.00	1073	65.80
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
000205 ENTREE SALAD - TURKEY CHEF	EACH	50	394	4.67	675	44.17
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990108 MACARONI & CHEESE - HS	CUP	100	402	11.55	456	35.68
990070 BBQ CHICKEN, RAW	1 EACH	100	105	1.76	257	4.35
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			740	8.32	1042	103.17
% of Calories				10.12%		55.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/22/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990086 CHICKEN SANDWICH, SOUTHWEST	EACH	100	427	5.87	1436	36.56
001156 LASAGNA & BRD STICK	EA	100	394	4.50	1056	54.89
000945 GENERAL TSO CHICKEN - MS/HS	CUP	150	574	4.32	767	76.14
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	150	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
001141 ENTREE SALAD - ASIAN STYLE	EACH	50	597	2.96	1170	72.95
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990233 MAC & CHEESE w/ PULLED PORK	CUP	100	403	11.56	458	35.73
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			773	7.68	1118	111.79
% of Calories				8.94%		57.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/23/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990133 CUBAN SANDWICH	EACH	50	515	8.99	655	47.19

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	50	325	1.95	521	32.47
001181 POPCORN CHICKEN-1 CUP-WITH BRDSTK	1 CUP	150	467	4.98	1012	43.51
000935 ITALIAN DUNKERS-HS	SERVING	150	594	10.00	1073	65.80
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
000179 ENTREE SALAD - CHICKEN CAESAR	EACH	50	499	3.94	847	46.19
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990108 MACARONI & CHEESE - HS	CUP	100	402	11.55	456	35.68
990070 BBQ CHICKEN, RAW	1 EACH	100	105	1.76	257	4.35
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			791	8.63	1090	108.34
% of Calories				9.82%		54.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/24/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990272 BEEF GYRO	EACH	50	690	10.99	818	43.69
990274 FISH PO'BOY SANDWICH	SANDWICH	50	423	3.18	599	44.44
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	150	325	1.95	521	32.47
990108 MACARONI & CHEESE - HS	CUP	150	402	11.55	456	35.68
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
990035 ENTREE SALAD - SOUTHWEST CHICKEN	EACH	50	532	6.24	798	52.11
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990233 MAC & CHEESE w/ PULLED PORK	CUP	100	403	11.56	458	35.73
001158 BAKED POTATO - 100 CT	EACH	250	128	0.06	14	29.19
000131 SWEET POTATO FRIES; 1/2 CUP	1/2 CUP	600	173	1.00	308	28.07
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			790	8.54	1077	110.08
% of Calories				9.73%		55.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/27/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

	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			750 - 850	<10	1420	

Tuesday - 03/28/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990071 TURKEY BACON HOAGIE, TOASTED - HS	EACH	100	322	4.96	1217	25.86
001151 CHEESEBURGER - HS	1 SAND	50	345	7.00	467	24.50
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	50	325	1.95	521	32.47
000935 ITALIAN DUNKERS-HS	SERVING	150	594	10.00	1073	65.80
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000205 ENTREE SALAD - TURKEY CHEF	EACH	50	394	4.67	675	44.17
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990213 RICE & BEAN BURRITO	EACH	25	398	3.10	899	64.25
990031 BURRITO BOWL - BEEF	EACH	75	501	8.80	823	45.92
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			737	7.72	1055	104.21
% of Calories				9.43%		56.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/29/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990086 CHICKEN SANDWICH, SOUTHWEST	EACH	100	427	5.87	1436	36.56

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001156 LASAGNA & BRD STICK	EA	100	394	4.50	1056	54.89
000945 GENERAL TSO CHICKEN - MS/HS	CUP	150	574	4.32	767	76.14
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	150	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
001141 ENTREE SALAD - ASIAN STYLE	EACH	50	597	2.96	1170	72.95
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990222 BURRITO BOWL - CHICKEN	EACH	75	392	4.62	878	46.22
990213 RICE & BEAN BURRITO	EACH	25	398	3.10	899	64.25
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38

Base Menu Spreadsheet

Portion Values

Mar 13, 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	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			772	6.95	1161	113.29
% of Calories				8.10%		58.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/30/2023

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990133 CUBAN SANDWICH	EACH	50	515	8.99	655	47.19
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	50	325	1.95	521	32.47
001181 POPCORN CHICKEN-1 CUP-WITH BRDSTK	1 CUP	150	467	4.98	1012	43.51
000935 ITALIAN DUNKERS-HS	SERVING	150	594	10.00	1073	65.80
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
000179 ENTREE SALAD - CHICKEN CAESAR	EACH	50	499	3.94	847	46.19
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990031 BURRITO BOWL - BEEF	EACH	75	501	8.80	823	45.92
990213 RICE & BEAN BURRITO	EACH	25	398	3.10	899	64.25
001158 BAKED POTATO - 100 CT	EACH	200	128	0.06	14	29.19
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	800	83	0.72	20	13.34
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			788	8.04	1103	109.39
% of Calories				9.18%		55.5%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/31/2023

Reimbursable Meal Total 1000

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990272 BEEF GYRO	EACH	50	690	10.99	818	43.69
990274 FISH PO'BOY SANDWICH	SANDWICH	50	423	3.18	599	44.44
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	150	325	1.95	521	32.47
990108 MACARONI & CHEESE - HS	CUP	150	402	11.55	456	35.68
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	100	402	7.70	907	47.07
001252 PIZZA, BIG DADDY'S, PEPPERONI	SLICE	50	458	9.65	1081	47.20
000597 PB&J UNCRUSTABLES, 5.3 OZ	EACH	50	630	7.00	630	64.00
001157 TURKEY SUB & CHIPS - HS	EACH	50	500	5.18	1049	61.45
001198 ITALIAN SUB & CHIPS - HS	EACH	50	605	9.04	1411	62.83
000180 HUMMUS, PITA CHIPS	EACH	25	405	2.19	531	49.42
001164 PARFAIT, BERRY & YOGURT - Secondary	EACH	25	442	1.49	298	88.68
990035 ENTREE SALAD - SOUTHWEST CHICKEN	EACH	50	532	6.24	798	52.11
000698 NACHOS - HS (MTO)	SERVING	100	655	10.65	1127	60.45
990213 RICE & BEAN BURRITO	EACH	25	398	3.10	899	64.25
990222 BURRITO BOWL - CHICKEN	EACH	75	392	4.62	878	46.22
001158 BAKED POTATO - 100 CT	EACH	250	128	0.06	14	29.19
000131 SWEET POTATO FRIES; 1/2 CUP	1/2 CUP	600	173	1.00	308	28.07
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	20	201	0.59	438	19.78

Base Menu Spreadsheet

Portion Values

Mar 13, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000614 FRUIT, VARIETY - HS	1 SERVING	1000	69	0.08	6	16.99
001131 Juice, 100%	1/2 cup	400	63	0.03	5	15.38
000230 MILK,1% Lowfat	HALF PINT	100	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	600	130	0.00	210	24.00
Weighted Daily Average			789	7.81	1120	111.58
% of Calories				8.91%		56.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages			780	8	1123	109.37
% of Calories				9.30%		56.1%

- *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
- 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.