

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Menu Name: Middle School Lunch

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 03/01/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990230 CHICKEN CHEESE STEAK - MS	1 SAND	125	387	3.70	1365	40.42
005067 MACARONI AND CHEESE: SCASD	1 CUP	40	316	8.06	717	29.78
000866 DINNER ROLL, WHL GRN - MS/HS	1 EA	40	70	0.00	110	14.00
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	125	325	1.95	521	32.47
001250 VEGGIE BURGER, HS, SCRATCH MADE	EACH	10	412	1.29	919	73.63
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	80	337	7.51	587	22.15
001158 BAKED POTATO - 100 CT	EACH	100	128	0.06	14	29.19
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	300	17	0.03	24	3.71
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	150	11	0.03	5	2.29
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18

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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	275	130	0.00	210	24.00
Weighted Daily Average			565	4.65	1015	78.43
% of Calories				7.41%		55.5%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Thursday - 03/02/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000905 SOFT TACO-MS-2 EACH	2 EACH	150	527	10.90	1075	29.26
000688 QUESADILLA, CHEESE	2-EACH	50	326	7.58	699	28.23
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	100	325	1.95	521	32.47
990251 CHEESE PRETZEL- 2 OZ - HH ROLL	SANDWICH	50	372	11.66	1264	28.90
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
000271 CORN, 1/2 C	1/2 CUP	50	66	0.08	1	15.76
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	150	11	0.03	5	2.29
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000892 SORBET, LIME, LUIGI 100% JUICE	EACH	350	60	0.00	5	17.00

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	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			650	8.09	1033	83.37
% of Calories				11.20%		51.3%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Friday - 03/03/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	110	402	7.70	907	47.07
990126 PASTA W/ SAUCE & CHICK PARM - SEC	1 CUP	150	408	2.22	824	47.20
000956 BREAD STICKS, WW, GRLC, NY, 6"	EACH	150	110	1.00	230	17.00
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	70	325	1.95	521	32.47
001155 HOT DOG ON ROLL - MS/HS	EACH	20	220	2.00	650	23.00
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	150	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	300	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97

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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	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			592	4.86	1012	83.22
% of Calories				7.39%		56.2%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Monday - 03/13/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001071 POPCORN CHICKEN - MS	3/4 CUP	175	357	3.98	782	26.51
000866 DINNER ROLL, WHL GRN - MS/HS	1 EA	175	70	0.00	110	14.00
000030 GRILLED CHEESE SANDWICH, 2 OZ	1 EACH	70	372	11.16	1164	30.90
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	95	325	1.95	521	32.47
001250 VEGGIE BURGER, HS, SCRATCH MADE	EACH	10	412	1.29	919	73.63
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
000033 SOUP, TOMATO	6 OZ	200	73	0.58	320	13.48
000241 HUMMUS-1/2 CUP	1/2 CUP	25	210	1.44	126	20.92

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000036 CRACKERS, GOLDFISH	.75 OZ	300	100	1.00	170	14.00
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			683	6.41	1284	90.67
% of Calories				8.45%		53.1%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Tuesday - 03/14/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990254 FRENCH TOAST, SAUSAGE, & SYRUP	2-SLICES	150	359	1.98	588	59.99
990120 BRKFST SANDWICH, HAM CROISS (LUNCH)	EA	50	323	7.79	691	26.23
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	80	325	1.95	521	32.47
990251 CHEESE PRETZEL- 2 OZ - HH ROLL	SANDWICH	50	372	11.66	1264	28.90
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	50	337	7.51	587	22.15

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)
001180 HASH BROWN: ORE IDA, 2.25 OZ	2 EA	300	240	2.00	540	30.00
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	50	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			704	6.53	1252	99.22
% of Calories				8.35%		56.4%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Wednesday - 03/15/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000913 ITALIAN DUNKERS-MS	SERVING	225	473	6.50	993	60.67
990226 TURKEY BACON HOAGIE, TOASTED -MS	EACH	40	376	5.96	1441	28.23
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
001250 VEGGIE BURGER, HS, SCRATCH MADE	EACH	10	412	1.29	919	73.63

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Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	150	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			598	5.75	1072	85.18
% of Calories				8.65%		57.0%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Thursday - 03/16/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990227 SOUP, BROCCHEDE, 10 OZ, GAGE/BERNARD	10 OZ	100	177	6.10	776	18.81
990016 CHILI - 8 OZ	8 OZ	100	428	9.54	731	22.75
990228 BAGUETTE	4.66 OZ	200	318	0.00	635	66.15
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	100	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990251 CHEESE PRETZEL- 2 OZ - HH ROLL	SANDWICH	50	372	11.66	1264	28.90
001158 BAKED POTATO - 100 CT	EACH	75	128	0.06	14	29.19
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	150	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			685	6.97	1234	100.97
% of Calories				9.16%		59.0%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Friday - 03/17/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	150	402	7.70	907	47.07
000577 PASTA & MT BALLS - MS/HS	1 CUP	110	442	2.50	802	59.50
000956 BREAD STICKS, WW, GRLC, NY, 6"	EACH	100	110	1.00	230	17.00
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	70	325	1.95	521	32.47
001155 HOT DOG ON ROLL - MS/HS	EACH	20	220	2.00	650	23.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	100	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	300	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000607 COOKIE, SUGAR, OTIS	EA	300	160	3.00	140	23.00
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			705	7.61	1090	101.43
% of Calories				9.71%		57.5%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Monday - 03/20/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001071 POPCORN CHICKEN - MS	3/4 CUP	225	357	3.98	782	26.51
000520 BISCUIT, WG, MS/HS	EACH	200	210	4.50	340	28.00
990109 SLOPPY JOE, SPICY & FUN SZ CHIPS	EACH	40	581	8.75	1062	51.85
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	325	1.95	521	32.47

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Mar 1, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
001250 VEGGIE BURGER, HS, SCRATCH MADE	EACH	10	412	1.29	919	73.63
001158 BAKED POTATO - 100 CT	EACH	100	128	0.06	14	29.19
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			686	6.86	1088	88.77
% of Calories				9.00%		51.8%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Tuesday - 03/21/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000664 CHICKEN PARM SANDWICH	EA	100	372	3.70	667	33.97
990226 TURKEY BACON HOAGIE, TOASTED -MS	EACH	75	376	5.96	1441	28.23
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47

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)
000512 CHEESEBURGER - MS	1 SAND	60	337	7.51	587	22.15
000845 CHEESE PRETZEL- 2 OZ	SANDWICH	70	412	12.66	844	38.90
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	125	83	0.72	20	13.34
000072 FRENCH FRIES, PFMS/DELTA	1/2 CUP	125	171	1.07	384	23.48
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			620	6.83	1100	79.29
% of Calories				9.91%		51.2%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Wednesday - 03/22/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000197 WALKING TACO - MS	EACH	225	540	8.34	941	38.48
990124 BLACK BEAN DIP & CHIPS	1/2 CUP	40	370	3.95	483	48.57
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47

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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)
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
001250 VEGGIE BURGER, HS, SCRATCH MADE	EACH	10	412	1.29	919	73.63
000271 CORN, 1/2 C	1/2 CUP	100	66	0.08	1	15.76
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK, 1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			647	6.60	946	77.81
% of Calories				9.18%		48.1%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Thursday - 03/23/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
005067 MACARONI AND CHEESE: SCASD	1 CUP	100	316	8.06	717	29.78
000866 DINNER ROLL, WHL GRN - MS/HS	1 EA	75	70	0.00	110	14.00
001022 MEATBALL SUB	1 EACH	100	354	4.43	655	32.43
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	100	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
000845 CHEESE PRETZEL- 2 OZ	SANDWICH	50	412	12.66	844	38.90
990220 TOSSED SALAD- MS (1 CUP)	1 CUP	100	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	200	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000892 SORBET, LIME, LUIGI 100% JUICE	EACH	300	60	0.00	5	17.00
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			572	6.28	840	82.06
% of Calories				9.88%		57.4%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Friday - 03/24/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	150	402	7.70	907	47.07
001156 LASAGNA & BRD STICK	EA	110	394	4.50	1056	54.89
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	70	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
001155 HOT DOG ON ROLL - MS/HS	EACH	20	220	2.00	650	23.00
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	100	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	300	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			545	5.66	997	78.66
% of Calories				9.35%		57.7%
Weekly Nutrient Guideline			600 - 700	<10	1360	

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			600 - 700	<10	1360	

Tuesday - 03/28/2023

Reimbursable Meal Total 400

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001071 POPCORN CHICKEN - MS	3/4 CUP	175	357	3.98	782	26.51
990064 BISCUIT, NON-WG, ELEM, RICH'S	EACH	175	236	7.07	632	29.00
000030 GRILLED CHEESE SANDWICH, 2 OZ	1 EACH	90	372	11.16	1164	30.90
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	55	325	1.95	521	32.47
990251 CHEESE PRETZEL- 2 OZ - HH ROLL	SANDWICH	30	372	11.66	1264	28.90
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
000497 SOUP, VEGETARIAN VEGETABLE	6 OZ.	150	35	0.24	439	5.47
000241 HUMMUS-1/2 CUP	1/2 CUP	25	210	1.44	126	20.92
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	400	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000036 CRACKERS, GOLDFISH	.75 OZ	300	100	1.00	170	14.00
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			736	10.51	1595	91.17
% of Calories				12.85%		49.5%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Base Menu Spreadsheet

Portion Values

Mar 1, 2023 thru Mar 31, 2023

Wednesday - 03/29/2023

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000913 ITALIAN DUNKERS-MS	SERVING	225	473	6.50	993	60.67
990244 SPICY CIABATTA GRILLED CHEESE	SANDWICH	40	440	10.00	830	42.00
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
001250 VEGGIE BURGER, HS, SCRATCH MADE	EACH	10	412	1.29	919	73.63
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	150	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	500	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			609	6.16	1017	87.48
% of Calories				9.10%		57.5%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Thursday - 03/30/2023

Reimbursable Meal Total 400

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)
990227 SOUP, BROCCHEDED, 10 OZ, GAGE/BERNARD	10 OZ	100	177	6.10	776	18.81
990231 SOUP, WHITE CHICKEN CHILI	10 OZ	100	285	4.31	978	37.29
990228 BAGUETTE	4.66 OZ	200	318	0.00	635	66.15
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	100	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
990251 CHEESE PRETZEL- 2 OZ - HH ROLL	SANDWICH	50	372	11.66	1264	28.90
001158 BAKED POTATO - 100 CT	EACH	100	128	0.06	14	29.19
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	150	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	300	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			653	5.65	1291	105.50
% of Calories				7.79%		64.6%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Friday - 03/31/2023

Reimbursable Meal Total 400

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)
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	150	402	7.70	907	47.07
990027 PASTA, CHICK ALFREDO W/ BROC (1 C)	1 CUP	110	403	5.00	717	46.88
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	70	325	1.95	521	32.47
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	30	337	7.51	587	22.15
001155 HOT DOG ON ROLL - MS/HS	EACH	20	220	2.00	650	23.00
990220 TOSSED SALAD-MS (1 CUP)	1 CUP	150	11	0.03	5	2.29
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	300	17	0.03	24	3.71
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			548	5.80	904	76.75
% of Calories				9.53%		56.0%
Weekly Nutrient Guideline			600 - 700	<10	1360	

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages			635	7	1104	87.65
% of Calories				9.27%		55.2%

Base Menu Spreadsheet

State College Area School District

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.