

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

**Menu Name:** Elementary Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Tuesday - 11/01/2022

**Reimbursable Meal Total 1500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000715 POPCORN CHICKEN-ELEM	3/4 CUP	900	280	2.98	715	22.95
000277 DINNER ROLL, WHL GRN - ELEM	1 EA	600	106	2.57	142	14.00
000844 GRILLED CHEESE SAND, 1.5 OZ	1 EACH	600	319	8.37	953	30.68
000033 SOUP, TOMATO	6 OZ	1000	73	0.58	320	13.48
001144 PEPPERS, RED SWEET, 1/2 C	1/2 CUP	400	36	0.36	91	3.80
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	1400	100	1.00	170	14.00
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			658	7.93	1427	89.28
% of Calories				10.85%		54.3%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Wednesday - 11/02/2022

**Reimbursable Meal Total 1500**

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000263 HOT DOG ON ROLL	EACH	1200	199	2.00	634	23.22
000876 HUMMUS & FBRD	EACH	300	408	2.90	417	47.25
000275 BAKED BEANS, HOMEMADE - ELEM	.5 CUP	500	177	0.09	627	41.55
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	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			479	2.69	996	77.02
% of Calories				5.05%		64.3%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Thursday - 11/03/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000491 ITALIAN DUNKERS-ELEM	SERVING	1200	470	6.50	960	60.00
990252 CEREAL (CHEERIOS), GRAHAM'S & YOGURT	SERVING	300	310	1.00	275	61.00
001058 CARROT & CELERY STICKS	1/2 CUP	700	73	0.55	235	9.42

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## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
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			641	6.00	1096	99.17
% of Calories				8.42%		61.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	

**Friday - 11/04/2022**

**Reimbursable Meal Total 1500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990241 PASTA, CHICK ALFREDO (1 C) (Elem)	1 CUP	700	396	4.98	711	45.51
000593 PIZZA, FRENCH BREAD, RED BARON	EACH	800	290	4.50	600	33.00
000805 ZUCCHINI, ROASTED: 1/2 CUP	1/2 CUP	400	21	0.18	11	1.51
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			516	5.12	816	74.29
% of Calories				8.93%		57.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Monday - 11/07/2022

### Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000004 CHICKEN NUGGETS-ELEM	5 EACH	800	229	2.00	709	19.83
000852 SOFT PRETZEL, WW, 1 OZ	EACH	700	70	0.00	72	14.00
000845 CHEESE PRETZEL- 2 OZ	SANDWICH	700	412	12.66	844	38.90
001030 BABY CARROTS: ELEM, 1/2 CUP	1/2 CUP	800	52	0.35	147	7.74
000040 PEAS: frozen,boiled	1/2 CUP	600	62	0.04	58	11.41
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	1500	61	0.02	4	15.76
000230 MILK,1% Lowfat	HALF PINT	800	102	1.54	107	12.18
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	300	130	0.00	210	24.00
Weighted Daily Average			542	8.02	1010	71.01
% of Calories				13.32%		52.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

### Tuesday - 11/08/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000170 GENERAL TSO CHICKEN	3/4 CUP	500	359	4.00	760	30.92
000143 RICE, BROWN-1/2 CUP	1/2 CUP	500	86	0.13	3	18.09
000194 BERRY & YOGURT PARFAIT - Elem	EACH	1000	426	1.54	189	83.51
000277 DINNER ROLL, WHL GRN - ELEM	1 EA	700	106	2.57	142	14.00
001030 BABY CARROTS: ELEM, 1/2 CUP	1/2 CUP	500	52	0.35	147	7.74
001144 PEPPERS, RED SWEET, 1/2 C	1/2 CUP	400	36	0.36	91	3.80
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
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
Weighted Daily Average			674	4.16	679	115.97
% of Calories				5.55%		68.8%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Wednesday - 11/09/2022

Reimbursable Meal Total 1500

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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
000747 CUCUMBER SLICES: 1/2 CUP	1/2 CUP	800	38	0.35	98	3.89
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	500	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			647	7.64	930	89.88
% of Calories				10.63%		55.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Thursday - 11/10/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
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 - 11/11/2022

### Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001223 TURKEY BACON HOAGIE, TOASTED - ELEM	EACH	800	321	4.87	1317	23.38
000588 PIZZA, PAN, NARDONES	EACH	700	320	6.00	380	31.00
001127 CHICKPEAS, ROASTED RANCH	1/2 CUP	800	190	0.47	277	27.33
000953 CHERRY TOMATOES: 1/2 CUP	1/2 CUP	300	40	0.36	94	4.56
000538 VEGGIE BAGS - 1/2 c	1/2 CUP	900	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

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			599	6.07	1211	77.25
% of Calories				9.12%		51.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Monday - 11/14/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000004 CHICKEN NUGGETS-ELEM	5 EACH	1200	229	2.00	709	19.83
000277 DINNER ROLL, WHL GRN - ELEM	1 EA	1000	106	2.57	142	14.00
000876 HUMMUS & FBRD	EACH	300	408	2.90	417	47.25
001207 SQUASH,BUTTERNUT, BAKED	1/2 CUP	700	63	0.23	179	13.31
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	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

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			551	4.47	1042	78.02
% of Calories				7.30%		56.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	

**Tuesday - 11/15/2022**

**Reimbursable Meal Total 1500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000782 PIZZA, BIG DADDY'S, CHEESE	SLICE	1100	402	7.70	907	47.07
990175 CHEESE SANDWICH, 1.5 oz	SANDWICH	400	307	9.19	904	22.15
000241 HUMMUS-1/2 CUP	1/2 CUP	400	210	1.44	126	20.92
001058 CARROT & CELERY STICKS	1/2 CUP	800	73	0.55	235	9.42
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
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18
Weighted Daily Average			635	9.11	1221	84.36
% of Calories				12.91%		53.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

### Wednesday - 11/16/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990243 CHICKEN CHEESE STEAK - ELEM	1 SAND	800	335	3.05	1303	26.47
990130 PIZZABOLI	EACH	700	321	6.00	751	36.27
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	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			661	5.70	1693	90.07
% of Calories				7.76%		54.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Thursday - 11/17/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000790 CHICKEN BREAST, BREADED, RED L	EACH	1400	197	1.71	326	12.00
001250 VEGGIE BURGER, HS, SCRATCH MADE	EACH	100	412	1.29	919	73.63

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## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000333 MASHED POTATOES: 1/2 CUP	1/2 CUP	1000	88	0.00	402	16.54
005066 GRAVY, TURKEY	2 TBSP	800	10	0.00	70	1.48
000271 CORN, 1/2 C	1/2 CUP	800	66	0.08	1	15.76
000276 VEG CHOICES: FRESH, 1/2C, ELEM	1/2 CUP	800	35	0.25	86	4.80
000095 CINNAMON APPLES	1/2 CUP	800	78	0.01	7	19.90
000952 FRUIT VARIETY - 2016 - 1/2 C	1/2 CUP	500	61	0.02	4	15.76
001016 ICE CREAM, VANILLA CUP	1 EA	1200	176	5.77	68	20.07
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			621	6.80	910	86.04
% of Calories				9.86%		55.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	

**Friday - 11/18/2022**

**Reimbursable Meal Total 1500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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
000747 CUCUMBER SLICES: 1/2 CUP	1/2 CUP	400	38	0.35	98	3.89

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000989 TOMATOES,RED,RIPE,RAW, 1/2 C	1/2 CUP	400	13	0.02	4	2.90
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
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			512	3.89	837	75.21
% of Calories				6.84%		58.8%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Monday - 11/21/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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
000040 PEAS: frozen,boiled	1/2 CUP	600	62	0.04	58	11.41
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

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## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
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			614	8.65	1412	81.37
% of Calories				12.68%		53.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	

**Tuesday - 11/22/2022**

**Reimbursable Meal Total 1500**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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
000067 TOSSED SALAD-ELEM-1 CUP	1 CUP	400	71	0.67	192	7.25
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

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## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			618	5.29	1031	99.24
% of Calories				7.70%		64.2%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Wednesday - 11/23/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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	

### Thursday - 11/24/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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	

### Friday - 11/25/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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	

### Monday - 11/28/2022

### Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000004 CHICKEN NUGGETS-ELEM	5 EACH	800	229	2.00	709	19.83
000852 SOFT PRETZEL, WW, 1 OZ	EACH	800	70	0.00	72	14.00
990250 CHEESE PRETZEL- 1 1/2 OZ - HH ROLL	SANDWICH	700	319	8.87	1053	28.68

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000271 CORN, 1/2 C	1/2 CUP	800	66	0.08	1	15.76
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			527	5.71	1118	76.49
% of Calories				9.75%		58.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Tuesday - 11/29/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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
990163 BROCCOLI, ROASTED	1/2 C	800	34	0.30	15	3.06
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



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
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			586	8.28	1138	78.86
% of Calories				12.72%		53.8%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Wednesday - 11/30/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000070 CHEESEBURGER - ELEM	1 SAND	1300	336	6.65	752	27.54
990218 VEGGIE BURGER, ELEM, SCRATCH MADE	EACH	200	424	1.44	933	74.23
005073 FRENCH FRIES, ELEM	1/2 CUP	1200	195	1.07	579	29.56
000807 BROCCOLI,RAW-ELEM-1/2 CUP	1/2 CUP	500	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

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			683	7.28	1434	92.84
% of Calories				9.59%		54.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	

Thursday - 12/01/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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	400	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
000892 SORBET, LIME, LUIGI 100% JUICE	EACH	1400	60	0.00	5	17.00
000230 MILK,1% Lowfat	HALF PINT	300	102	1.54	107	12.18

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	900	130	0.00	210	24.00
Weighted Daily Average			661	4.15	1208	102.32
% of Calories				5.65%		61.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	

### Friday - 12/02/2022

Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (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
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			630	5.60	1140	90.05
% of Calories				8.00%		57.2%
Weekly Nutrient Guideline			550 - 650	<10	1230	

# Base Menu Spreadsheet

## Portion Values

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
Weighted Averages			606	6	1121	87.08
% of Calories				9.03%		57.5%

*\*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.