

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2022 thru Dec 2, 2022

**Menu Name:** High School Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Tuesday - 11/01/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000306 CHICKEN CHEESE STEAK - HS	1 SAND	50	445	3.56	1397	53.84
001151 CHEESEBURGER - HS	1 SAND	50	345	7.00	467	24.50
001242 BUFFALO CHICKEN SAND - HS	EA	150	316	1.20	840	37.70
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	602	10.33	1090	52.76
990097 CHICKEN LEG QUARTER, FRESH	EACH	100	264	5.18	270	1.19

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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)
990258 RICE PILAF, 1 Cup	1 CUP	100	221	0.69	821	41.84
990072 ROASTED BALSAMIC VEGETABLES	CUP	100	75	0.68	83	8.19
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			761	7.37	1132	107.65
% of Calories				8.72%		56.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Wednesday - 11/02/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990109 SLOPPY JOE, SPICY & FUN SZ CHIPS	EACH	150	581	8.75	1062	51.85
001156 LASAGNA & BRD STICK	EA	100	394	4.50	1056	54.89
000945 GENERAL TSO CHICKEN - MS/HS	CUP	100	574	4.32	767	76.14

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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)
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	602	10.33	1090	52.76
990070 BBQ CHICKEN, RAW	1 EACH	100	105	1.76	257	4.35
000946 RICE, BROWN-1 CUP	1 CUP	100	215	0.32	6	45.23
000426 GREEN BEANS, 1/2 C	1/2 CUP	100	19	0.03	6	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
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

# 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	600	130	0.00	210	24.00
Weighted Daily Average			777	7.21	1073	113.16
% of Calories				8.35%		58.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Thursday - 11/03/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990086 CHICKEN SANDWICH, SOUTHWEST	EACH	50	427	5.87	1436	36.56
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

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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)
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	602	10.33	1090	52.76
990097 CHICKEN LEG QUARTER, FRESH	EACH	100	264	5.18	270	1.19
000946 RICE, BROWN-1 CUP	1 CUP	100	215	0.32	6	45.23
001205 COWBOY BEAN SALAD: 1/2 C MS	1/2 C	100	201	0.59	438	19.78
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			799	7.72	1125	109.66
% of Calories				8.70%		54.9%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 11/04/2022

Reimbursable Meal Total 1000

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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)
990140 FISH TACO	2 EACH	50	390	4.27	659	41.71
001237 BUFFALO CHICKEN DIP & CHIPS	EACH	50	560	11.93	990	43.85
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	602	10.33	1090	52.76
990159 PASTA, BLACKENED CHICKEN ALFREDO	1 CUP	100	623	6.89	1036	70.42
000956 BREAD STICKS, WW, GRLC, NY, 6"	EACH	100	110	1.00	230	17.00
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

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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)
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			810	8.24	1166	114.36
% of Calories				9.16%		56.5%
Weekly Nutrient Guideline			750 - 850	<10	1420	

### Monday - 11/07/2022

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000030 GRILLED CHEESE SANDWICH, 2 OZ	1 EACH	100	372	11.16	1164	30.90
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

# 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)
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	602	10.33	1090	52.76
990200 TURKEY ON FOCCACIA - HS	SANDWICH	1	481	8.20	988	42.91
990166 SOUP, BROCCOLI CHEESE, 8 OZ	8 OZ	1	153	6.73	359	8.47
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



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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	600	130	0.00	210	24.00
Weighted Daily Average			704	7.22	1011	99.13
% of Calories				9.23%		56.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Tuesday - 11/08/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000306 CHICKEN CHEESE STEAK - HS	1 SAND	50	445	3.56	1397	53.84
001151 CHEESEBURGER - HS	1 SAND	50	345	7.00	467	24.50
001242 BUFFALO CHICKEN SAND - HS	EA	150	316	1.20	840	37.70
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

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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)
000205 ENTREE SALAD - TURKEY CHEF	EACH	50	394	4.67	675	44.17
000698 NACHOS - HS (MTO)	SERVING	100	602	10.33	1090	52.76
990200 TURKEY ON FOCCACIA - HS	SANDWICH	100	481	8.20	988	42.91
990153 SOUP, POTATO LOADED, 8 OZ	8 OZ	100	204	7.04	399	18.23
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			774	8.24	1153	108.64
% of Calories				9.58%		56.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Wednesday - 11/09/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990109 SLOPPY JOE, SPICY & FUN SZ CHIPS	EACH	150	581	8.75	1062	51.85

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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)
001156 LASAGNA & BRD STICK	EA	100	394	4.50	1056	54.89
000945 GENERAL TSO CHICKEN - MS/HS	CUP	100	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	602	10.33	1090	52.76
990200 TURKEY ON FOCCACIA - HS	SANDWICH	100	481	8.20	988	42.91
990166 SOUP, BROCCOLI CHEESE, 8 OZ	8 OZ	100	153	6.73	359	8.47
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

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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	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			807	8.50	1181	112.90
% of Calories				9.48%		56.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Thursday - 11/10/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990086 CHICKEN SANDWICH, SOUTHWEST	EACH	50	427	5.87	1436	36.56
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

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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)
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	602	10.33	1090	52.76
990200 TURKEY ON FOCCACIA - HS	SANDWICH	100	481	8.20	988	42.91
990153 SOUP, POTATO LOADED, 8 OZ	8 OZ	100	204	7.04	399	18.23
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			799	8.63	1192	109.15
% of Calories				9.72%		54.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 11/11/2022

Reimbursable Meal Total 1000

# 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)
990140 FISH TACO	2 EACH	50	390	4.27	659	41.71
001237 BUFFALO CHICKEN DIP & CHIPS	EACH	50	560	11.93	990	43.85
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	602	10.33	1090	52.76
990200 TURKEY ON FOCCACIA - HS	SANDWICH	100	481	8.20	988	42.91
990166 SOUP, BROCCOLI CHEESE, 8 OZ	8 OZ	100	153	6.73	359	8.47
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

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)
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			800	8.94	1174	110.75
% of Calories				10.06%		55.4%
Weekly Nutrient Guideline			750 - 850	<10	1420	

### Monday - 11/14/2022

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000030 GRILLED CHEESE SANDWICH, 2 OZ	1 EACH	100	372	11.16	1164	30.90
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

# 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)
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	602	10.33	1090	52.76
990164 QUICHE, BACON & CHEESE	PORTIONS	50	384	11.91	951	22.46
990165 QUICHE, VEGETABLE CHEESE	PORTIONS	50	350	10.59	788	24.52
001178 SAUSAGE PATTIES, 2 EACH, 1.47 OZ	2 EACH	70	159	3.97	575	1.98
000363 YOGURT - 4 OZ CUP	4 OZ	30	90	0.00	50	19.00
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	245	3.42	653	18.66
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



# 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	600	130	0.00	210	24.00
Weighted Daily Average			779	8.95	1204	104.01
% of Calories				10.34%		53.4%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Tuesday - 11/15/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000306 CHICKEN CHEESE STEAK - HS	1 SAND	50	445	3.56	1397	53.84
001151 CHEESEBURGER - HS	1 SAND	50	345	7.00	467	24.50
001242 BUFFALO CHICKEN SAND - HS	EA	150	316	1.20	840	37.70
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

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)
000205 ENTREE SALAD - TURKEY CHEF	EACH	50	394	4.67	675	44.17
000698 NACHOS - HS (MTO)	SERVING	100	602	10.33	1090	52.76
990146 PANCAKES w/ SYRUP	2 EACH	100	424	4.62	1323	71.79
001178 SAUSAGE PATTIES, 2 EACH, 1.47 OZ	2 EACH	70	159	3.97	575	1.98
000363 YOGURT - 4 OZ CUP	4 OZ	30	90	0.00	50	19.00
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	245	3.42	653	18.66
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			786	7.80	1254	112.29
% of Calories				8.93%		57.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 11/16/2022

Reimbursable Meal Total 1000

# 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)
990109 SLOPPY JOE, SPICY & FUN SZ CHIPS	EACH	150	581	8.75	1062	51.85
001156 LASAGNA & BRD STICK	EA	100	394	4.50	1056	54.89
000945 GENERAL TSO CHICKEN - MS/HS	CUP	100	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	602	10.33	1090	52.76
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	70	159	3.97	575	1.98
000363 YOGURT - 4 OZ CUP	4 OZ	30	90	0.00	50	19.00
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	245	3.42	653	18.66
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

# 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)
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			824	7.82	1201	117.55
% of Calories				8.54%		57.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Thursday - 11/17/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990086 CHICKEN SANDWICH, SOUTHWEST	EACH	50	427	5.87	1436	36.56
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

# 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)
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	602	10.33	1090	52.76
990146 PANCAKES w/ SYRUP	2 EACH	100	424	4.62	1323	71.79
001178 SAUSAGE PATTIES, 2 EACH, 1.47 OZ	2 EACH	70	159	3.97	575	1.98
000363 YOGURT - 4 OZ CUP	4 OZ	30	90	0.00	50	19.00
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	245	3.42	653	18.66
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

# 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	600	130	0.00	210	24.00
Weighted Daily Average			812	8.19	1293	112.79
% of Calories				9.08%		55.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

### Friday - 11/18/2022

Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990140 FISH TACO	2 EACH	50	390	4.27	659	41.71
001237 BUFFALO CHICKEN DIP & CHIPS	EACH	50	560	11.93	990	43.85
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

# 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)
990035 ENTREE SALAD - SOUTHWEST CHICKEN	EACH	50	532	6.24	798	52.11
000698 NACHOS - HS (MTO)	SERVING	100	602	10.33	1090	52.76
990147 BRKFST SAND, HAM, EGG, & CHZ BAGEL	SANDWICH	70	423	4.29	871	58.23
990253 BRKFST SAND, EGG & CHZ BAGEL	SANDWICH	30	393	3.79	746	58.23
000811 POTATOES, OVEN BROWNED	1/2 CUP	100	245	3.42	653	18.66
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			803	8.21	1188	113.30
% of Calories				9.20%		56.4%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 11/21/2022

Reimbursable Meal Total 1000

# 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)
000030 GRILLED CHEESE SANDWICH, 2 OZ	1 EACH	100	372	11.16	1164	30.90
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	602	10.33	1090	52.76
000364 TURKEY & GRAVY	6 FL OZ	100	171	1.73	783	6.41
000333 MASHED POTATOES: 1/2 CUP	1/2 CUP	100	88	0.00	402	16.54
000310 STUFFING	1/2 CUP	100	120	0.00	580	24.00
000271 CORN, 1/2 C	1/2 CUP	100	66	0.08	1	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)
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			748	7.39	1186	105.35
% of Calories				8.89%		56.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Tuesday - 11/22/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000306 CHICKEN CHEESE STEAK - HS	1 SAND	50	445	3.56	1397	53.84
001151 CHEESEBURGER - HS	1 SAND	50	345	7.00	467	24.50
001242 BUFFALO CHICKEN SAND - HS	EA	150	316	1.20	840	37.70
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

# 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)
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	602	10.33	1090	52.76
000364 TURKEY & GRAVY	6 FL OZ	100	171	1.73	783	6.41
000333 MASHED POTATOES: 1/2 CUP	1/2 CUP	100	88	0.00	402	16.54
000310 STUFFING	1/2 CUP	100	120	0.00	580	24.00
000271 CORN, 1/2 C	1/2 CUP	100	66	0.08	1	15.76
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

# 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	600	130	0.00	210	24.00
Weighted Daily Average			749	6.90	1191	108.80
% of Calories				8.29%		58.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

### 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			750 - 850	<10	1420	

### Thursday - 11/24/2022

### Reimbursable Meal Total 1

# 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)
000145 NO SCHOOL TODAY						
Weighted Daily Average			0	0.00	0	0.00
% of Calories				0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

### 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			750 - 850	<10	1420	

### Monday - 11/28/2022

### Reimbursable Meal Total 1000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000030 GRILLED CHEESE SANDWICH, 2 OZ	1 EACH	100	372	11.16	1164	30.90
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

# 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)
000577 PASTA & MT BALLS - MS/HS	1 CUP	50	442	2.50	802	59.50
000956 BREAD STICKS, WW, GRCL, 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	602	10.33	1090	52.76
990016 CHILI - 8 OZ	8 OZ	100	428	9.54	731	22.75
000089 CORNBREAD - MS	3 OZ	100	156	1.00	319	27.07
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

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	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			762	8.26	1115	104.06
% of Calories				9.76%		54.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Tuesday - 11/29/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000306 CHICKEN CHEESE STEAK - HS	1 SAND	50	445	3.56	1397	53.84
001151 CHEESEBURGER - HS	1 SAND	50	345	7.00	467	24.50
001242 BUFFALO CHICKEN SAND - HS	EA	150	316	1.20	840	37.70
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

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)
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	602	10.33	1090	52.76
990259 CLEVELAND CHILI & SPAGHETTI	8 OZ	100	646	11.61	831	59.35
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
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			770	7.88	1098	108.47
% of Calories				9.21%		56.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Wednesday - 11/30/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990109 SLOPPY JOE, SPICY & FUN SZ CHIPS	EACH	150	581	8.75	1062	51.85

# 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)
001156 LASAGNA & BRD STICK	EA	100	394	4.50	1056	54.89
000945 GENERAL TSO CHICKEN - MS/HS	CUP	100	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	602	10.33	1090	52.76
990231 SOUP, WHITE CHICKEN CHILI	10 OZ	100	285	4.31	978	37.29
990260 CHIPS, TORTILLA, PLAIN	2 OZ	100	268	1.59	186	38.43
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

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	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			798	7.59	1163	115.33
% of Calories				8.56%		57.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Thursday - 12/01/2022**

**Reimbursable Meal Total 1000**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990086 CHICKEN SANDWICH, SOUTHWEST	EACH	50	427	5.87	1436	36.56
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

# 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)
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	602	10.33	1090	52.76
990016 CHILI - 8 OZ	8 OZ	100	428	9.54	731	22.75
001105 CINNAMON ROLL, HOMEMADE WW	EACH	100	310	3.39	220	52.97
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			805	8.40	1149	110.61
% of Calories				9.39%		55.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 12/02/2022

Reimbursable Meal Total 1000

# 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)
990140 FISH TACO	2 EACH	50	390	4.27	659	41.71
001237 BUFFALO CHICKEN DIP & CHIPS	EACH	50	560	11.93	990	43.85
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	602	10.33	1090	52.76
990016 CHILI - 8 OZ	8 OZ	100	428	9.54	731	22.75
000089 CORNBREAD - MS	3 OZ	100	156	1.00	319	27.07
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

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)
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			795	8.51	1144	110.60
% of Calories				9.63%		55.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
Weighted Averages			784	8	1162	109.93
% of Calories				9.18%		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  
<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.