

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Dec 2, 2022

Menu Name: Middle School Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 11/01/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990179 CHICKEN, ROASTED, USD 8 PC, BBQ	SERVING	225	270	5.00	733	4.46
000089 CORNBREAD - MS	3 OZ	225	156	1.00	319	27.07
001176 TURKEY SUB - MS	EACH	40	377	5.59	1210	36.55
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
000131 SWEET POTATO FRIES; 1/2 CUP	1/2 CUP	250	173	1.00	308	28.07
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

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Nov 1, 2022 thru Dec 2, 2022

	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			677	6.05	1274	86.59
% of Calories				8.04%		51.2%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Wednesday - 11/02/2022

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
001158 BAKED POTATO - 100 CT	EACH	100	128	0.06	14	29.19
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

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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	275	130	0.00	210	24.00
Weighted Daily Average			634	6.16	1014	93.28
% of Calories				8.74%		58.9%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Thursday - 11/03/2022

Reimbursable Meal Total 400

	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
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

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	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			625	5.65	1294	99.13
% of Calories				8.14%		63.4%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Friday - 11/04/2022

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
990027 PASTA, CHICK ALFREDO W/ BROCC (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	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

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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	275	130	0.00	210	24.00
Weighted Daily Average			547	5.79	904	76.46
% of Calories				9.53%		55.9%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Monday - 11/07/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000945 GENERAL TSO CHICKEN - MS/HS	CUP	225	574	4.32	767	76.14
990242 PIZZA, FRENCH BREAD, PEPPERONI	EACH	40	311	5.07	646	33.19
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	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
990163 BROCCOLI, ROASTED	1/2 C	80	34	0.30	15	3.06
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
000230 MILK,1% Lowfat	HALF PINT	50	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	275	130	0.00	210	24.00
Weighted Daily Average			664	4.57	875	95.44
% of Calories				6.19%		57.5%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Tuesday - 11/08/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001258 SRIRACHA CHICKEN SAND - MS	EA	85	414	3.06	694	36.12
990226 TURKEY BACON HOAGIE, TOASTED -MS	EACH	85	376	5.96	1441	28.23
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	325	1.95	521	32.47
990251 CHEESE PRETZEL- 2 OZ - HH ROLL	SANDWICH	75	372	11.66	1264	28.90
000282 HAMBURGER, MS	1 SAND	20	285	4.95	351	21.47
000512 CHEESEBURGER - MS	1 SAND	60	337	7.51	587	22.15
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
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

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	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			623	6.68	1207	78.08
% of Calories				9.65%		50.1%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Wednesday - 11/09/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001237 BUFFALO CHICKEN DIP & CHIPS	EACH	225	560	11.93	990	43.85
000541 HAM & CHEESE CROISSANT - MS	1 SAND	40	284	6.76	957	28.78
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	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
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	50	11	0.03	5	2.29
005074 FRUIT, VARIETY - MS	1 SERVING	400	60	0.05	5	14.97

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000605 COOKIE, CHOC CHIP, OTIS	EACH	300	160	4.00	120	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			783	11.88	1109	98.82
% of Calories				13.66%		50.5%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Thursday - 11/10/2022

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	50	11	0.03	5	2.29

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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			595	8.08	1027	67.93
% of Calories				12.22%		45.7%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Friday - 11/11/2022

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
990126 PASTA W/ SAUCE & CHICK PARM - SEC	1 CUP	110	408	2.22	824	47.20
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
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

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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			576	5.28	991	80.80
% of Calories				8.25%		56.1%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Monday - 11/14/2022

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	90	372	11.16	1164	30.90
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	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	150	73	0.58	320	13.48

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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			676	6.79	1276	88.91
% of Calories				9.04%		52.6%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Tuesday - 11/15/2022

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	100	359	1.98	588	59.99
990120 BRKFST SANDWICH, HAM CROISS (LUNCH)	EA	100	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

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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	50	337	7.51	587	22.15
001180 HASH BROWN: ORE IDA, 2.25 OZ	2 EA	350	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			729	7.51	1332	98.75
% of Calories				9.27%		54.2%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Wednesday - 11/16/2022

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
001176 TURKEY SUB - MS	EACH	40	377	5.59	1210	36.55
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

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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	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	5.71	1049	86.01
% of Calories				8.59%		57.5%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Thursday - 11/17/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000129 TURKEY BOWL	EACH	200	351	1.77	1476	42.86
000866 DINNER ROLL, WHL GRN - MS/HS	1 EA	100	70	0.00	110	14.00
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
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	200	60	0.05	5	14.97
000526 APPLE CRISP-1/2 CUP	1/2 CUP	200	260	4.90	135	38.35
001016 ICE CREAM, VANILLA CUP	1 EA	400	176	5.77	68	20.07
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			817	12.12	1435	108.15
% of Calories				13.35%		52.9%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Friday - 11/18/2022

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

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Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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	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			585	5.36	985	84.18
% of Calories				8.25%		57.6%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Monday - 11/21/2022

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

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Dec 2, 2022

	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 - 11/22/2022

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	100	387	3.70	1365	40.42
001176 TURKEY SUB - MS	EACH	75	377	5.59	1210	36.55
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

Nov 1, 2022 thru Dec 2, 2022

	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			624	6.77	1231	82.46
% of Calories				9.76%		52.9%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Wednesday - 11/23/2022

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	

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Dec 2, 2022

Thursday - 11/24/2022

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	

Friday - 11/25/2022

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	

Monday - 11/28/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000945 GENERAL TSO CHICKEN - MS/HS	CUP	225	574	4.32	767	76.14
990242 PIZZA, FRENCH BREAD, PEPPERONI	EACH	40	311	5.07	646	33.19

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000445 CHICKEN FILLET SANDWICH-MS/HS	EA	75	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
990163 BROCCOLI, ROASTED	1/2 C	80	34	0.30	15	3.06
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
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			664	4.57	875	95.44
% of Calories				6.19%		57.5%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Tuesday - 11/29/2022

Reimbursable Meal Total 400

	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
001022 MEATBALL SUB	1 EACH	100	354	4.43	655	32.43

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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
000845 CHEESE PRETZEL- 2 OZ	SANDWICH	50	412	12.66	844	38.90
990115 FRENCH FRIES, HS/MN, 1/2 CUP	1/2 CUP	150	83	0.72	20	13.34
000072 FRENCH FRIES, PFMS/DELTA	1/2 CUP	150	171	1.07	384	23.48
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
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			625	6.05	1051	86.20
% of Calories				8.71%		55.2%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Wednesday - 11/30/2022

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	225	316	8.06	717	29.78
000866 DINNER ROLL, WHL GRN - MS/HS	1 EA	100	70	0.00	110	14.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Dec 2, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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
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	400	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	350	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			612	6.65	953	93.47
% of Calories				9.78%		61.1%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Thursday - 12/01/2022

Reimbursable Meal Total 400

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Dec 2, 2022

	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	50	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
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	275	130	0.00	210	24.00
Weighted Daily Average			595	8.08	1027	67.93
% of Calories				12.22%		45.7%
Weekly Nutrient Guideline			600 - 700	<10	1360	

Friday - 12/02/2022

Reimbursable Meal Total 400

Base Menu Spreadsheet

Portion Values

Nov 1, 2022 thru Dec 2, 2022

	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
990126 PASTA W/ SAUCE & CHICK PARM - SEC	1 CUP	110	408	2.22	824	47.20
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	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			548	5.03	933	76.55
% of Calories				8.26%		55.9%
Weekly Nutrient Guideline			600 - 700	<10	1360	

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages	642	7	1092	87.30
% of Calories		9.45%		54.4%

Base Menu Spreadsheet

State College Area School District

Portion Values

Nov 1, 2022 thru Dec 2, 2022

**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.*