

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

Menu Name: NSLP 7-8 Lunch Menu 21-22

Include Cost: No

Site:

Report Style: Detailed

### Wednesday - 09/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001816 Taco, Chicken, flour	Entree	1	297	1.56	968	1	6.81	0.00	72	33.06	3.58	23.93
001761 Seasoned Corn	1/2 CUP	1	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip,Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001712 Jicama Sticks w/chili	1/2 Cup	0	23	0.00	103	1	0.00	0.00	0	7.55	2.77	0.00
001993 Tangerines	Each	1	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*

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000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40

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## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
Weighted Daily Average			571	2.86	1290	*22	10.88	*0.00	85	85.78	7.78	*36.20
% of Calories				4.51%		*15.4%	17.1%	*0.0%		60.1%		*25.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Thursday - 09/02/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001376 Snowbowl	Each	1	324	2.00	917	3	11.52	*0.00	35	38.05	4.00	18.05
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54

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Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001369 Breadsticks (2), W/Marinara	Each	0	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	1	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00

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Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			716	2.55	1339	51	*15.65	*0.01	40	115.12	5.74	31.76
% of Calories				3.21%		28.5%	*19.7%	*0.0%		64.3%		17.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 09/03/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	1	270	4.00	570	3	9.00	0.00	20	29.00	3.00	20.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000090 Pear, Fresh	EACH	1	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
001670 Applesauce, blueraspberry	Each	0	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16

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Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			574	5.03	1036	37	15.17	*0.00	25	84.39	8.74	30.44
% of Calories				7.89%		25.8%	23.8%	*0.0%		58.8%		21.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/07/2021

Reimbursable Meal Total 1



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## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001935 Taco, Beef, Ground	Serving	1	1	0.02	0	*0	0.05	*0.00	0	0.04	0.00	0.07
008042 Spanish Rice with brown rice	4 oz.	1	238	0.32	32	*2	3.77	*0.01	0	46.46	2.88	5.47
001761 Seasoned Corn	1/2 CUP	1	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
002050 Chicken Nuggets (5 piece)	Serving	0	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
002048 Dinner Roll HM (2EG)	1 each	0	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000256 Broccoli, raw: fresh	.5 cup	1	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			549	1.60	365	*41	*7.60	*0.01	13	107.50	7.90	19.56
% of Calories				2.62%		*29.9%	*12.5%	*0.0%		78.3%		14.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Wednesday - 09/08/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001645 Chicken & Waffles	Entree	1	454	4.67	758	19	20.35	0.00	73	48.76	3.68	18.68
001495 potatoes, Deli Roasted	1/2 Cup	1	120	1.00	251	1	6.02	0.00	0	18.06	2.01	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	
001261	Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118	Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001635	Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001616	Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335	Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042	Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933	Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358	Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354	Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000795	Fruit, Pineapple CND	1/2 Cup	0	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000086	Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000763	Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376	Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377	Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865	Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737	Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006	Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223	Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
Weighted Daily Average			744	5.69	1163	50	26.49	*0.00	78	101.10	8.99	29.58
% of Calories				6.88%		26.9%	32.0%	*0.0%		54.4%		15.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	1	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	1	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
002009 Gravy Turkey	1/4 Cup	1	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001369 Breadsticks (2), W/Marinara	Each	0	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001675 Applesauce, Cinnamon, 4.5 oz	Each	0	50	0.00	15	12	0.00	0.00	0	14.00	1.00	0.00
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			587	3.05	1450	*42	*11.63	*0.01	51	92.12	4.73	32.74
% of Calories				4.68%		*28.6%	*17.8%	*0.0%		62.8%		22.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

Friday - 09/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	1	270	4.00	570	3	9.00	0.00	20	29.00	3.00	20.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	1	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001993 Tangerines	Each	0	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			604	5.00	1050	*50	15.00	*0.00	25	91.00	5.00	*30.00
% of Calories				7.45%		*33.1%	22.4%	*0.0%		60.3%		*19.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Monday - 09/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001881 Taco, Beef & Cheese Stick IW	Each	1	345	8.35	631	1	12.82	0.00	52	31.87	3.85	20.07
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	1	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001734 Corn Dog, Chicken IW	Each	0	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip,Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001712 Jicama Sticks w/chili	1/2 Cup	0	23	0.00	103	1	0.00	0.00	0	7.55	2.77	0.00
002036 Italian Ice, Cry Baby Cherry	each	1	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			724	8.85	1474	44	14.82	*0.00	57	105.88	14.85	39.07
% of Calories				11.00%		24.3%	18.4%	*0.0%		58.5%		21.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

## Tuesday - 09/14/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001964 Chicken, Tenders Spicy	Serving 3ct	1	230	1.00	450	0	8.00	0.00	55	18.00	3.00	22.00
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	1	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000256 Broccoli,raw: fresh	.5 cup	1	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000086 Orange	each	0	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			770	1.51	1073	41	*16.84	*0.01	60	115.12	7.25	38.51
% of Calories				1.76%		21.3%	*19.7%	*0.0%		59.8%		20.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 09/15/2021

Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001868 Beef Macaroni	1 Cup	1	361	6.43	353	*5	15.41	*0.00	84	28.12	5.24	29.91
001941 Vegetables Mixed (1/2c V-O)	1/2 Cup	1	66	0.00	43	3	0.00	0.00	0	13.21	3.30	2.20
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip,Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	0	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000090 Pear, Fresh	EACH	1	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
Weighted Daily Average			776	6.96	737	*43	*19.57	*0.01	89	108.73	13.51	45.70
% of Calories				8.07%		*22.2%	*22.7%	*0.0%		56.0%		23.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Thursday - 09/16/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002014 Chicken Orange/w Rice (2M, 2WG)	14ea 1/2c ric	1	404	3.00	733	13	12.85	0.00	35	53.29	2.75	16.25
000257 Broccoli: Frozen, boiled	1/2 cup	1	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001369 Breadsticks (2), W/Marinara	Each	0	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip,Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			649	3.40	965	51	13.87	*0.00	40	102.99	8.03	28.57
% of Calories				4.71%		31.4%	19.2%	*0.0%		63.5%		17.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 09/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	1	270	4.00	570	3	9.00	0.00	20	29.00	3.00	20.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001354 Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001993 Tangerines	Each	0	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
001462 APPLESAUCE, Wild Watermelon	Each	1	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
Weighted Daily Average			565	5.00	1050	*40	15.00	*0.00	25	83.00	6.00	*30.00
% of Calories				7.96%		*28.3%	23.9%	*0.0%		58.8%		*21.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Monday - 09/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000359 Nachos W/beef (R1385)	SERVINGS	1	526	14.43	670	*1	30.24	*0.00	69	41.85	2.87	22.80
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001734 Corn Dog, Chicken IW	Each	0	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
001673 Jalapeno, Nacho Sliced 1/4 CuP	1/4 Cup	1	7	0.00	718	0	0.00	0.00	0	1.41	1.41	0.00
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001670 Applesauce, blueraspberry	Each	0	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
002036 Italian Ice, Cry Baby Cherry	each	1	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			757	14.43	1558	*47	30.24	*0.00	74	91.26	5.27	31.80
% of Calories				17.16%		*24.8%	36.0%	*0.0%		48.2%		16.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

## Tuesday - 09/21/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001872 Chicken, WG Baked	Entree	1	215	3.00	382	0	13.00	0.00	41	11.00	1.00	12.00
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	1	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip,Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000256 Broccoli,raw: fresh	.5 cup	1	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000795 Fruit, Pineapple CND	1/2 Cup	0	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			667	3.51	1079	41	*18.08	*0.01	46	98.35	6.25	28.94
% of Calories				4.74%		24.6%	*24.4%	*0.0%		59.0%		17.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Wednesday - 09/22/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001816 Taco, Chicken, flour	Entree	1	297	1.56	968	1	6.81	0.00	72	33.06	3.58	23.93
001761 Seasoned Corn	1/2 CUP	1	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001712 Jicama Sticks w/chili	1/2 Cup	0	23	0.00	103	1	0.00	0.00	0	7.55	2.77	0.00
001993 Tangerines	Each	1	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
Weighted Daily Average			571	2.86	1290	*22	10.88	*0.00	85	85.78	7.78	*36.20
% of Calories				4.51%		*15.4%	17.1%	*0.0%		60.1%		*25.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/23/2021

Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001376 Snowbowl	Each	1	324	2.00	917	3	11.52	*0.00	35	38.05	4.00	18.05
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001369 Breadsticks (2), W/Marinara	Each	0	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	1	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			716	2.55	1339	51	*15.65	*0.01	40	115.12	5.74	31.76
% of Calories				3.21%		28.5%	*19.7%	*0.0%		64.3%		17.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Friday - 09/24/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	1	270	4.00	570	3	9.00	0.00	20	29.00	3.00	20.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001618 Sandwich, LS Ham & Cheese	Sandwich	0	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000090 Pear, Fresh	EACH	1	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
001670 Applesauce, blueraspberry	Each	0	90	0.00	15	19	0.00	0.00	0	22.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			574	5.03	1036	37	15.17	*0.00	25	84.39	8.74	30.44
% of Calories				7.89%		25.8%	23.8%	*0.0%		58.8%		21.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Monday - 09/27/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000162 Hot Dog on a Bun	SERVING	1	250	2.50	610	6	11.00	0.00	45	31.00	3.00	12.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001673 Jalapeno, Nacho Sliced 1/4 CuP	1/4 Cup	1	7	0.00	718	0	0.00	0.00	0	1.41	1.41	0.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001734 Corn Dog, Chicken IW	Each	0	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	1	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001632 Raisels, fiesta	Each	0	150	0.00	190	29	0.00	0.00	0	36.00	2.00	2.00
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			589	3.54	1854	51	17.13	*0.00	50	94.47	5.91	21.56
% of Calories				5.41%		34.6%	26.2%	*0.0%		64.2%		14.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/28/2021

Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001935 Taco, Beef, Ground	Serving	1	1	0.02	0	*0	0.05	*0.00	0	0.04	0.00	0.07
008042 Spanish Rice with brown rice	4 oz.	1	238	0.32	32	*2	3.77	*0.01	0	46.46	2.88	5.47
001761 Seasoned Corn	1/2 CUP	1	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
002050 Chicken Nuggets (5 piece)	Serving	0	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
002048 Dinner Roll HM (2EG)	1 each	0	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000256 Broccoli, raw: fresh	.5 cup	1	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			549	1.60	365	*41	*7.60	*0.01	13	107.50	7.90	19.56
% of Calories				2.62%		*29.9%	*12.5%	*0.0%		78.3%		14.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Wednesday - 09/29/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001645 Chicken & Waffles	Entree	1	454	4.67	758	19	20.35	0.00	73	48.76	3.68	18.68
001495 potatoes, Deli Roasted	1/2 Cup	1	120	1.00	251	1	6.02	0.00	0	18.06	2.01	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	
001261	Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118	Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001635	Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
001616	Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335	Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042	Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933	Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358	Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354	Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
000795	Fruit, Pineapple CND	1/2 Cup	0	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000086	Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000763	Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376	Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377	Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865	Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737	Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006	Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223	Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
Weighted Daily Average			744	5.69	1163	50	26.49	*0.00	78	101.10	8.99	29.58
% of Calories				6.88%		26.9%	32.0%	*0.0%		54.4%		15.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

### Thursday - 09/30/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	1	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	1	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
002009 Gravy Turkey	1/4 Cup	1	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001369 Breadsticks (2), W/Marinara	Each	0	340	5.00	640	6	11.00	0.00	30	41.00	5.00	21.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
001675 Applesauce, Cinnamon, 4.5 oz	Each	0	50	0.00	15	12	0.00	0.00	0	14.00	1.00	0.00
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			587	3.05	1450	*42	*11.63	*0.01	51	92.12	4.73	32.74
% of Calories				4.68%		*28.6%	*17.8%	*0.0%		62.8%		22.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					



# Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Friday - 10/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O)	slice	1	270	4.00	570	3	9.00	0.00	20	29.00	3.00	20.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	0	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
002011 Chicken, spicy patty middle sc	Each	0	360	2.00	520	3	12.00	0.00	35	44.00	5.00	22.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
001118 Burrito Bean & Cheese 5.20 oz	each	0	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
000335 Parfait Yogurt, Strawberry, Large (2M, 2WG, 5c.F)	parfait	0	502	2.03	301	51	10.78	0.00	5	89.73	5.76	12.01
002042 Chip, Tortilla Rounds	each	0	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
001933 Salad, All Sub Groups	Salad	0	52	0.04	65	3	0.64	0.00	0	10.08	3.39	2.61
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001354 Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001958 Fruit, Mango Caliente, Frzn (1/2c.F)	Each	1	99	0.00	15	25	0.00	0.00	0	25.00	0.00	0.00
001993 Tangerines	Each	0	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001416 Sub Roll	Each	0	280	2.00	550	6	4.50	0.00	0	54.00	9.00	13.00
000906 Sub, Ham & Cheese HM	each	0	192	5.25	591	3	12.05	0.00	62	4.58	0.00	18.18
000963 Sub, Ham & Cheese Mozz HM	each	0	197	4.96	501	2	11.56	0.20	65	4.84	0.00	17.79
000931 Sub, Super HM	each	0	254	7.47	938	2	17.17	0.00	75	3.66	0.00	23.55
000965 Sub, Super Mozz HM	each	0	259	7.18	848	2	16.69	0.20	78	3.92	0.00	23.16
000905 Sub, Turkey & Cheese HM	Each	0	149	3.97	669	1	6.93	0.00	49	2.02	0.00	22.50
000964 Sub, Turkey & Cheese Mozz HM	Each	0	155	3.68	579	1	6.45	0.20	53	2.28	0.00	22.11
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26
001337 Deli bar, Oil & Vinegar	Tbsp	0	123	1.80	1	0	13.63	0.05	0	0.69	0.04	0.02
000904 Deli Bar, Pickle Slices	.5 oz	0	3	0.00	197	0	0.00	0.00	0	0.00	0.00	0.00
000903 Deli Bar, Sliced Olives	Tbsp	0	12	0.00	62	0	1.25	0.00	0	0.50	0.00	0.00
000899 Deli Bar, Tomato slices	1/8 Cup	0	4	0.00	1	1	0.05	0.00	0	0.87	0.27	0.20
001985 Pizza, 16" Pepperoni PIE	slice	0	410	7.00	580	7	18.00	0.00	40	43.00	4.00	20.00
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
Weighted Daily Average			604	5.00	1050	*50	15.00	*0.00	25	91.00	5.00	*30.00
% of Calories				7.45%		*33.1%	22.4%	*0.0%		60.3%		*19.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	645	4	1144	*43	*15.93	*0.00	49	97.90	7.49	*31.12
% of Calories		6.27%		*26.7%	*22.2%	*0.0%		60.7%		*19.3%

\*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.