

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Menu Name: NSLP 9-12 Lunch Menu-21-22

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 09/01/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001646 Salsa, molcajete Verde | 1/4 Cup | 1 | 30 | 0.00 | 480 | 4 | 0.00 | 0.00 | 0 | 6.00 | 2.00 | 0.00 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001766 Salad, Honey Sriracha | Entree | 0 | 725 | 5.03 | 1555 | 8 | 32.14 | 0.00 | 110 | 61.34 | 9.92 | 47.12 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 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 |
| 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 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |

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Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 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 | | | 601 | 2.86 | 1770 | *26 | 10.88 | *0.00 | 85 | 91.78 | 9.78 | *36.20 |
| % of Calories | | | | 4.28% | | *17.3% | 16.3% | *0.0% | | 61.1% | | *24.1% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Thursday - 09/02/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |

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Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001434 Wrap, Bacon Chicken | Each | 0 | 392 | 2.21 | 1390 | 1 | 14.20 | *0.00 | 100 | 34.41 | 3.41 | 30.47 |
| 001766 Salad, Honey Sriracha | Entree | 0 | 725 | 5.03 | 1555 | 8 | 32.14 | 0.00 | 110 | 61.34 | 9.92 | 47.12 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 000932 Sub, Vegetarian HM | each | 0 | 162 | 7.09 | 567 | 2 | 12.15 | 0.00 | 30 | 4.05 | 0.00 | 14.18 |

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Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| Weighted Daily Average | | | 703 | 2.51 | 1272 | 50 | *15.51 | *0.01 | 40 | 112.06 | 5.23 | 31.21 |
| % of Calories | | | | 3.21% | | 28.4% | *19.9% | *0.0% | | 63.8% | | 17.8% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Friday - 09/03/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 001502 Jalapeno, Nacho Sliced | 1/4 Cup | 1 | 7 | 0.00 | 573 | 0 | 0.00 | 0.00 | 0 | 1.33 | 1.33 | 0.00 |
| 001647 Salsa, Molcajete Roja | 1/4 Cup | 0 | 20 | 0.00 | 460 | 2 | 0.00 | 0.00 | 0 | 4.00 | 2.00 | 0.00 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001734 Corn Dog, Chicken IW | Each | 0 | 240 | 2.50 | 390 | 5 | 8.00 | 0.00 | 40 | 30.00 | 5.00 | 9.00 |
| 001434 Wrap, Bacon Chicken | Each | 0 | 392 | 2.21 | 1390 | 1 | 14.20 | *0.00 | 100 | 34.41 | 3.41 | 30.47 |
| 001766 Salad, Honey Sriracha | Entree | 0 | 725 | 5.03 | 1555 | 8 | 32.14 | 0.00 | 110 | 61.34 | 9.92 | 47.12 |
| 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 |

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Sep 1, 2021 thru Oct 1, 2021

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|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000162 Hot Dog on a Bun | SERVING | 0 | 250 | 2.50 | 610 | 6 | 11.00 | 0.00 | 45 | 31.00 | 3.00 | 12.00 |
| 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 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |

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|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 001800 Potatoes Tator Tots (1/2c.S) | 1/2 cup | 0 | 110 | 1.00 | 310 | 1 | 6.00 | 0.00 | 0 | 14.00 | 1.00 | 1.00 |
| 001797 Pizza, Dominos Pep (WSHS only) | slice | 0 | 270 | 4.00 | 570 | 3 | 9.00 | 0.00 | 20 | 29.00 | 3.00 | 20.00 |
| Weighted Daily Average | | | 882 | 14.96 | 2073 | *31 | 32.41 | *0.00 | 74 | 110.58 | 18.95 | 42.24 |
| % of Calories | | | | 15.27% | | *14.1% | 33.1% | *0.0% | | 50.1% | | 19.2% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Tuesday - 09/07/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | Each | 0 | 360 | 2.00 | 520 | 3 | 12.00 | 0.00 | 35 | 44.00 | 5.00 | 22.00 |
| 002092 Chicken, WG Bread Drumstick-(2M, 1.5WG) | Drumstick | 1 | 220 | 3.00 | 420 | 0 | 13.00 | 0.00 | 75 | 8.00 | 1.00 | 16.00 |
| 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 |
| 001261 Lettuce & Pickle | Each | 0 | 6 | 0.02 | 116 | 1 | 0.09 | 0.00 | 0 | 1.26 | 0.51 | 0.35 |
| 000336 Wrap, ham & Cheese | each | 0 | 509 | 16.17 | 1030 | 4 | 29.01 | 0.00 | 100 | 34.97 | 5.03 | 26.45 |
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 |
| 001667 Pizza, Meatlovers | slice | 0 | 370 | 7.00 | 650 | 9 | 17.00 | 0.00 | 40 | 36.00 | 3.00 | 20.00 |
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 13 | 0.04 | 67 | 1 | 0.13 | 0.00 | 0 | 3.06 | 0.51 | 0.56 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| Weighted Daily Average | | | 868 | 5.60 | 1083 | *42 | 26.52 | *0.01 | 88 | 127.21 | 8.88 | 35.80 |
| % of Calories | | | | 5.81% | | *19.4% | 27.5% | *0.0% | | 58.6% | | 16.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Wednesday - 09/08/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | Each | 0 | 360 | 2.00 | 520 | 3 | 12.00 | 0.00 | 35 | 44.00 | 5.00 | 22.00 |
| 002092 Chicken, WG Bread Drumstick-(2M, 1.5WG) | Drumstick | 1 | 220 | 3.00 | 420 | 0 | 13.00 | 0.00 | 75 | 8.00 | 1.00 | 16.00 |
| 001599 Cheeseburger Cheddar (3.5M, 2WG) | burger | 0 | 420 | 8.77 | 792 | 4 | 22.04 | 1.00 | 78 | 31.01 | 3.00 | 26.54 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 001762 Cucumber & Jicama w Chili 1/2c | 1/2 Cup | 0 | 19 | 0.02 | 52 | 1 | 0.04 | 0.00 | 0 | 5.58 | 1.77 | 0.26 |
| 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 |
| 000086 Orange | each | 0 | 45 | 0.01 | 0 | 9 | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 |
| 000795 Fruit, Pineapple CND | 1/2 Cup | 1 | 65 | 0.01 | 1 | 16 | 0.15 | 0.00 | 0 | 16.83 | 1.00 | 0.45 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 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 | | | 1079 | 9.68 | 1875 | *55 | 45.52 | *0.00 | 153 | 125.66 | 8.69 | 45.13 |
| % of Calories | | | | 8.07% | | *20.4% | 38.0% | *0.0% | | 46.6% | | 16.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Thursday - 09/09/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001369 Breadsticks (2), W/Marinara | Each | 0 | 340 | 5.00 | 640 | 6 | 11.00 | 0.00 | 30 | 41.00 | 5.00 | 21.00 |
| 000336 Wrap, ham & Cheese | each | 0 | 509 | 16.17 | 1030 | 4 | 29.01 | 0.00 | 100 | 34.97 | 5.03 | 26.45 |
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 |
| 001667 Pizza, Meatlovers | slice | 0 | 370 | 7.00 | 650 | 9 | 17.00 | 0.00 | 40 | 36.00 | 3.00 | 20.00 |
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001415 | Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 | 1 | 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 |
| 000902 | Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| Weighted Daily Average | | | 698 | 4.80 | 1384 | *41 | *25.12 | *0.06 | 51 | 89.75 | 4.26 | 32.20 |
| % of Calories | | | | 6.19% | | *23.5% | *32.4% | *0.1% | | 51.4% | | 18.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Friday - 09/10/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001734 Corn Dog, Chicken IW | Each | 1 | 240 | 2.50 | 390 | 5 | 8.00 | 0.00 | 40 | 30.00 | 5.00 | 9.00 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 002092 Chicken, WG Bread Drumstick-(2M, 1.5WG) | Drumstick | 1 | 220 | 3.00 | 420 | 0 | 13.00 | 0.00 | 75 | 8.00 | 1.00 | 16.00 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 001261 Lettuce & Pickle | Each | 0 | 6 | 0.02 | 116 | 1 | 0.09 | 0.00 | 0 | 1.26 | 0.51 | 0.35 |
| 000336 Wrap, ham & Cheese | each | 0 | 509 | 16.17 | 1030 | 4 | 29.01 | 0.00 | 100 | 34.97 | 5.03 | 26.45 |
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 |
| 001647 Salsa, Molcajete Roja | 1/4 Cup | 0 | 20 | 0.00 | 460 | 2 | 0.00 | 0.00 | 0 | 4.00 | 2.00 | 0.00 |
| 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 |
| 001993 Tangerines | Each | 0 | 64 | 0.05 | 2 | *N/A* | 0.37 | 0.00 | 0 | 16.01 | 2.20 | *N/A* |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 001800 Potatoes Tator Tots (1/2c.S) | 1/2 cup | 0 | 110 | 1.00 | 310 | 1 | 6.00 | 0.00 | 0 | 14.00 | 1.00 | 1.00 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001797 Pizza, Dominos Pep (WSHS only) | slice | 0 | 270 | 4.00 | 570 | 3 | 9.00 | 0.00 | 20 | 29.00 | 3.00 | 20.00 |
| Weighted Daily Average | | | 889 | 7.50 | 1580 | *50 | 33.00 | *0.00 | 120 | 111.00 | 8.00 | *35.00 |
| % of Calories | | | | 7.59% | | *22.5% | 33.4% | *0.0% | | 49.9% | | *15.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Monday - 09/13/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001418 Burger, Bacon Cheese | Sandwich | 1 | 440 | 8.77 | 902 | 4 | 23.54 | 1.00 | 83 | 31.01 | 3.00 | 28.54 |
| 000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O) | slice | 0 | 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 | 0 | 110 | 1.00 | 310 | 1 | 6.00 | 0.00 | 0 | 14.00 | 1.00 | 1.00 |
| 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 |
| 001118 Burrito Bean & Cheese 5.20 oz | each | 1 | 291 | 3.62 | 479 | 1 | 8.29 | 0.00 | 15 | 40.95 | 7.96 | 15.60 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 | 1 | 6 | 0.02 | 116 | 1 | 0.09 | 0.00 | 0 | 1.26 | 0.51 | 0.35 |
| 001433 Wrap, Fajita | Each | 0 | 465 | 8.28 | 1358 | 2 | 20.34 | *0.00 | 120 | 34.69 | 3.48 | 33.62 |
| 000942 Salad, Ham & Cheese | Entree | 0 | 400 | 4.30 | 972 | 2 | 21.93 | 0.00 | 61 | 30.73 | 9.11 | 23.67 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001601 NACHOS w Cheese | SERVINGS | 0 | 540 | 18.01 | 1131 | 0 | 34.01 | 0.00 | 60 | 44.01 | 2.00 | 18.01 |
| 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 |
| 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 |
| 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 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 000222 Ketchup: individual | packet | 0 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 |
| 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 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 002043 Corn Dog, Chicken IW (WSHS) | Each | 0 | 240 | 2.50 | 390 | 5 | 8.00 | 0.00 | 40 | 30.00 | 5.00 | 9.00 |
| 002044 Chicken Sandwich (WSHS) | Each | 0 | 370 | 1.50 | 890 | 4 | 10.00 | 0.00 | 50 | 48.00 | 5.00 | 25.00 |
| Weighted Daily Average | | | 1264 | 12.41 | 2187 | 49 | 41.44 | *1.00 | 103 | 165.84 | 11.47 | 55.67 |
| % of Calories | | | | 8.84% | | 15.5% | 29.5% | *0.7% | | 52.5% | | 17.6% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Tuesday - 09/14/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001723 Chicken Nugget (2M, 1WG) | Serving (5) | 0 | 200 | 2.00 | 411 | 1 | 10.02 | 0.00 | 35 | 12.03 | 2.00 | 15.03 |
| 001433 Wrap, Fajita | Each | 0 | 465 | 8.28 | 1358 | 2 | 20.34 | *0.00 | 120 | 34.69 | 3.48 | 33.62 |
| 000942 Salad, Ham & Cheese | Entree | 0 | 400 | 4.30 | 972 | 2 | 21.93 | 0.00 | 61 | 30.73 | 9.11 | 23.67 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 13 | 0.04 | 67 | 1 | 0.13 | 0.00 | 0 | 3.06 | 0.51 | 0.56 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 000964 Sub, Turkey & Cheese Mozz HM | Each | 0 | 155 | 3.68 | 579 | 1 | 6.45 | 0.20 | 53 | 2.28 | 0.00 | 22.11 |
| 000905 Sub, Turkey & Cheese HM | Each | 0 | 149 | 3.97 | 669 | 1 | 6.93 | 0.00 | 49 | 2.02 | 0.00 | 22.50 |
| 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 |
| 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 |
| 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 |
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| Weighted Daily Average | | | 759 | 1.51 | 1060 | 41 | *16.76 | *0.01 | 60 | 112.82 | 6.22 | 37.75 |
| % of Calories | | | | 1.79% | | 21.6% | *19.9% | *0.0% | | 59.5% | | 19.9% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Wednesday - 09/15/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 002054 Beef Macaroni 2M 1G .5V | 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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001773 NACHO, Beans, salsa | SERVINGS | 0 | 684 | 9.53 | 2234 | 13 | 29.18 | 0.00 | 34 | 80.63 | 14.20 | 24.64 |
| 000942 Salad, Ham & Cheese | Entree | 0 | 400 | 4.30 | 972 | 2 | 21.93 | 0.00 | 61 | 30.73 | 9.11 | 23.67 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 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 |
| 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 |
| 000090 Pear, Fresh | EACH | 1 | 69 | 0.03 | 1 | 12 | 0.17 | 0.00 | 0 | 18.39 | 3.74 | 0.44 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 | | | 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 | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Thursday - 09/16/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001369 Breadsticks (2), W/Marinara | Each | 0 | 340 | 5.00 | 640 | 6 | 11.00 | 0.00 | 30 | 41.00 | 5.00 | 21.00 |
| 001433 Wrap, Fajita | Each | 0 | 465 | 8.28 | 1358 | 2 | 20.34 | *0.00 | 120 | 34.69 | 3.48 | 33.62 |
| 000942 Salad, Ham & Cheese | Entree | 0 | 400 | 4.30 | 972 | 2 | 21.93 | 0.00 | 61 | 30.73 | 9.11 | 23.67 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 13 | 0.04 | 67 | 1 | 0.13 | 0.00 | 0 | 3.06 | 0.51 | 0.56 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |
| 001414 Strawberries, Diced FZ | Each | 0 | 90 | 0.00 | 0 | 18 | 0.00 | 0.00 | 0 | 22.00 | 2.00 | 1.00 |
| 000064 Fruit, Apple, Fresh | EACH | 1 | 64 | 0.00 | 2 | 12 | 0.00 | 0.00 | 0 | 16.00 | 2.00 | 0.00 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000904 Deli Bar, Pickle Slices | .5 oz | 0 | 3 | 0.00 | 197 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| Weighted Daily Average | | | 610 | 3.36 | 901 | 44 | 13.74 | *0.00 | 40 | 93.92 | 7.52 | 27.02 |
| % of Calories | | | | 4.96% | | 28.9% | 20.3% | *0.0% | | 61.6% | | 17.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Friday - 09/17/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001592 Crunchy Taco (1), w/ Spanish Rice | Each | 1 | 598 | 7.20 | 254 | *4 | 23.52 | *0.01 | 85 | 64.16 | 4.62 | 31.83 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 | 1 | 6 | 0.02 | 116 | 1 | 0.09 | 0.00 | 0 | 1.26 | 0.51 | 0.35 |
| 001773 NACHO, Beans, salsa | SERVINGS | 0 | 684 | 9.53 | 2234 | 13 | 29.18 | 0.00 | 34 | 80.63 | 14.20 | 24.64 |
| 001734 Corn Dog, Chicken IW | Each | 0 | 240 | 2.50 | 390 | 5 | 8.00 | 0.00 | 40 | 30.00 | 5.00 | 9.00 |
| 001433 Wrap, Fajita | Each | 0 | 465 | 8.28 | 1358 | 2 | 20.34 | *0.00 | 120 | 34.69 | 3.48 | 33.62 |
| 000942 Salad, Ham & Cheese | Entree | 0 | 400 | 4.30 | 972 | 2 | 21.93 | 0.00 | 61 | 30.73 | 9.11 | 23.67 |
| 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 |
| 000162 Hot Dog on a Bun | SERVING | 0 | 250 | 2.50 | 610 | 6 | 11.00 | 0.00 | 45 | 31.00 | 3.00 | 12.00 |
| 001647 Salsa, Molcajete Roja | 1/4 Cup | 0 | 20 | 0.00 | 460 | 2 | 0.00 | 0.00 | 0 | 4.00 | 2.00 | 0.00 |
| 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 |
| 001462 APPLESAUCE, Wild Watermelon | Each | 0 | 60 | 0.00 | 15 | 15 | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 0.00 |
| 001993 Tangerines | Each | 1 | 64 | 0.05 | 2 | *N/A* | 0.37 | 0.00 | 0 | 16.01 | 2.20 | *N/A* |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001800 Potatoes Tator Tots (1/2c.S) | 1/2 cup | 0 | 110 | 1.00 | 310 | 1 | 6.00 | 0.00 | 0 | 14.00 | 1.00 | 1.00 |
| 001797 Pizza, Dominos Pep (WSHS only) | slice | 0 | 270 | 4.00 | 570 | 3 | 9.00 | 0.00 | 20 | 29.00 | 3.00 | 20.00 |
| Weighted Daily Average | | | 949 | 7.76 | 1201 | *23 | 25.97 | *0.01 | 90 | 130.43 | 18.33 | *51.18 |
| % of Calories | | | | 7.36% | | *9.7% | 24.6% | *0.0% | | 55.0% | | *21.6% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Monday - 09/20/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001598 Tuna Salad Sandwich | Sandwich | 1 | 219 | 0.23 | 585 | 4 | 4.37 | 0.00 | 30 | 29.01 | 6.03 | 20.21 |
| 001800 Potatoes Tator Tots (1/2c.S) | 1/2 cup | 0 | 110 | 1.00 | 310 | 1 | 6.00 | 0.00 | 0 | 14.00 | 1.00 | 1.00 |
| 001987 Spaghetti, 1/2c & Cheesestick | 1/2Cup + Bread | 1 | 319 | 5.02 | 299 | *1 | 11.84 | *0.00 | 53 | 30.37 | 3.44 | 23.49 |
| 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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001434 Wrap, Bacon Chicken | Each | 0 | 392 | 2.21 | 1390 | 1 | 14.20 | *0.00 | 100 | 34.41 | 3.41 | 30.47 |
| 001766 Salad, Honey Sriracha | Entree | 0 | 725 | 5.03 | 1555 | 8 | 32.14 | 0.00 | 110 | 61.34 | 9.92 | 47.12 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001601 NACHOS w Cheese | SERVINGS | 0 | 540 | 18.01 | 1131 | 0 | 34.01 | 0.00 | 60 | 44.01 | 2.00 | 18.01 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 13 | 0.04 | 67 | 1 | 0.13 | 0.00 | 0 | 3.06 | 0.51 | 0.56 |
| 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 |
| 002036 Italian Ice, Cry Baby Cherry | each | 1 | 99 | 0.00 | 15 | 25 | 0.00 | 0.00 | 0 | 25.00 | 0.00 | 0.00 |
| 001670 Applesauce, blueraspberry | Each | 0 | 90 | 0.00 | 15 | 19 | 0.00 | 0.00 | 0 | 22.00 | 2.00 | 0.00 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 000763 Milk, Nonfat Chocolate Carton | Carton | 0 | 110 | 0.00 | 135 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 |
| 000376 Milk, 1% Low Fat Carton | carton | 1 | 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 |
| 000222 Ketchup: individual | packet | 0 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 |
| 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 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 002043 Corn Dog, Chicken IW (WSHS) | Each | 0 | 240 | 2.50 | 390 | 5 | 8.00 | 0.00 | 40 | 30.00 | 5.00 | 9.00 |
| 002044 Chicken Sandwich (WSHS) | Each | 0 | 370 | 1.50 | 890 | 4 | 10.00 | 0.00 | 50 | 48.00 | 5.00 | 25.00 |
| Weighted Daily Average | | | 823 | 6.75 | 1101 | *49 | 18.71 | *0.00 | 98 | 113.58 | 12.78 | 56.90 |
| % of Calories | | | | 7.38% | | *23.8% | 20.5% | *0.0% | | 55.2% | | 27.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Tuesday - 09/21/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001570 Green Beans Cooked | 1/2 Cup | 1 | 23 | 0.10 | 11 | 2 | 0.24 | 0.00 | 0 | 3.38 | 1.68 | 0.84 |
| 001761 Seasoned Corn | 1/2 CUP | 1 | 100 | 1.26 | 186 | 3 | 3.70 | 0.00 | 8 | 16.71 | 2.00 | 4.26 |
| 002048 Dinner Roll HM (2EG) | 1 each | 1 | 170 | 0.51 | 205 | 5 | *3.99 | *0.01 | 0 | 29.01 | 1.22 | 5.16 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 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 |
| 001434 Wrap, Bacon Chicken | Each | 0 | 392 | 2.21 | 1390 | 1 | 14.20 | *0.00 | 100 | 34.41 | 3.41 | 30.47 |
| 001766 Salad, Honey Sriracha | Entree | 0 | 725 | 5.03 | 1555 | 8 | 32.14 | 0.00 | 110 | 61.34 | 9.92 | 47.12 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 13 | 0.04 | 67 | 1 | 0.13 | 0.00 | 0 | 3.06 | 0.51 | 0.56 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|--------------|---------------|-------------------------|-------------|---------------|-------------|--------------|
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| Weighted Daily Average | | | 778 | 4.86 | 1263 | 45 | *21.93 | *0.01 | 55 | 116.15 | 8.91 | 33.28 |
| % of Calories | | | | 5.62% | | 23.1% | *25.4% | *0.0% | | 59.7% | | 17.1% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Wednesday - 09/22/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001646 Salsa, molcajete Verde | 1/4 Cup | 1 | 30 | 0.00 | 480 | 4 | 0.00 | 0.00 | 0 | 6.00 | 2.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001766 Salad, Honey Sriracha | Entree | 0 | 725 | 5.03 | 1555 | 8 | 32.14 | 0.00 | 110 | 61.34 | 9.92 | 47.12 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 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 |
| 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 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 | | | 601 | 2.86 | 1770 | *26 | 10.88 | *0.00 | 85 | 91.78 | 9.78 | *36.20 |
| % of Calories | | | | 4.28% | | *17.3% | 16.3% | *0.0% | | 61.1% | | *24.1% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Thursday - 09/23/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001369 Breadsticks (2), W/Marinara | Each | 0 | 340 | 5.00 | 640 | 6 | 11.00 | 0.00 | 30 | 41.00 | 5.00 | 21.00 |
| 001434 Wrap, Bacon Chicken | Each | 0 | 392 | 2.21 | 1390 | 1 | 14.20 | *0.00 | 100 | 34.41 | 3.41 | 30.47 |
| 001766 Salad, Honey Sriracha | Entree | 0 | 725 | 5.03 | 1555 | 8 | 32.14 | 0.00 | 110 | 61.34 | 9.92 | 47.12 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000904 Deli Bar, Pickle Slices | .5 oz | 0 | 3 | 0.00 | 197 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| Weighted Daily Average | | | 703 | 2.51 | 1272 | 50 | *15.51 | *0.01 | 40 | 112.06 | 5.23 | 31.21 |
| % of Calories | | | | 3.21% | | 28.4% | *19.9% | *0.0% | | 63.8% | | 17.8% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Friday - 09/24/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001502 Jalapeno, Nacho Sliced | 1/4 Cup | 1 | 7 | 0.00 | 573 | 0 | 0.00 | 0.00 | 0 | 1.33 | 1.33 | 0.00 |
| 001647 Salsa, Molcajete Roja | 1/4 Cup | 0 | 20 | 0.00 | 460 | 2 | 0.00 | 0.00 | 0 | 4.00 | 2.00 | 0.00 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001734 Corn Dog, Chicken IW | Each | 0 | 240 | 2.50 | 390 | 5 | 8.00 | 0.00 | 40 | 30.00 | 5.00 | 9.00 |
| 001434 Wrap, Bacon Chicken | Each | 0 | 392 | 2.21 | 1390 | 1 | 14.20 | *0.00 | 100 | 34.41 | 3.41 | 30.47 |
| 001766 Salad, Honey Sriracha | Entree | 0 | 725 | 5.03 | 1555 | 8 | 32.14 | 0.00 | 110 | 61.34 | 9.92 | 47.12 |
| 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 |
| 000162 Hot Dog on a Bun | SERVING | 0 | 250 | 2.50 | 610 | 6 | 11.00 | 0.00 | 45 | 31.00 | 3.00 | 12.00 |
| 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 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 001800 Potatoes Tator Tots (1/2c.S) | 1/2 cup | 0 | 110 | 1.00 | 310 | 1 | 6.00 | 0.00 | 0 | 14.00 | 1.00 | 1.00 |
| 001797 Pizza, Dominos Pep (WSHS only) | slice | 0 | 270 | 4.00 | 570 | 3 | 9.00 | 0.00 | 20 | 29.00 | 3.00 | 20.00 |
| Weighted Daily Average | | | 882 | 14.96 | 2073 | *31 | 32.41 | *0.00 | 74 | 110.58 | 18.95 | 42.24 |
| % of Calories | | | | 15.27% | | *14.1% | 33.1% | *0.0% | | 50.1% | | 19.2% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Monday - 09/27/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000833 Pizza Dominos Pepperoni Smart (2M, 2WG, 1/8c. R/O) | slice | 0 | 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 |
| 001785 Sandwich, Southwest Chicken | Sandwich | 1 | 526 | 10.16 | 1172 | *3 | 30.44 | *0.00 | 116 | 37.45 | 6.33 | 31.05 |
| 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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001601 NACHOS w Cheese | SERVINGS | 0 | 540 | 18.01 | 1131 | 0 | 34.01 | 0.00 | 60 | 44.01 | 2.00 | 18.01 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000336 Wrap, ham & Cheese | each | 0 | 509 | 16.17 | 1030 | 4 | 29.01 | 0.00 | 100 | 34.97 | 5.03 | 26.45 |
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 |
| 001762 Cucumber & Jicama w Chili 1/2c | 1/2 Cup | 0 | 19 | 0.02 | 52 | 1 | 0.04 | 0.00 | 0 | 5.58 | 1.77 | 0.26 |
| 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 |
| 001632 Raisels, fiesta | Each | 0 | 150 | 0.00 | 190 | 29 | 0.00 | 0.00 | 0 | 36.00 | 2.00 | 2.00 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 000222 Ketchup: individual | packet | 0 | 10 | 0.00 | 85 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 |
| 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 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 002043 Corn Dog, Chicken IW (WSHS) | Each | 0 | 240 | 2.50 | 390 | 5 | 8.00 | 0.00 | 40 | 30.00 | 5.00 | 9.00 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 002044 Chicken Sandwich (WSHS) | Each | 0 | 370 | 1.50 | 890 | 4 | 10.00 | 0.00 | 50 | 48.00 | 5.00 | 25.00 |
| Weighted Daily Average | | | 1003 | 11.16 | 1901 | *47 | 41.20 | *0.00 | 121 | 120.26 | 7.33 | 41.64 |
| % of Calories | | | | 10.01% | | *18.7% | 37.0% | *0.0% | | 48.0% | | 16.6% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Tuesday - 09/28/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | Each | 0 | 360 | 2.00 | 520 | 3 | 12.00 | 0.00 | 35 | 44.00 | 5.00 | 22.00 |
| 002092 Chicken, WG Bread Drumstick-(2M, 1.5WG) | Drumstick | 1 | 220 | 3.00 | 420 | 0 | 13.00 | 0.00 | 75 | 8.00 | 1.00 | 16.00 |
| 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 |
| 001261 Lettuce & Pickle | Each | 0 | 6 | 0.02 | 116 | 1 | 0.09 | 0.00 | 0 | 1.26 | 0.51 | 0.35 |
| 000336 Wrap, ham & Cheese | each | 0 | 509 | 16.17 | 1030 | 4 | 29.01 | 0.00 | 100 | 34.97 | 5.03 | 26.45 |
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001667 Pizza, Meatlovers | slice | 0 | 370 | 7.00 | 650 | 9 | 17.00 | 0.00 | 40 | 36.00 | 3.00 | 20.00 |
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 13 | 0.04 | 67 | 1 | 0.13 | 0.00 | 0 | 3.06 | 0.51 | 0.56 |
| 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| Weighted Daily Average | | | 868 | 5.60 | 1083 | *42 | 26.52 | *0.01 | 88 | 127.21 | 8.88 | 35.80 |
| % of Calories | | | | 5.81% | | *19.4% | 27.5% | *0.0% | | 58.6% | | 16.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Wednesday - 09/29/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | Each | 0 | 360 | 2.00 | 520 | 3 | 12.00 | 0.00 | 35 | 44.00 | 5.00 | 22.00 |
| 002092 Chicken, WG Bread Drumstick-(2M, 1.5WG) | Drumstick | 1 | 220 | 3.00 | 420 | 0 | 13.00 | 0.00 | 75 | 8.00 | 1.00 | 16.00 |
| 001599 Cheeseburger Cheddar (3.5M, 2WG) | burger | 0 | 420 | 8.77 | 792 | 4 | 22.04 | 1.00 | 78 | 31.01 | 3.00 | 26.54 |
| 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 |
| 001261 Lettuce & Pickle | Each | 0 | 6 | 0.02 | 116 | 1 | 0.09 | 0.00 | 0 | 1.26 | 0.51 | 0.35 |
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 |
| 001985 Pizza, 16" Pepperoni PIE | slice | 0 | 410 | 7.00 | 580 | 7 | 18.00 | 0.00 | 40 | 43.00 | 4.00 | 20.00 |
| 001762 Cucumber & Jicama w Chili 1/2c | 1/2 Cup | 0 | 19 | 0.02 | 52 | 1 | 0.04 | 0.00 | 0 | 5.58 | 1.77 | 0.26 |
| 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 |
| 000086 Orange | each | 0 | 45 | 0.01 | 0 | 9 | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 |
| 000795 Fruit, Pineapple CND | 1/2 Cup | 1 | 65 | 0.01 | 1 | 16 | 0.15 | 0.00 | 0 | 16.83 | 1.00 | 0.45 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 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 | | | 1079 | 9.68 | 1875 | *55 | 45.52 | *0.00 | 153 | 125.66 | 8.69 | 45.13 |
| % of Calories | | | | 8.07% | | *20.4% | 38.0% | *0.0% | | 46.6% | | 16.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

Thursday - 09/30/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | 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 |
| 001369 Breadsticks (2), W/Marinara | Each | 0 | 340 | 5.00 | 640 | 6 | 11.00 | 0.00 | 30 | 41.00 | 5.00 | 21.00 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 000336 Wrap, ham & Cheese | each | 0 | 509 | 16.17 | 1030 | 4 | 29.01 | 0.00 | 100 | 34.97 | 5.03 | 26.45 |
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 |
| 001667 Pizza, Meatlovers | slice | 0 | 370 | 7.00 | 650 | 9 | 17.00 | 0.00 | 40 | 36.00 | 3.00 | 20.00 |
| 000256 Broccoli,raw: fresh | .5 cup | 0 | 11 | 0.00 | 13 | 0 | 0.08 | 0.00 | 0 | 2.30 | 1.02 | 0.76 |
| 000978 Cucumber w/Chili & Lemon | 1/2 Cup | 0 | 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 |
| 001416 Sub Roll | Each | 0 | 280 | 2.00 | 550 | 6 | 4.50 | 0.00 | 0 | 54.00 | 9.00 | 13.00 |
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 | 1 | 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| Weighted Daily Average | | | 698 | 4.80 | 1384 | *41 | *25.12 | *0.06 | 51 | 89.75 | 4.26 | 32.20 |
| % of Calories | | | | 6.19% | | *23.5% | *32.4% | *0.1% | | 51.4% | | 18.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001734 Corn Dog, Chicken IW | Each | 1 | 240 | 2.50 | 390 | 5 | 8.00 | 0.00 | 40 | 30.00 | 5.00 | 9.00 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 002092 Chicken, WG Bread Drumstick-(2M, 1.5WG) | Drumstick | 1 | 220 | 3.00 | 420 | 0 | 13.00 | 0.00 | 75 | 8.00 | 1.00 | 16.00 |
| 001417 Chicken Sandwich Spicy (2M, 1WG) | Each | 0 | 360 | 2.00 | 520 | 3 | 12.00 | 0.00 | 35 | 44.00 | 5.00 | 22.00 |
| 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 |
| 001261 Lettuce & Pickle | Each | 0 | 6 | 0.02 | 116 | 1 | 0.09 | 0.00 | 0 | 1.26 | 0.51 | 0.35 |
| 000336 Wrap, ham & Cheese | each | 0 | 509 | 16.17 | 1030 | 4 | 29.01 | 0.00 | 100 | 34.97 | 5.03 | 26.45 |
| 000939 Salad, Fajita | Entree | 0 | 430 | 2.07 | 1575 | *1 | 19.28 | *0.00 | 88 | 35.89 | 8.73 | 31.71 |
| 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 |
| 001647 Salsa, Molcajete Roja | 1/4 Cup | 0 | 20 | 0.00 | 460 | 2 | 0.00 | 0.00 | 0 | 4.00 | 2.00 | 0.00 |
| 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 |
| 001993 Tangerines | Each | 0 | 64 | 0.05 | 2 | *N/A* | 0.37 | 0.00 | 0 | 16.01 | 2.20 | *N/A* |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 001415 Kaiser Roll (3.5G) | Each | 0 | 240 | 1.50 | 460 | 5 | 4.00 | 0.00 | 0 | 47.00 | 8.00 | 11.00 |
| 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 |
| 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 |
| 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 |
| 000902 Deli Bar, Sliced Red Onion | 1/8 cup | 0 | 7 | 0.01 | 1 | 1 | 0.02 | 0.00 | 0 | 1.67 | 0.30 | 0.20 |
| 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 |
| 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 ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (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 |
| 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 |
| 009006 Mayo packet | 1 pc | 0 | 60 | 1.00 | 60 | 1 | 6.00 | 0.00 | 4 | 1.00 | 0.00 | 0.00 |
| 000358 Ranch Dressing - Salad Mix | 1 OZ | 0 | 46 | 0.59 | 196 | 1 | 4.12 | *0.00 | 11 | 1.75 | 0.00 | 0.51 |
| 001800 Potatoes Tator Tots (1/2c.S) | 1/2 cup | 0 | 110 | 1.00 | 310 | 1 | 6.00 | 0.00 | 0 | 14.00 | 1.00 | 1.00 |
| 001797 Pizza, Dominos Pep (WSHS only) | slice | 0 | 270 | 4.00 | 570 | 3 | 9.00 | 0.00 | 20 | 29.00 | 3.00 | 20.00 |
| Weighted Daily Average | | | 889 | 7.50 | 1580 | *50 | 33.00 | *0.00 | 120 | 111.00 | 8.00 | *35.00 |
| % of Calories | | | | 7.59% | | *22.5% | 33.4% | *0.0% | | 49.9% | | *15.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| Weighted Averages | 836 | 7 | 1474 | *42 | *26.24 | *0.05 | 85 | 113.54 | 9.71 | *39.30 |
| % of Calories | | 7.36% | | *20.1% | *28.2% | *0.1% | | 54.3% | | *18.8% |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.