

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

**Menu Name:** Childcare Lunch 21-22

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Wednesday - 09/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001979 Pizza, Cheese 3" Sliders IW	Each	1	327	7.46	578	4	16.52	0.00	30	29.34	3.30	18.53
001762 Cucumber & Jicama w Chili 1/2c	1/2 Cup	1	19	0.02	52	1	0.04	0.00	0	5.58	1.77	0.26
000358 Ranch Dressing - Salad Mix	1 OZ	1	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000827 Juice, apple 4 oz	container (4oz)	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			557	8.07	974	36	20.68	*0.00	46	70.67	5.07	27.30
% of Calories				13.04%		25.9%	33.4%	*0.0%		50.8%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Thursday - 09/02/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001723 Chicken Nugget (2M, 1WG)	Serving (5)	1	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
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
001400 Gravy, Chicken RS, GF (prepared from mix)	1/4 Cup	1	20	0.00	162	0	0.00	0.00	0	4.00	0.00	0.00
001462 APPLESAUCE, Wild Watermelon	Each	1	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>451</b>	<b>2.00</b>	<b>1136</b>	<b>30</b>	<b>11.02</b>	<b>*0.00</b>	<b>40</b>	<b>61.07</b>	<b>4.00</b>	<b>26.05</b>
<b>% of Calories</b>				<b>3.99%</b>		<b>26.6%</b>	<b>22.0%</b>	<b>*0.0%</b>		<b>54.2%</b>		<b>23.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

### Friday - 09/03/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001924 Burrito, Crispy Bean & Cheese (2M, 2WG)	Burrito	1	270	1.00	410	2	5.00	0.00	0	43.00	8.00	15.00
001761 Seasoned Corn	1/2 CUP	1	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
000796 Fruit, Peaches diced CND	.5 cup	1	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			529	2.26	726	30	8.70	0.00	13	88.69	10.99	29.26
% of Calories				3.84%		22.7%	14.8%	0.0%		67.1%		22.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Tuesday - 09/07/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001736 Burger, Cheese	each	1	461	10.54	933	4	25.07	1.00	85	32.02	3.00	30.09
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
000090 Pear, Fresh	EACH	1	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			779	10.57	1325	28	30.01	1.00	90	86.23	6.74	41.11
% of Calories				12.21%		14.4%	34.7%	1.2%		44.3%		21.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Wednesday - 09/08/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	1	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002009 Gravy Turkey	1/4 Cup	1	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
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
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			555	3.01	1369	*35	*11.49	*0.01	51	81.06	4.23	33.18
% of Calories				4.88%		*25.2%	*18.6%	*0.0%		58.4%		23.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001881 Taco, Beef & Cheese Stick IW	Each	1	345	8.35	631	1	12.82	0.00	52	31.87	3.85	20.07
001621 Corn (1/4 Cup)	1/4 Cup	1	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
000086 Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
<b>Weighted Daily Average</b>			<b>514</b>	<b>8.36</b>	<b>751</b>	<b>23</b>	<b>13.43</b>	<b>0.00</b>	<b>57</b>	<b>63.13</b>	<b>7.15</b>	<b>30.97</b>
% of Calories				14.64%		17.9%	23.5%	0.0%		49.1%		24.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Friday - 09/10/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000357 Quesadilla, Cheese WG	each	1	160	5.00	270	1	9.00	0.00	20	13.00	0.00	8.00
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
002049 Wild Berry Cup (4.0 oz Frozen)	Each	1	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
<b>Weighted Daily Average</b>			<b>510</b>	<b>5.50</b>	<b>1084</b>	<b>29</b>	<b>11.00</b>	<b>0.00</b>	<b>25</b>	<b>74.01</b>	<b>13.00</b>	<b>28.00</b>
% of Calories				9.71%		22.7%	19.4%	0.0%		58.0%		22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

### Monday - 09/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001924 Burrito, Crispy Bean & Cheese (2M, 2WG)	Burrito	1	270	1.00	410	2	5.00	0.00	0	43.00	8.00	15.00
001761 Seasoned Corn	1/2 CUP	1	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
000795 Fruit, Pineapple CND	1/2 Cup	1	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			525	2.27	717	33	8.85	0.00	13	88.54	11.00	28.71
% of Calories				3.89%		25.1%	15.2%	0.0%		67.5%		21.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Tuesday - 09/14/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001847 Mini Tacos (3ct)	3ct Mini Tacos	1	320	5.00	480	0	14.00	0.00	55	31.00	4.00	17.00
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
002073 Fruit mix:can,Drain -no grapes	1/2 Cup	1	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			640	5.50	1304	25	16.00	0.00	60	89.01	15.00	37.00
% of Calories				7.73%		15.6%	22.5%	0.0%		55.6%		23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 09/15/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001990 Beef Macaroni 1M .5G 1/4V	1/2Cup	1	181	3.21	176	*3	7.70	*0.00	42	14.06	2.62	14.95
001570 Green Beans Cooked	1/2 Cup	1	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
001903 Applesauce, Mango peach	Each	1	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			354	3.31	307	*28	7.94	*0.00	47	44.44	5.30	24.79
% of Calories				8.42%		*31.6%	20.2%	*0.0%		50.2%		28.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Thursday - 09/16/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001814 Burger, Hamburger	Sandwich	1	380	7.00	650	3	19.00	1.00	70	30.00	3.00	23.00
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
000086 Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
009006 Mayo packet	1 pc	1	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	1	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			700	9.01	1295	28	31.12	1.00	79	70.28	6.30	33.90
% of Calories				11.58%		16.0%	40.0%	1.3%		40.2%		19.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 09/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001917 Breadsticks(2), Marinara(cups)	Each	1	348	5.00	680	7	11.20	0.00	30	42.39	5.20	21.20
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
<b>Weighted Daily Average</b>			<b>528</b>	<b>5.00</b>	<b>800</b>	<b>37</b>	<b>11.20</b>	<b>0.00</b>	<b>35</b>	<b>76.39</b>	<b>7.20</b>	<b>31.20</b>
% of Calories				8.52%		28.0%	19.1%	0.0%		57.9%		23.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 09/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002112 Burrito, Crispy Beef, Bean, & Cheese	Burrito	1	310	3.00	320	1	10.00	0.00	20	40.00	7.00	15.00
001927 Beans, Refried	1/4 Cup	1	65	0.53	327	1	1.20	0.00	2	10.04	4.03	3.92
000795 Fruit, Pineapple CND	1/2 Cup	1	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000358 Ranch Dressing - Salad Mix	1 OZ	1	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	1	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	1	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			651	5.13	1179	33	21.47	*0.00	42	83.62	12.04	28.88
% of Calories				7.09%		20.3%	29.7%	*0.0%		51.4%		17.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Tuesday - 09/21/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001896 Beef Teriyaki with Rice	Each	1	275	2.60	565	9	7.35	0.00	39	36.24	1.35	15.85
000257 Broccoli: Frozen, boiled	1/2 cup	1	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
000796 Fruit, Peaches diced CND	.5 cup	1	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			467	2.96	726	35	8.24	0.00	44	69.86	5.12	28.62
% of Calories				5.70%		30.0%	15.9%	0.0%		59.8%		24.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 09/22/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001979 Pizza, Cheese 3" Sliders IW	Each	1	327	7.46	578	4	16.52	0.00	30	29.34	3.30	18.53
001762 Cucumber & Jicama w Chili 1/2c	1/2 Cup	1	19	0.02	52	1	0.04	0.00	0	5.58	1.77	0.26
000358 Ranch Dressing - Salad Mix	1 OZ	1	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000827 Juice, apple 4 oz	container (4oz)	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			557	8.07	974	36	20.68	*0.00	46	70.67	5.07	27.30
% of Calories				13.04%		25.9%	33.4%	*0.0%		50.8%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Thursday - 09/23/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001723 Chicken Nugget (2M, 1WG)	Serving (5)	1	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
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
001400 Gravy, Chicken RS, GF (prepared from mix)	1/4 Cup	1	20	0.00	162	0	0.00	0.00	0	4.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001462 APPLESAUCE, Wild Watermelon	Each	1	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			451	2.00	1136	30	11.02	*0.00	40	61.07	4.00	26.05
% of Calories				3.99%		26.6%	22.0%	*0.0%		54.2%		23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 09/24/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001924 Burrito, Crispy Bean & Cheese (2M, 2WG)	Burrito	1	270	1.00	410	2	5.00	0.00	0	43.00	8.00	15.00
001761 Seasoned Corn	1/2 CUP	1	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
000796 Fruit, Peaches diced CND	.5 cup	1	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			529	2.26	726	30	8.70	0.00	13	88.69	10.99	29.26
% of Calories				3.84%		22.7%	14.8%	0.0%		67.1%		22.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 09/27/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000595 Chicken Sandwich (2M, 3WG)	sandwich	1	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
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
000068 Banana	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
009006 Mayo packet	1 pc	1	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	1	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			691	2.61	1269	35	16.33	0.00	59	99.28	10.93	37.30
% of Calories				3.40%		20.3%	21.3%	0.0%		57.5%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Tuesday - 09/28/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001736 Burger, Cheese	each	1	461	10.54	933	4	25.07	1.00	85	32.02	3.00	30.09
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
000090 Pear, Fresh	EACH	1	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			779	10.57	1325	28	30.01	1.00	90	86.23	6.74	41.11
% of Calories				12.21%		14.4%	34.7%	1.2%		44.3%		21.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	1	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002009 Gravy Turkey	1/4 Cup	1	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
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
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			555	3.01	1369	*35	*11.49	*0.01	51	81.06	4.23	33.18
% of Calories				4.88%		*25.2%	*18.6%	*0.0%		58.4%		23.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Thursday - 09/30/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001881 Taco, Beef & Cheese Stick IW	Each	1	345	8.35	631	1	12.82	0.00	52	31.87	3.85	20.07
001621 Corn (1/4 Cup)	1/4 Cup	1	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
000086 Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			514	8.36	751	23	13.43	0.00	57	63.13	7.15	30.97
% of Calories				14.64%		17.9%	23.5%	0.0%		49.1%		24.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Friday - 10/01/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000357 Quesadilla, Cheese WG	each	1	160	5.00	270	1	9.00	0.00	20	13.00	0.00	8.00
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
002049 Wild Berry Cup (4.0 oz Frozen)	Each	1	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			510	5.50	1084	29	11.00	0.00	25	74.01	13.00	28.00
% of Calories				9.71%		22.7%	19.4%	0.0%		58.0%		22.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages			561	5	1015	*31	*15.17	*0.14	46	75.96	7.97	31.01
% of Calories				8.41%		*22.1%	*24.3%	*0.2%		54.2%		22.1%

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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