

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

Menu Name: Childcare Lunch 21-22

Include Cost: No

Site:

Report Style: Detailed

### 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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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

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## Portion Values

Oct 1, 2021 thru Oct 29, 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)
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			2636	21.55	3630	187	86.10	0.00	93	349.12	37.00	135.03
% of Calories				7.36%		28.4%	29.4%	0.0%		53.0%		20.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 10/04/2021

### Reimbursable Meal Total 100

	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	100	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
002096 Potatoes, Smiles , 6 pc (3/4c.V-S)	pieces (6 each)	100	194	8.96	179	1	8.96	0.00	0	25.39	1.49	1.49
001854 DOD, Pear, 90-150ct	Pear	100	79	0.01	1	21	0.16	0.00	0	21.03	4.20	0.52
000222 Ketchup: individual	packet	75	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	25	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	50	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	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

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## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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

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## Portion Values

Oct 1, 2021 thru Oct 29, 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)
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			814	11.29	1352	44	23.62	0.00	58	113.93	11.17	38.15
% of Calories				12.48%		21.6%	26.1%	0.0%		56.0%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Tuesday - 10/05/2021

## Reimbursable Meal Total 100

	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)
001988 Spaghetti, 1/2c with meat sauce	1/2 Cup	100	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
001570 Green Beans Cooked	1/2 Cup	100	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
002048 Dinner Roll HM (2EG)	1 each	100	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000068 Banana	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000377 Milk, Non-Fat Carton	Carton	100	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

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## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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

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## Portion Values

Oct 1, 2021 thru Oct 29, 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)
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			753	6.08	545	*34	*19.74	*0.01	83	99.70	8.91	45.22
% of Calories				7.27%		*18.1%	*23.6%	*0.0%		53.0%		24.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 10/06/2021

### Reimbursable Meal Total 100

	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)
000205 Xtreme Bean & Cheese Burrito	each	100	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	100	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	100	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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## Portion Values

Oct 1, 2021 thru Oct 29, 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)
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00

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## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000376 Milk, 1% Low Fat Carton	carton	1	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			654	4.44	1353	28	11.79	0.01	22	104.46	19.44	37.74
% of Calories				6.11%		17.1%	16.2%	0.0%		63.9%		23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Thursday - 10/07/2021

### Reimbursable Meal Total 100

	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	100	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002048 Dinner Roll HM (2EG)	1 each	100	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	100	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002009 Gravy Turkey	1/4 Cup	100	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001414 Strawberries, Diced FZ	Each	100	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000377 Milk, Non-Fat Carton	Carton	100	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

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## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			597	3.33	1420	*38	*13.00	*0.01	53	86.56	4.71	35.32
% of Calories				5.02%		*25.5%	*19.6%	*0.0%		58.0%		23.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 10/08/2021

### Reimbursable Meal Total 100

	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	100	345	8.35	631	1	12.82	0.00	52	31.87	3.85	20.07
001621 Corn (1/4 Cup)	1/4 Cup	100	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
990038 Salsa, Low-sodium, Canned, USDA	1/2 cup	100	40	0.00	140	4	0.00	0.00	0	8.00	3.99	0.00
000410 Fruit, Pears Lite CND	1/2 Cup	100	71	0.00	6	15	0.04	0.00	0	18.79	1.98	0.24
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000377 Milk, Non-Fat Carton	Carton	100	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			622	8.67	948	36	14.86	0.00	59	84.14	11.30	32.44
% of Calories				12.55%		23.2%	21.5%	0.0%		54.1%		20.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 10/11/2021

### Reimbursable Meal Total 100

	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	100	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	100	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
001903 Applesauce, Mango peach	Each	100	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
<b>Weighted Daily Average</b>			<b>661</b>	<b>5.66</b>	<b>1319</b>	<b>26</b>	<b>16.75</b>	<b>0.00</b>	<b>61</b>	<b>89.76</b>	<b>16.24</b>	<b>38.07</b>
<b>% of Calories</b>				<b>7.71%</b>		<b>15.7%</b>	<b>22.8%</b>	<b>0.0%</b>		<b>54.3%</b>		<b>23.0%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

**Tuesday - 10/12/2021**

**Reimbursable Meal Total 100**

	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)	100	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	100	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001400 Gravy, Chicken RS, GF (prepared from mix)	1/4 Cup	100	20	0.00	162	0	0.00	0.00	0	4.00	0.00	0.00
002048 Dinner Roll HM (2EG)	1 each	100	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
002073 Fruit mix:can,Drain -no grapes	1/2 Cup	100	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			632	2.67	1277	32	*15.77	*0.01	41	90.83	4.47	32.28
% of Calories				3.80%		20.3%	*22.5%	*0.0%		57.5%		20.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 10/13/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	100	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	100	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			759	8.96	1208	29	27.72	1.00	83	87.97	6.98	38.64
% of Calories				10.62%		15.3%	32.9%	1.2%		46.4%		20.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/14/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001618 Sandwich, LS Ham & Cheese	Sandwich	100	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
000260 CARROTS: frz, cooked	1/2 CUP	100	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61
000796 Fruit, Peaches diced CND	.5 cup	100	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000667 Cracker Goldfish (1WG)	each	100	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
000377 Milk, Non-Fat Carton	Carton	100	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

Oct 1, 2021 thru Oct 29, 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
009006 Mayo packet	1 pc	25	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			566	5.26	1364	33	15.12	0.00	44	79.98	9.46	34.56
% of Calories				8.36%		23.3%	24.0%	0.0%		56.5%		24.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 10/15/2021

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001990 Beef Macaroni 1M .5G 1/4V	1/2Cup	100	181	3.21	176	*3	7.70	*0.00	42	14.06	2.62	14.95
002048 Dinner Roll HM (2EG)	1 each	100	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000257 Broccoli: Frozen, boiled	1/2 cup	100	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
990051 Applesauce Cinnamon, Pouch, Tree Top NEED CREDITIN	pouch	100	60	*N/A*	0	11	0.00	*N/A*	*N/A*	15.00	3.00	1.00
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			554	*4.25	558	*33	*13.34	*0.01	*48	77.46	9.86	33.95
% of Calories				*6.90%		*23.8%	*21.7%	*0.0%		55.9%		24.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 10/18/2021

### Reimbursable Meal Total 100

	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)
002142 Turkey Taco Nada, 5 OZ (2M, 2.75WG)	Taco	100	260	2.50	390	1	8.00	0.00	354	31.00	4.00	17.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	100	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
990084 Salsa, Dipping Cups, 3oz, Red Gold, REDSC2ZC168	cup	100	25	0.00	195	3	0.00	0.00	0	5.00	1.00	1.00
001891 DOD, Apple	Each	100	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			630	3.16	1426	30	10.75	0.00	360	95.76	18.24	39.07
% of Calories				4.51%		19.0%	15.4%	0.0%		60.8%		24.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Tuesday - 10/19/2021

## Reimbursable Meal Total 100

	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)
001900 Beef Teriyaki w/Rice & Roll	Each	100	275	2.60	565	9	7.35	0.00	39	36.24	1.35	15.85
001570 Green Beans Cooked	1/2 Cup	100	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
001903 Applesauce, Mango peach	Each	100	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			470	2.86	721	37	8.33	0.00	45	69.37	4.28	26.76
% of Calories				5.48%		31.5%	16.0%	0.0%		59.0%		22.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 10/20/2021

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
990054 Pizza, Cheese, Round, Nardone 40WRMNY2	pizza	100	344	11.00	548	2	16.00	0.00	41	32.00	2.00	20.00
001941 Vegetables Mixed (1/2c V-O)	1/2 Cup	100	66	0.00	43	3	0.00	0.00	0	13.21	3.30	2.20
001885 DOD, Orange 113ct (1/2c.F)	Orange	100	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			590	11.21	736	*19	17.17	0.00	47	59.96	9.05	33.73
% of Calories				17.10%		*12.9%	26.2%	0.0%		40.7%		22.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/21/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002014 Chicken Orange/w Rice (2M, 2WG)	14ea 1/2c ric	100	404	3.00	733	13	12.85	0.00	35	53.29	2.75	16.25
000257 Broccoli: Frozen, boiled	1/2 cup	100	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
000419 FRUIT MIX:canned,Drained	1/2 Cup	100	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			607	3.53	919	40	14.49	0.00	41	89.67	5.76	29.09
% of Calories				5.23%		26.4%	21.5%	0.0%		59.1%		19.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 10/22/2021

Reimbursable Meal Total 100

	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)
001884 CHILI, Beef W/ BEANS (raw beef	Entree	100	305	7.87	280	3	17.22	0.00	92	9.17	2.45	27.90
000260 CARROTS: frz, cooked	1/2 CUP	100	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61
001854 DOD, Pear, 90-150ct	Pear	100	79	0.01	1	21	0.16	0.00	0	21.03	4.20	0.52
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000377 Milk, Non-Fat Carton	Carton	100	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			523	8.45	662	40	19.13	0.00	97	48.60	8.10	39.09
% of Calories				14.54%		30.6%	32.9%	0.0%		37.2%		29.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 10/25/2021

Reimbursable Meal Total 100

	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	100	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
002096 Potatoes, Smiles , 6 pc (3/4c.V-S)	pieces (6 each)	100	194	8.96	179	1	8.96	0.00	0	25.39	1.49	1.49
001854 DOD, Pear, 90-150ct	Pear	100	79	0.01	1	21	0.16	0.00	0	21.03	4.20	0.52
000222 Ketchup: individual	packet	75	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	25	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	50	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			793	11.13	1327	42	22.87	0.00	58	111.18	10.93	37.08
% of Calories				12.63%		21.2%	26.0%	0.0%		56.1%		18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Tuesday - 10/26/2021

### Reimbursable Meal Total 100

	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)
001988 Spaghetti, 1/2c with meat sauce	1/2 Cup	100	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
001570 Green Beans Cooked	1/2 Cup	100	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
002048 Dinner Roll HM (2EG)	1 each	100	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000068 Banana	EACH	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			732	5.92	520	*32	*18.99	*0.01	82	96.95	8.67	44.15
% of Calories				7.28%		*17.5%	*23.3%	*0.0%		53.0%		24.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 10/27/2021

Reimbursable Meal Total 100

	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)
000205 Xtreme Bean & Cheese Burrito	each	100	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	100	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	100	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000377 Milk, Non-Fat Carton	Carton	100	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

Oct 1, 2021 thru Oct 29, 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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			632	4.28	1328	27	11.04	0.01	21	101.71	19.20	36.67
% of Calories				6.09%		17.1%	15.7%	0.0%		64.4%		23.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/28/2021

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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	100	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002048 Dinner Roll HM (2EG)	1 each	100	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	100	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002009 Gravy Turkey	1/4 Cup	100	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
001414 Strawberries, Diced FZ	Each	100	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000377 Milk, Non-Fat Carton	Carton	100	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
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			576	3.17	1394	*36	*12.25	*0.01	52	83.81	4.47	34.25
% of Calories				4.95%		*25.0%	*19.1%	*0.0%		58.2%		23.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 10/29/2021

### Reimbursable Meal Total 100

	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	100	345	8.35	631	1	12.82	0.00	52	31.87	3.85	20.07
001621 Corn (1/4 Cup)	1/4 Cup	100	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
990038 Salsa, Low-sodium, Canned, USDA	1/2 cup	100	40	0.00	140	4	0.00	0.00	0	8.00	3.99	0.00
000410 Fruit, Pears Lite CND	1/2 Cup	100	71	0.00	6	15	0.04	0.00	0	18.79	1.98	0.24
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000377 Milk, Non-Fat Carton	Carton	100	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	1	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 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)
001674 Juice, fruit punch 3/4c (veg)	Each	1	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	1	100	1.50	105	12	2.50	0.00	5	12.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	1	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00
000865 Milk, Pacific Ultra Soy Select	cup	1	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
Weighted Daily Average			600	8.51	923	35	14.11	0.00	58	81.39	11.06	31.37
% of Calories				12.76%		23.3%	21.2%	0.0%		54.3%		20.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	733	*6.88	1187	*41	*19.38	*0.05	*72	100.11	11.40	40.60
% of Calories		*8.45%		*22.4%	*23.8%	*0.1%		54.6%		22.2%

\*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.**