

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

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

Include Cost: No

Site:

Report Style: Detailed

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*

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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
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

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Oct 1, 2021 thru Oct 29, 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)
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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	0.00	8.00

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000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			999	7.50	1715	*68	33.00	*0.00	125	131.00	8.00	*43.00
% of Calories				6.76%		*27.2%	29.7%	*0.0%		52.5%		*17.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 10/04/2021

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

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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
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

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	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
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
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 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)
000006 Peanut Butter Jamwich Twin	each	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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

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	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)
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
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

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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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			2528	24.82	4373	97	82.87	*2.00	206	331.68	22.95	111.33
% of Calories				8.84%		15.3%	29.5%	*0.7%		52.5%		17.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 10/05/2021

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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Oct 1, 2021 thru Oct 29, 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
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
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

Oct 1, 2021 thru Oct 29, 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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/06/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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

Oct 1, 2021 thru Oct 29, 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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			776	6.96	737	*43	*19.57	*0.01	89	108.73	13.51	45.70
% of Calories				8.07%		*22.2%	*22.7%	*0.0%		56.0%		23.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Thursday - 10/07/2021

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
002257 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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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

Oct 1, 2021 thru Oct 29, 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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
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 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	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/08/2021

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)
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Oct 1, 2021 thru Oct 29, 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
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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/11/2021

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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Base Menu Spreadsheet

Portion Values

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

Tuesday - 10/12/2021

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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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

Oct 1, 2021 thru Oct 29, 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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
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 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	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/13/2021

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)
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Oct 1, 2021 thru Oct 29, 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
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	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 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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/14/2021

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)
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Oct 1, 2021 thru Oct 29, 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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/15/2021

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)
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Oct 1, 2021 thru Oct 29, 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
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
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 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)
000006 Peanut Butter Jamwich Twin	each	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/18/2021

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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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

Oct 1, 2021 thru Oct 29, 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
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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
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 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
Weighted Daily Average			1113	11.16	2036	*65	41.20	*0.00	126	140.26	7.33	49.64
% of Calories				9.02%		*23.4%	33.3%	*0.0%		50.4%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Tuesday - 10/19/2021

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

Oct 1, 2021 thru Oct 29, 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

Oct 1, 2021 thru Oct 29, 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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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	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
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

Oct 1, 2021 thru Oct 29, 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
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 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)
000006 Peanut Butter Jamwich Twin	each	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			1736	11.20	2165	*83	53.04	*0.01	177	254.41	17.76	71.60
% of Calories				5.81%		*19.1%	27.5%	*0.0%		58.6%		16.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Wednesday - 10/20/2021

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)
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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
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
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

Oct 1, 2021 thru Oct 29, 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

Oct 1, 2021 thru Oct 29, 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
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/21/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Oct 1, 2021 thru Oct 29, 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	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	1	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 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
Weighted Daily Average			933	5.20	1627	*70	*29.42	*0.06	56	122.85	6.26	49.00
% of Calories				5.02%		*30.0%	*28.4%	*0.1%		52.7%		21.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Friday - 10/22/2021

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)
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
000932 Sub, Vegetarian HM	each	0	162	7.09	567	2	12.15	0.00	30	4.05	0.00	14.18
000966 Sub, Vegetarian Mozz HM	each	0	172	6.50	387	1	11.18	0.40	37	4.57	0.00	13.40
000898 Deli Bar, Cucumber Sliced	1/8 Cup	0	3	0.01	0	0	0.02	0.00	0	0.65	0.09	0.12
000900 Deli Bar, Green Bell Peppers	1/8 Cup	0	2	0.01	0	0	0.02	0.00	0	0.57	0.21	0.11
000907 Deli Bar, Jalapenos	2 TBSP	0	3	0.00	287	0	0.00	0.00	0	0.67	0.67	0.00
000897 Deli Bar, Lettuce Shred	1/4 Cup	0	4	0.01	3	1	0.04	0.00	0	0.85	0.34	0.26

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	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 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)
001462 APPLESAUCE, Wild Watermelon	Each	0	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			999	7.50	1715	*68	33.00	*0.00	125	131.00	8.00	*43.00
% of Calories				6.76%		*27.2%	29.7%	*0.0%		52.5%		*17.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Monday - 10/25/2021

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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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					

Tuesday - 10/26/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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					

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Wednesday - 10/27/2021

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)
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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

Oct 1, 2021 thru Oct 29, 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
001635 Pizza, Pepperoni Wedge IW	Each	0	336	6.09	647	5	13.65	0.00	38	34.62	3.03	18.75
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
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 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	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			776	6.96	737	*43	*19.57	*0.01	89	108.73	13.51	45.70
% of Calories				8.07%		*22.2%	*22.7%	*0.0%		56.0%		23.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0					

Thursday - 10/28/2021

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)
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

Oct 1, 2021 thru Oct 29, 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

Oct 1, 2021 thru Oct 29, 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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	540	6.00	390	19	29.00	0.00	0	53.00	8.00	18.00
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	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 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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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 - 10/29/2021

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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)
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
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

Oct 1, 2021 thru Oct 29, 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
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
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	0	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	0	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
001490 Soy Butter & Grape Sandwich (2M, 2WG)	Each	0	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 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)
001674 Juice, fruit punch 3/4c (veg)	Each	0	90	0.00	40	18	0.00	0.00	0	21.00	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
000750 Milk 1% shelf stable	8 oz.	0	100	1.50	105	12	2.50	0.00	5	12.00	0.00	8.00
001809 Milk chocolate shelf stable	carton	0	140	0.00	260	25	0.00	0.00	5	27.00	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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					

	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	982	8	1570	*50	*29.10	*0.15	94	135.17	11.30	*47.21
% of Calories		7.01%		*20.4%	*26.7%	*0.1%		55.1%		*19.2%

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

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.