

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Menu Name: NSLP K-6 Lunch Menu 21-22

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 09/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001618 Sandwich, LS Ham & Cheese	Sandwich	1	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
001354 Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001261 Lettuce & Pickle	Each	1	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
000667 Cracker Goldfish (1WG)	each	1	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
000086 Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
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
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00

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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)
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			518	4.47	1230	35	12.07	*0.00	43	79.89	10.82	33.13
% of Calories				7.77%		27.0%	21.0%	*0.0%		61.7%		25.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/02/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001922 Drumstick, Breaded (2M, 1.5WG)	drumstick	1	220	3.00	420	0	13.00	0.00	75	8.00	1.00	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
001621 Corn (1/4 Cup)	1/4 Cup	0	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001400 Gravy, Chicken RS, GF (prepared from mix)	1/4 Cup	1	20	0.00	162	0	0.00	0.00	0	4.00	0.00	0.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001993 Tangerines	Each	0	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			475	3.00	1076	*31	14.00	*0.00	80	59.54	2.00	*26.02
% of Calories				5.68%		*26.1%	26.5%	*0.0%		50.1%		*21.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/03/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001884 CHILI, Beef W/ BEANS (raw beef)	Entree	1	305	7.87	280	3	17.22	0.00	92	9.17	2.45	27.90
002058 Broccoli,raw: fresh 1/4 c	.25 cup	0	5	0.00	6	0	0.04	0.00	0	1.14	0.51	0.38
000866 WHOLE WHEAT ROLL HM	1 each	1	165	0.51	199	5	*3.49	*0.01	0	29.27	2.48	5.05
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
001670 Applesauce, blueraspberry	Each	1	90	0.00	15	19	0.00	0.00	0	22.00	2.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			670	8.37	630	45	*20.71	*0.01	97	80.44	6.93	40.95
% of Calories				11.24%		26.9%	*27.8%	*0.0%		48.0%		24.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/07/2021

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)
001988 Spaghetti, 1/2c with meat sauce	1/2 Cup	1	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000360 Garbanzo Bean, w/ Ranch	.5 cup	1	77	0.00	347	0	1.15	0.00	0	13.08	3.85	4.62
000068 Banana	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	1	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			785	5.66	811	*37	*19.16	*0.01	82	112.89	10.59	44.86
% of Calories				6.49%		*18.9%	*22.0%	*0.0%		57.5%		22.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
990083 Crunchy Taco Toppings-21/22	each	1	118	6.08	175	1	9.20	0.00	30	1.47	0.50	7.46
990074 Juice, Tropical Trio, 4oz, Cool Tropics, 16001	pouch	1	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
001366 Orange, Wedges	1/2 Cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
000377 Milk, Non-Fat Carton	Carton	1	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

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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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			909	13.29	564	*38	32.82	*0.01	120	103.20	7.28	49.14
% of Calories				13.16%		*16.7%	32.5%	*0.0%		45.4%		21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	1	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	1	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002009 Gravy Turkey	1/4 Cup	1	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
000260 CARROTS: frz, cooked	1/2 CUP	1	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61
001993 Tangerines	Each	0	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	0	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			512	3.42	1619	*25	*12.50	*0.01	51	70.71	3.44	*31.79
% of Calories				6.01%		*19.5%	*22.0%	*0.0%		55.2%		*24.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000205 Xtreme Bean & Cheese Burrito	each	1	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
000257 Broccoli: Frozen, boiled	1/2 cup	1	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
001624 Chip, Tortilla Triangle 1oz	OZ	1	140	3.00	15	0	7.00	0.00	0	17.00	1.00	2.00
990084 Salsa, Dipping Cups, 3oz, Red Gold, REDSC2ZC168	cup	1	25	0.00	195	3	0.00	0.00	0	5.00	1.00	1.00
990085 Seasonal Fresh Fruit Cup-21/22	1/2 cup	1	44	*0.01	4	*6	0.23	*0.00	*0	10.99	*0.35	*0.50
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	1	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

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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)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			642	*6.99	824	*30	16.41	*0.01	*20	99.58	*13.09	*28.86
% of Calories				*9.80%		*18.7%	23.0%	*0.0%		62.0%		*18.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 09/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000162 Hot Dog on a Bun	SERVING	1	250	2.50	610	6	11.00	0.00	45	31.00	3.00	12.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
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
001611 Strawberry/blueberry Frzn	1/2 Cup	0	42	0.00	0	8	0.50	0.00	0	10.78	2.33	0.44
000064 Fruit, Apple, Fresh	EACH	1	64	0.00	2	12	0.00	0.00	0	16.00	2.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

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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)
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
Weighted Daily Average			534	3.50	1057	37	17.00	*0.00	50	81.00	6.00	21.00
% of Calories				5.90%		27.7%	28.7%	*0.0%		60.7%		15.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001723 Chicken Nugget (2M, 1WG)	Serving (5)	1	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	1	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
001664 Cucumber & Jicama w Chili	1/4 Cup	0	10	0.01	26	1	0.02	0.00	0	2.79	0.88	0.13
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001400 Gravy, Chicken RS, GF (prepared from mix)	1/4 Cup	0	20	0.00	162	0	0.00	0.00	0	4.00	0.00	0.00
000419 FRUIT MIX:canned,Drained	1/2 Cup	0	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000064 Fruit, Apple, Fresh	EACH	1	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

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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)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			615	2.51	1097	36	*15.02	*0.01	40	91.08	6.23	30.21
% of Calories				3.67%		23.4%	*22.0%	*0.0%		59.2%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/15/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001917 Breadsticks(2), Marinara(cups)	Each	1	348	5.00	680	7	11.20	0.00	30	42.39	5.20	21.20
001941 Vegetables Mixed (1/2c V-O)	1/2 Cup	0	66	0.00	43	3	0.00	0.00	0	13.21	3.30	2.20
000090 Pear, Fresh	EACH	1	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
001414 Strawberries, Diced FZ	Each	0	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			527	5.03	816	37	11.37	*0.00	35	80.78	8.94	29.63
% of Calories				8.59%		28.1%	19.4%	*0.0%		61.3%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	1	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
001814 Burger, Hamburger	Sandwich	0	380	7.00	650	3	19.00	1.00	70	30.00	3.00	23.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
009006 Mayo packet	1 pc	1	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	1	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	0	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
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
001696 Mandarin Oranges, Cup 4.5 oz (1/2c.F)	Each (4.5 oz)	0	70	0.00	0	14	0.00	0.00	0	17.00	1.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			804	10.77	1382	49	34.04	*1.00	87	91.01	4.00	35.54
% of Calories				12.06%		24.4%	38.1%	*1.1%		45.3%		17.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001990 Beef Macaroni 1M .5G 1/4V	1/2Cup	1	181	3.21	176	*3	7.70	*0.00	42	14.06	2.62	14.95
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001570 Green Beans Cooked	1/2 Cup	1	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
001993 Tangerines	Each	1	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
001675 Applesauce, Cinnamon, 4.5 oz	Each	0	50	0.00	15	12	0.00	0.00	0	14.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			548	3.86	529	*27	*12.30	*0.01	47	82.46	7.73	*28.95
% of Calories				6.34%		*19.7%	*20.2%	*0.0%		60.2%		*21.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 09/20/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001613 NACHOS w Cheese (e) (1M, 2WG)	SERVINGS	1	410	12.00	580	0	24.01	0.00	30	39.00	2.00	11.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	1	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
000064 Fruit, Apple, Fresh	EACH	0	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
001646 Salsa, molcajete Verde	1/4 Cup	1	30	0.00	480	4	0.00	0.00	0	6.00	2.00	0.00
000795 Fruit, Pineapple CND	1/2 Cup	0	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			720	12.50	1889	22	26.01	0.00	35	94.01	15.00	30.01
% of Calories				15.62%		12.2%	32.5%	0.0%		52.2%		16.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990031 Pork, Chili Verde w/ 10" Tortilla	Entree	1	382	5.00	1040	4	14.00	0.00	72	34.00	5.00	27.00
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	1	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
990030 Salsa, Low-sodium, Canned, USDA (1/4c.)	1/4 cup	1	20	0.00	70	2	0.00	0.00	0	4.00	2.00	0.00
000796 Fruit, Peaches diced CND	.5 cup	0	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
001903 Applesauce, Mango peach	Each	0	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			682	5.50	1939	24	16.00	0.00	77	87.01	18.00	46.00
% of Calories				7.26%		14.1%	21.1%	0.0%		51.0%		27.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001618 Sandwich, LS Ham & Cheese	Sandwich	1	242	3.44	789	4	8.37	0.00	38	30.35	6.00	19.88
001354 Carrot, Baby 3 oz bag	bag (3 oz)	1	15	0.00	20	3	0.00	0.00	0	3.00	1.00	1.00
001261 Lettuce & Pickle	Each	1	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
000667 Cracker Goldfish (1WG)	each	1	100	1.00	170	0	3.50	0.00	0	14.00	1.00	3.00
000086 Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
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
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	0	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			518	4.47	1230	35	12.07	*0.00	43	79.89	10.82	33.13
% of Calories				7.77%		27.0%	21.0%	*0.0%		61.7%		25.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001922 Drumstick, Breaded (2M, 1.5WG)	drumstick	1	220	3.00	420	0	13.00	0.00	75	8.00	1.00	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
001621 Corn (1/4 Cup)	1/4 Cup	0	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001400 Gravy, Chicken RS, GF (prepared from mix)	1/4 Cup	1	20	0.00	162	0	0.00	0.00	0	4.00	0.00	0.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	1	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
001993 Tangerines	Each	0	64	0.05	2	*N/A*	0.37	0.00	0	16.01	2.20	*N/A*
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			475	3.00	1076	*31	14.00	*0.00	80	59.54	2.00	*26.02
% of Calories				5.68%		*26.1%	26.5%	*0.0%		50.1%		*21.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Friday - 09/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001884 CHILI, Beef W/ BEANS (raw beef	Entree	1	305	7.87	280	3	17.22	0.00	92	9.17	2.45	27.90
002058 Broccoli,raw: fresh 1/4 c	.25 cup	0	5	0.00	6	0	0.04	0.00	0	1.14	0.51	0.38
000866 WHOLE WHEAT ROLL HM	1 each	1	165	0.51	199	5	*3.49	*0.01	0	29.27	2.48	5.05
000090 Pear, Fresh	EACH	0	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
001670 Applesauce, blueraspberry	Each	1	90	0.00	15	19	0.00	0.00	0	22.00	2.00	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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals 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)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			670	8.37	630	45	*20.71	*0.01	97	80.44	6.93	40.95
% of Calories				11.24%		26.9%	*27.8%	*0.0%		48.0%		24.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Monday - 09/27/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000595 Chicken Sandwich (2M, 3WG)	sandwich	0	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	0	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
001261 Lettuce & Pickle	Each	0	6	0.02	116	1	0.09	0.00	0	1.26	0.51	0.35
000068 Banana	EACH	0	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000827 Juice, apple 4 oz	container (4oz)	0	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
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	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals 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	1	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	1	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
Weighted Daily Average			75	1.00	215	3	6.00	0.00	4	3.00	0.00	0.00
% of Calories				12.00%		16.0%	72.0%	0.0%		16.0%		0.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/28/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001988 Spaghetti, 1/2c with meat sauce	1/2 Cup	600	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
002048 Dinner Roll HM (2EG)	1 each	600	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001941 Vegetables Mixed (1/2c V-O)	1/2 Cup	300	66	0.00	43	3	0.00	0.00	0	13.21	3.30	2.20
000360 Garbanzo Bean, w/ Ranch	.5 cup	200	77	0.00	347	0	1.15	0.00	0	13.08	3.85	4.62
000358 Ranch Dressing - Salad Mix	1 OZ	300	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000090 Pear, Fresh	EACH	400	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000419 FRUIT MIX:canned,Drained	1/2 Cup	200	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	350	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	245	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			461178	3884.09	447619	*21284	*12748.14	*7.32	54647	62225.68	5726.60	26689.10
% of Calories				7.58%		*18.5%	*24.9%	*0.0%		54.0%		23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Wednesday - 09/29/2021

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	600	598	7.20	254	*4	23.52	*0.01	85	64.16	4.62	31.83
990030 Salsa, Low-sodium, Canned, USDA (1/4c.)	1/4 cup	50	20	0.00	70	2	0.00	0.00	0	4.00	2.00	0.00
002128 SideKicks Cherry Smooth (1/2c)	each	600	100	0.00	30	19	0.00	0.00	0	22.00	0.00	0.00
001912 Lettuce & Tomato mix	1/3 Cup	250	7	0.00	3	1	0.08	0.00	0	1.47	0.50	0.37
000796 Fruit, Peaches diced CND	.5 cup	250	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
000086 Orange	each	350	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000763 Milk, Nonfat Chocolate Carton	Carton	350	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	245	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals 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)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			522933	4690.42	263842	*30619	14785.28	*4.38	56270	71374.02	4050.60	25252.15
% of Calories				8.07%		*23.4%	25.4%	*0.0%		54.6%		19.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	1	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	1	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002009 Gravy Turkey	1/4 Cup	1	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
002048 Dinner Roll HM (2EG)	1 each	1	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000256 Broccoli,raw: fresh	.5 cup	0	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000796 Fruit, Peaches diced CND	.5 cup	1	70	0.00	10	13	0.00	0.00	0	16.98	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*
000358 Ranch Dressing - Salad Mix	1 OZ	0	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			555	3.01	1394	*36	*11.49	*0.01	51	84.04	3.22	*32.18
% of Calories				4.88%		*25.9%	*18.6%	*0.0%		60.6%		*23.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

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)
000205 Xtreme Bean & Cheese Burrito	each	1	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
001761 Seasoned Corn	1/2 CUP	1	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
001912 Lettuce & Tomato mix	1/3 Cup	0	7	0.00	3	1	0.08	0.00	0	1.47	0.50	0.37
001647 Salsa, Molcajete Roja	1/4 Cup	0	20	0.00	460	2	0.00	0.00	0	4.00	2.00	0.00
000795 Fruit, Pineapple CND	1/2 Cup	0	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
000086 Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			546	4.89	800	30	12.10	0.01	28	88.94	12.26	28.76
% of Calories				8.06%		22.0%	19.9%	0.0%		65.2%		21.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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	45268	*394.91	33285	*2389	*1266.78	*0.58	*5095	6145.87	*451.48	*2389.93
% of Calories		*7.85%		*21.1%	*25.2%	*0.0%		54.3%		*21.1%

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

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

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.