

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Friday - 10/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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

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## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			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					

### Monday - 10/04/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000595 Chicken Sandwich (2M, 3WG)	sandwich	100	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
990068 Condiment Bag-21 -22	each	75	10	0.00	268	1	0.06	0.00	0	1.38	0.47	0.40
002096 Potatoes, Smiles , 6 pc (3/4c.V-S)	pieces (6 each)	75	194	8.96	179	1	8.96	0.00	0	25.39	1.49	1.49
001854 DOD, Pear, 90-150ct	Pear	75	79	0.01	1	21	0.16	0.00	0	21.03	4.20	0.52

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## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000222 Ketchup: individual	packet	75	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	25	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	50	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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
002071 *****Salad Bar Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	25	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	25	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	25	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	25	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	25	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	25	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	25	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
000358 Ranch Dressing - Salad Mix	1 OZ	25	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51

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## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	25	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
Weighted Daily Average			756	*8.90	1547	41	*21.16	*0.00	*59	109.34	11.48	*35.38
% of Calories				*10.60%		21.7%	*25.2%	*0.0%		57.9%		*18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 10/05/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001988 Spaghetti, 1/2c with meat sauce	1/2 Cup	100	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98
001570 Green Beans Cooked	1/2 Cup	75	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
002048 Dinner Roll HM (2EG)	1 each	60	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000068 Banana	EACH	75	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			619	5.50	402	*28	*16.50	*0.01	81	80.13	6.86	38.83
% of Calories				8.00%		*18.1%	*24.0%	*0.0%		51.8%		25.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 10/06/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000205 Xtreme Bean & Cheese Burrito	each	100	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	75	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00

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Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002073 Fruit mix:can,Drain -no grapes	1/2 Cup	75	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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
002071 *****Salad Bar Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	25	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	25	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	25	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	25	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	25	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	25	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
000358 Ranch Dressing - Salad Mix	1 OZ	25	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	25	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	25	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			599	*4.17	1216	27	*11.07	*0.01	*22	98.94	18.07	*32.42
% of Calories				*6.27%		18.0%	*16.6%	*0.0%		66.1%		*21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/07/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	100	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002048 Dinner Roll HM (2EG)	1 each	60	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	75	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002009 Gravy Turkey	1/4 Cup	75	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
000260 CARROTS: frz, cooked	1/2 CUP	75	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61
001885 DOD, Orange 113ct (1/2c.F)	Orange	75	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			450	3.02	1292	*20	*10.59	*0.01	51	49.83	5.03	29.46
% of Calories				6.04%		*17.8%	*21.2%	*0.0%		44.3%		26.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 10/08/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001592 Crunchy Taco (1), w/ Spanish Rice	Each	100	598	7.20	254	*4	23.52	*0.01	85	64.16	4.62	31.83
990083 Crunchy Taco Toppings-21/22	each	50	118	6.08	175	1	9.20	0.00	30	1.47	0.50	7.46
990038 Salsa, Low-sodium, Canned, USDA	1/2 cup	50	40	0.00	140	4	0.00	0.00	0	8.00	3.99	0.00
990074 Juice, Tropical Trio, 4oz, Cool Tropics, 16001	pouch	75	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
001810 DOD, Orange, Sections	1/2 Cup	50	38	0.01	0	*N/A*	0.09	0.00	0	11.38	2.01	0.78
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	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	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000006 Peanut Butter Jamwich Twin	each	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			836	10.24	536	*31	28.16	*0.01	104	101.98	7.87	43.25
% of Calories				11.02%		*14.8%	30.3%	*0.0%		48.8%		20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 10/11/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990087 Chili Dog w/Cheese-21/22	SERVING	100	423	8.01	819	*7	21.97	*0.00	99	33.57	3.46	27.18
990088 Potatoes Tator Tots (3/4c.S)	3/4 cup	75	165	1.50	465	2	9.00	0.00	0	21.00	1.50	1.50

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000097 Raisins-omit for child care (1/2c. F)	mini box 1.33oz	50	119	0.00	7	27	0.26	0.00	0	29.00	2.21	1.13
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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
000223 Mustard: individual	PC packet	25	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	50	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			706	9.13	1344	*38	28.85	*0.00	104	80.96	5.69	36.18
% of Calories				11.64%		*21.5%	36.8%	*0.0%		45.9%		20.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Tuesday - 10/12/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001723 Chicken Nugget (2M, 1WG)	Serving (5)	100	200	2.00	411	1	10.02	0.00	35	12.03	2.00	15.03
001204 Mashed Potatoes (1/2 cup)	1/2 Cup	75	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
000360 Garbanzo Bean, w/ Ranch	.5 cup	25	77	0.00	347	0	1.15	0.00	0	13.08	3.85	4.62
002048 Dinner Roll HM (2EG)	1 each	75	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
001829 DOD, Grapes Bunch (14ct)	Bunch(aprox 14)	75	52	0.04	2	12	0.54	0.00	0	13.65	0.70	0.54
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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
002071 *****Salad Bar Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001828 Salad bar, Broccoli, fresh	.5 cup	25	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001751 Salad Bar, Carrot sticks	1/2 Cup	25	30	0.03	50	3	0.17	0.00	0	6.95	2.03	0.68
000980 Salad Bar, Celery Sticks	1/2 Cup	25	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	25	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
001217 Salad Bar, Green Peas	1/2 cup	25	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001585 Salad Bar, Corn (1/2 Cup)	1/2 CUP	25	67	0.00	1	3	1.00	0.00	0	15.96	2.00	2.00
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	25	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
000358 Ranch Dressing - Salad Mix	1 OZ	25	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	25	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
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			583	*2.59	1121	31	*15.86	*0.01	*43	83.35	7.28	*30.80
% of Calories				*4.00%		21.3%	*24.5%	*0.0%		57.2%		*21.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 10/13/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001599 Cheeseburger Cheddar (3.5M, 2WG)	burger	100	420	8.77	792	4	22.04	1.00	78	31.01	3.00	26.54
990068 Condiment Bag-21-22	each	50	10	0.00	268	1	0.06	0.00	0	1.38	0.47	0.40
001937 Potatoes Crinkle Cut Fries (3/4 c.S)	3/4 cup (3.15oz)	75	159	0.00	270	0	4.76	0.00	0	23.81	0.00	1.59
000090 Pear, Fresh	EACH	75	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000006 Peanut Butter Jamwich Twin	each	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
000864 Oatmeal w/ Brown Sugar	cup	0	218	0.50	12	18	3.00	*0.00	0	44.66	4.00	5.02
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			690	8.79	1241	28	25.76	*1.00	82	79.50	6.04	35.56
% of Calories				11.47%		16.2%	33.6%	*1.3%		46.1%		20.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/14/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990061 Breadstick, Mozz, IW, 2oz, Tools for School, A33045	2 stick serving	100	280	4.00	540	2	12.00	0.00	30	30.00	2.00	14.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001883 Marinara 2.5 oz cup	each	75	40	0.00	200	4	1.00	0.00	0	7.00	1.00	1.00
990090 Juice, Cherry Limeade, 4oz, Cool Tropics, 13007	pouch	75	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	100	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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	25	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000223 Mustard: individual	PC packet	25	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000222 Ketchup: individual	packet	75	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
002071 *****Salad Bar Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	25	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
001751 Salad Bar, Carrot sticks	1/2 Cup	25	30	0.03	50	3	0.17	0.00	0	6.95	2.03	0.68
000980 Salad Bar, Celery Sticks	1/2 Cup	25	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	25	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	25	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
001217 Salad Bar, Green Peas	1/2 cup	25	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	50	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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			557	4.28	1029	42	14.51	0.00	38	81.13	4.68	27.38
% of Calories				6.92%		30.2%	23.4%	0.0%		58.3%		19.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 10/15/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001990 Beef Macaroni 1M .5G 1/4V	1/2Cup	100	181	3.21	176	*3	7.70	*0.00	42	14.06	2.62	14.95

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002048 Dinner Roll HM (2EG)	1 each	75	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000257 Broccoli: Frozen, boiled	1/2 cup	75	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
990051 Applesauce Cinnamon, Pouch, Tree Top NEED CREDITIN	pouch	75	60	*N/A*	0	11	0.00	*N/A*	*N/A*	15.00	3.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			471	*3.87	466	*30	*11.37	*0.01	*47	66.69	7.87	28.95
% of Calories				*7.39%		*25.5%	*21.7%	*0.0%		56.6%		24.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 10/18/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000359 Nachos W/beef (R1385)	SERVINGS	100	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	75	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
990084 Salsa, Dipping Cups, 3oz, Red Gold, REDSC2ZC168	cup	75	25	0.00	195	3	0.00	0.00	0	5.00	1.00	1.00
001891 DOD, Apple	Each	75	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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
002071 *****Salad Bar Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	25	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000981 Salad Bar, Carrot Sticks	1/2 Cup	25	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	25	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	25	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	25	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	25	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	25	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
000358 Ranch Dressing - Salad Mix	1 OZ	25	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	25	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			856	*14.98	1548	*30	*33.02	*0.00	*76	102.84	15.23	*40.37
% of Calories				*15.75%		*14.0%	*34.7%	*0.0%		48.1%		*18.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Tuesday - 10/19/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001892 Pork, Chili verde, Ric & Tort	Entree	100	477	3.32	588	*7	12.42	*0.01	53	66.12	5.55	22.78
001761 Seasoned Corn	1/2 CUP	75	100	1.26	186	3	3.70	0.00	8	16.71	2.00	4.26
990030 Salsa, Low-sodium, Canned, USDA (1/4c.)	1/4 cup	75	20	0.00	70	2	0.00	0.00	0	4.00	2.00	0.00
001903 Applesauce, Mango peach	Each	75	60	0.00	0	12	0.00	0.00	0	15.00	1.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			706	4.26	892	*34	15.20	*0.01	64	109.05	9.29	33.27
% of Calories				5.43%		*19.3%	19.4%	*0.0%		61.8%		18.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 10/20/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990054 Pizza, Cheese, Round, Nardone 40WRMNY2	pizza	50	344	11.00	548	2	16.00	0.00	41	32.00	2.00	20.00
990053 Pizza, Pepperoni, Round, Nardone, 40WRMP1NY2	Pizza (5.4oz)	50	369	11.10	746	2	17.16	0.00	45	32.30	2.02	20.19

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001885 DOD, Orange 113ct (1/2c.F)	Orange	75	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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
002071 *****Salad Bar Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	25	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	25	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	25	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	25	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	25	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	25	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
000358 Ranch Dressing - Salad Mix	1 OZ	75	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	25	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	25	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			567	*11.56	955	*20	*20.23	*0.00	*56	56.51	6.49	*30.02
% of Calories				*18.35%		*14.1%	*32.1%	*0.0%		39.9%		*21.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/21/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001900 Beef Teriyaki w/Rice & Roll	Each	100	275	2.60	565	9	7.35	0.00	39	36.24	1.35	15.85
001570 Green Beans Cooked	1/2 Cup	75	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
000419 FRUIT MIX:canned,Drained	1/2 Cup	75	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001720 Juice Tropical 1/2c (veg)	Each	75	60	0.00	5	13	0.00	0.00	0	13.00	0.00	0.00
000222 Ketchup: individual	packet	75	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	25	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			485	2.67	778	47	7.52	0.00	44	78.93	2.61	23.78
% of Calories				4.95%		38.8%	14.0%	0.0%		65.1%		19.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 10/22/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001884 CHILI, Beef W/ BEANS (raw beef)	Entree	100	305	7.87	280	3	17.22	0.00	92	9.17	2.45	27.90
001327 Tortilla Chips, Round bulk	bag	50	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
000260 CARROTS: frz, cooked	1/2 CUP	75	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61
001854 DOD, Pear, 90-150ct	Pear	75	79	0.01	1	21	0.16	0.00	0	21.03	4.20	0.52
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	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	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	0	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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			584	9.03	682	36	24.09	0.00	96	55.33	6.51	37.04
% of Calories				13.92%		24.7%	37.1%	0.0%		37.9%		25.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 10/25/2021

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000595 Chicken Sandwich (2M, 3WG)	sandwich	100	370	1.50	890	4	10.00	0.00	50	48.00	5.00	25.00
990068 Condiment Bag-21-22	each	75	10	0.00	268	1	0.06	0.00	0	1.38	0.47	0.40
002096 Potatoes, Smiles , 6 pc (3/4c.V-S)	pieces (6 each)	75	194	8.96	179	1	8.96	0.00	0	25.39	1.49	1.49

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001854 DOD, Pear, 90-150ct	Pear	75	79	0.01	1	21	0.16	0.00	0	21.03	4.20	0.52
000222 Ketchup: individual	packet	75	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
000223 Mustard: individual	PC packet	25	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
009006 Mayo packet	1 pc	50	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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
002071 *****Salad Bar Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	25	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	25	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66
000980 Salad Bar, Celery Sticks	1/2 Cup	25	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	25	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	25	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	25	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	25	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
000358 Ranch Dressing - Salad Mix	1 OZ	25	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	25	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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
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			756	*8.90	1547	41	*21.16	*0.00	*59	109.34	11.48	*35.38
% of Calories				*10.60%		21.7%	*25.2%	*0.0%		57.9%		*18.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

**Tuesday - 10/26/2021**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001988 Spaghetti, 1/2c with meat sauce	1/2 Cup	100	338	5.04	157	*0	13.68	*0.00	76	26.73	2.89	26.98

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001570 Green Beans Cooked	1/2 Cup	75	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
002048 Dinner Roll HM (2EG)	1 each	60	170	0.51	205	5	*3.99	*0.01	0	29.01	1.22	5.16
000068 Banana	EACH	75	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			619	5.50	402	*28	*16.50	*0.01	81	80.13	6.86	38.83
% of Calories				8.00%		*18.1%	*24.0%	*0.0%		51.8%		25.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 10/27/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000205 Xtreme Bean & Cheese Burrito	each	100	291	3.62	479	0	8.29	0.01	15	40.95	7.96	15.60
002012 Beans Refried, Seasoned (1/2c.B/P or 2m/ma)	1/2 Cup	75	170	0.50	694	0	2.00	0.00	0	29.01	11.00	11.00
002073 Fruit mix:can,Drain -no grapes	1/2 Cup	75	60	0.00	10	13	0.00	0.00	0	17.00	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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
002071 *****Salad Bar Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001828 Salad bar, Broccoli, fresh	.5 cup	25	11	0.00	13	0	0.08	0.00	0	2.30	1.02	0.76
000981 Salad Bar, Carrot Sticks	1/2 Cup	25	29	0.03	49	3	0.17	0.00	0	6.79	1.98	0.66

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000980 Salad Bar, Celery Sticks	1/2 Cup	25	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45
001612 Salad Bar, Salad Mix, 1/2 Cup	1/2 Cup	25	8	0.01	15	0	0.06	0.00	0	1.35	0.89	0.73
001957 Salad Bar, Corn (1/4 Cup)	1/4 Cup	25	33	0.00	0	1	0.50	0.00	0	7.98	1.00	1.00
001217 Salad Bar, Green Peas	1/2 cup	25	8	0.00	7	1	0.00	0.00	0	1.40	0.51	0.51
000358 Ranch Dressing - Salad Mix	1 OZ	25	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
001956 Salad bar, Cucumber-Chili Lime	1/2 Cup	25	11	0.04	51	1	0.07	0.00	0	3.64	0.36	0.47
990070 Tomatoes, Roma-21/22	2 oz/wedge serv	25	9	*N/A*	3	2	*N/A*	*N/A*	*N/A*	2.20	0.63	*N/A*
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	0	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			599	*4.17	1216	27	*11.07	*0.01	*22	98.94	18.07	*32.42
% of Calories				*6.27%		18.0%	*16.6%	*0.0%		66.1%		*21.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 10/28/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000757 Turkey, Roast, Frozen	2 oz	100	114	2.00	388	0	6.00	0.00	46	0.00	0.00	16.00
002048 Dinner Roll HM (2EG)	1 each	60	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	75	70	0.00	344	0	1.00	*0.00	0	14.04	1.00	2.02
002009 Gravy Turkey	1/4 Cup	75	20	0.50	312	*0	0.50	*0.00	0	4.00	0.00	0.00
000260 CARROTS: frz, cooked	1/2 CUP	75	27	0.41	235	2	1.00	0.00	0	3.65	1.22	0.61
001885 DOD, Orange 113ct (1/2c.F)	Orange	75	69	0.05	0	*N/A*	0.42	0.00	0	0.00	3.50	1.46
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	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

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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			450	3.02	1292	*20	*10.59	*0.01	51	49.83	5.03	29.46
% of Calories				6.04%		*17.8%	*21.2%	*0.0%		44.3%		26.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 10/29/2021

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001592 Crunchy Taco (1), w/ Spanish Rice	Each	100	598	7.20	254	*4	23.52	*0.01	85	64.16	4.62	31.83

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990083 Crunchy Taco Toppings-21/22	each	50	118	6.08	175	1	9.20	0.00	30	1.47	0.50	7.46
990038 Salsa, Low-sodium, Canned, USDA	1/2 cup	50	40	0.00	140	4	0.00	0.00	0	8.00	3.99	0.00
990074 Juice, Tropical Trio, 4oz, Cool Tropics, 16001	pouch	75	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00
001810 DOD, Orange, Sections	1/2 Cup	50	38	0.01	0	*N/A*	0.09	0.00	0	11.38	2.01	0.78
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	15	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	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001827 *****Field Trip Menu*****	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000006 Peanut Butter Jamwich Twin	each	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
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000376 Milk, 1% Low Fat Carton	carton	0	120	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00
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			836	10.24	536	*31	28.16	*0.01	104	101.98	7.87	43.25
% of Calories				11.02%		*14.8%	30.3%	*0.0%		48.8%		20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	632	*6.65	992	*31	*18.26	*0.05	*62	83.98	8.69	*33.85
% of Calories		*9.47%		*19.6%	*26.0%	*0.1%		53.2%		*21.4%

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

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