

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

**Menu Name:** At-Risk Supper 21-22

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Wednesday - 09/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001917 Breadsticks(2), Marinara(cups)	Each	1	348	5.00	680	7	11.20	0.00	30	42.39	5.20	21.20
000257 Broccoli: Frozen, boiled	1/2 cup	1	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
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
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
009006 Mayo packet	1 pc	1	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>605</b>	<b>6.36</b>	<b>921</b>	<b>40</b>	<b>18.09</b>	<b>0.00</b>	<b>39</b>	<b>81.52</b>	<b>7.97</b>	<b>31.96</b>
<b>% of Calories</b>				<b>9.46%</b>		<b>26.4%</b>	<b>26.9%</b>	<b>0.0%</b>		<b>53.9%</b>		<b>21.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

Thursday - 09/02/2021

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)
001494 Cheeseburger, Twin 2pk	Each	1	320	6.00	480	7	13.00	0.50	40	36.00	4.00	17.00
001570 Green Beans Cooked	1/2 Cup	1	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
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			618	7.10	841	48	19.24	0.50	49	84.38	7.68	26.84
% of Calories				10.34%		31.1%	28.0%	0.7%		54.6%		17.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

# Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

## Friday - 09/03/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001877 Spaghetti & meat sauce JTM	Entree	1	478	6.71	638	12	*19.99	*0.01	54	52.01	4.22	22.16
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
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
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>643</b>	<b>6.71</b>	<b>788</b>	<b>43</b>	<b>*19.99</b>	<b>*0.01</b>	<b>59</b>	<b>85.51</b>	<b>4.22</b>	<b>30.16</b>
<b>% of Calories</b>				<b>9.39%</b>		<b>26.7%</b>	<b>*28.0%</b>	<b>*0.0%</b>		<b>53.2%</b>		<b>18.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

## Tuesday - 09/07/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001882 Chicken Tenders, WG (3 ea)	Serving (3ct)	1	220	1.00	470	1	7.00	0.00	55	18.00	2.00	22.00
001883 Marinara 2.5 oz cup	each	1	40	0.00	200	4	1.00	0.00	0	7.00	1.00	1.00
000267 Celery Sticks	.5 cup	1	11	0.00	57	2	0.00	0.00	0	2.28	1.52	0.76
001637 Applesauce, Peach	Each	1	50	0.00	15	12	0.00	0.00	0	14.00	1.00	0.00
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
Weighted Daily Average			441	1.00	962	39	8.00	0.00	60	63.28	5.52	31.76
% of Calories				2.04%		35.4%	16.3%	0.0%		57.4%		28.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Wednesday - 09/08/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000195 Sandwich Grilled Cheese WG (1.5M, 1.5WG)	each (3.21 oz)	1	218	4.42	454	4	8.10	0.00	23	24.13	2.34	14.09
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
000064 Fruit, Apple, Fresh	EACH	1	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>512</b>	<b>5.42</b>	<b>986</b>	<b>37</b>	<b>14.10</b>	<b>0.00</b>	<b>28</b>	<b>76.13</b>	<b>5.34</b>	<b>23.09</b>
<b>% of Calories</b>				<b>9.53%</b>		<b>28.9%</b>	<b>24.8%</b>	<b>0.0%</b>		<b>59.5%</b>		<b>18.0%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

Thursday - 09/09/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002112 Burrito, Crispy Beef, Bean, & Cheese	Burrito	1	310	3.00	320	1	10.00	0.00	20	40.00	7.00	15.00
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
000795 Fruit, Pineapple CND	1/2 Cup	1	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
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
<b>Weighted Daily Average</b>			<b>573</b>	<b>4.05</b>	<b>738</b>	<b>39</b>	<b>16.28</b>	<b>0.00</b>	<b>29</b>	<b>82.90</b>	<b>8.51</b>	<b>24.01</b>
% of Calories				6.36%		27.2%	25.6%	0.0%		57.9%		16.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Friday - 09/10/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001979 Pizza, Cheese 3" Sliders IW	Each	1	327	7.46	578	4	16.52	0.00	30	29.34	3.30	18.53
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
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
000358 Ranch Dressing - Salad Mix	1 OZ	1	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
Weighted Daily Average			597	8.05	944	51	20.64	*0.00	46	79.09	4.30	28.04
% of Calories				12.14%		34.2%	31.1%	*0.0%		53.0%		18.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

### Monday - 09/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001118 Burrito Bean & Cheese 5.20 oz	each	1	291	3.62	479	1	8.29	0.00	15	40.95	7.96	15.60

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
000064 Fruit, Apple, Fresh	EACH	1	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
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
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
Weighted Daily Average			478	3.66	683	33	8.42	0.00	20	80.01	10.47	24.16
% of Calories				6.89%		27.6%	15.9%	0.0%		67.0%		20.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

**Tuesday - 09/14/2021**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001977 Corn Dogs, Turkey Mini (6ea)	Each 6ct	1	257	1.80	362	11	10.00	0.00	37	35.00	0.00	10.00
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



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001462 APPLESAUCE, Wild Watermelon	Each	1	60	0.00	15	15	0.00	0.00	0	17.00	1.00	0.00
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
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	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			457	1.80	687	49	10.00	0.00	42	77.00	2.00	19.00
% of Calories				3.54%		42.9%	19.7%	0.0%		67.4%		16.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

### Wednesday - 09/15/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001881 Taco, Beef & Cheese Stick IW	Each	1	345	8.35	631	1	12.82	0.00	52	31.87	3.85	20.07

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000796 Fruit, Peaches diced CND	.5 cup	1	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
Weighted Daily Average			695	8.85	1469	32	14.82	0.00	57	97.86	15.85	40.07
% of Calories				11.46%		18.4%	19.2%	0.0%		56.3%		23.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

### Thursday - 09/16/2021

### 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)
001638 Pizza, Cheese Longboard	Each	1	304	6.20	513	3	12.40	0.00	26	29.00	2.90	18.80
001570 Green Beans Cooked	1/2 Cup	1	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
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
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>527</b>	<b>6.30</b>	<b>659</b>	<b>41</b>	<b>12.64</b>	<b>0.00</b>	<b>31</b>	<b>74.38</b>	<b>6.58</b>	<b>28.64</b>
<b>% of Calories</b>				<b>10.76%</b>		<b>31.1%</b>	<b>21.6%</b>	<b>0.0%</b>		<b>56.5%</b>		<b>21.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

### Friday - 09/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001639 Cheeseburger, IW	cheeseburger	1	279	4.20	409	4	10.30	0.00	38	30.10	2.70	17.70
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
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

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
009006 Mayo packet	1 pc	1	60	1.00	60	1	6.00	0.00	4	1.00	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
000223 Mustard: individual	PC packet	1	5	0.00	70	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			534	5.20	794	41	16.30	0.00	47	69.60	3.70	26.70
% of Calories				8.76%		30.7%	27.5%	0.0%		52.1%		20.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

### Monday - 09/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001734 Corn Dog, Chicken IW	Each	1	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00
001800 Potatoes Tator Tots (1/2c.S)	1/2 cup	1	110	1.00	310	1	6.00	0.00	0	14.00	1.00	1.00

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000796 Fruit, Peaches diced CND	.5 cup	1	70	0.00	10	13	0.00	0.00	0	16.98	1.00	1.00
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
Weighted Daily Average			540	3.50	930	39	14.00	0.00	45	82.98	7.00	19.00
% of Calories				5.83%		28.9%	23.3%	0.0%		61.5%		14.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

### Tuesday - 09/21/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
002014 Chicken Orange/w Rice (2M, 2WG)	14ea 1/2c ric	1	404	3.00	733	13	12.85	0.00	35	53.29	2.75	16.25
000257 Broccoli: Frozen, boiled	1/2 cup	1	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000086 Orange	each	1	45	0.01	0	9	0.12	0.00	0	11.28	2.30	0.90
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>591</b>	<b>3.38</b>	<b>899</b>	<b>41</b>	<b>13.85</b>	<b>0.00</b>	<b>40</b>	<b>89.20</b>	<b>7.83</b>	<b>27.92</b>
<b>% of Calories</b>				<b>5.15%</b>		<b>27.7%</b>	<b>21.1%</b>	<b>0.0%</b>		<b>60.4%</b>		<b>18.9%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

### Wednesday - 09/22/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001917 Breadsticks(2), Marinara(cups)	Each	1	348	5.00	680	7	11.20	0.00	30	42.39	5.20	21.20
000257 Broccoli: Frozen, boiled	1/2 cup	1	32	0.36	31	1	0.89	0.00	0	4.63	2.77	2.77
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

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
009006 Mayo packet	1 pc	1	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
Weighted Daily Average			605	6.36	921	40	18.09	0.00	39	81.52	7.97	31.96
% of Calories				9.46%		26.4%	26.9%	0.0%		53.9%		21.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

Thursday - 09/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001494 Cheeseburger, Twin 2pk	Each	1	320	6.00	480	7	13.00	0.50	40	36.00	4.00	17.00
001570 Green Beans Cooked	1/2 Cup	1	23	0.10	11	2	0.24	0.00	0	3.38	1.68	0.84
001414 Strawberries, Diced FZ	Each	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
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
<b>Weighted Daily Average</b>			<b>618</b>	<b>7.10</b>	<b>841</b>	<b>48</b>	<b>19.24</b>	<b>0.50</b>	<b>49</b>	<b>84.38</b>	<b>7.68</b>	<b>26.84</b>
<b>% of Calories</b>				<b>10.34%</b>		<b>31.1%</b>	<b>28.0%</b>	<b>0.7%</b>		<b>54.6%</b>		<b>17.4%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

### Friday - 09/24/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001877 Spaghetti & meat sauce JTM	Entree	1	478	6.71	638	12	*19.99	*0.01	54	52.01	4.22	22.16
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
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



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
Weighted Daily Average			643	6.71	788	43	*19.99	*0.01	59	85.51	4.22	30.16
% of Calories				9.39%		26.7%	*28.0%	*0.0%		53.2%		18.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

### Monday - 09/27/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000006 Peanut Butter Jamwich Twin	each	1	600	4.50	590	22	31.00	0.00	0	69.00	7.00	20.00
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
000827 Juice, apple 4 oz	container (4oz)	1	55	0.00	12	12	0.00	0.00	0	14.00	0.00	0.00
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
000747 Soy Milk Plain	8 oz.	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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
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
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>780</b>	<b>4.50</b>	<b>758</b>	<b>56</b>	<b>31.00</b>	<b>0.00</b>	<b>5</b>	<b>106.00</b>	<b>8.00</b>	<b>29.00</b>
<b>% of Calories</b>				<b>5.19%</b>		<b>28.7%</b>	<b>35.8%</b>	<b>0.0%</b>		<b>54.4%</b>		<b>14.9%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

## Tuesday - 09/28/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001882 Chicken Tenders, WG (3 ea)	Serving (3ct)	1	220	1.00	470	1	7.00	0.00	55	18.00	2.00	22.00
001883 Marinara 2.5 oz cup	each	1	40	0.00	200	4	1.00	0.00	0	7.00	1.00	1.00
000267 Celery Sticks	.5 cup	1	11	0.00	57	2	0.00	0.00	0	2.28	1.52	0.76
001637 Applesauce, Peach	Each	1	50	0.00	15	12	0.00	0.00	0	14.00	1.00	0.00
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	0	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
<b>Weighted Daily Average</b>			<b>441</b>	<b>1.00</b>	<b>962</b>	<b>39</b>	<b>8.00</b>	<b>0.00</b>	<b>60</b>	<b>63.28</b>	<b>5.52</b>	<b>31.76</b>
<b>% of Calories</b>				<b>2.04%</b>		<b>35.4%</b>	<b>16.3%</b>	<b>0.0%</b>		<b>57.4%</b>		<b>28.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

### Wednesday - 09/29/2021

### 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)
000195 Sandwich Grilled Cheese WG (1.5M, 1.5WG)	each (3.21 oz)	1	218	4.42	454	4	8.10	0.00	23	24.13	2.34	14.09
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
000064 Fruit, Apple, Fresh	EACH	1	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
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
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
000222 Ketchup: individual	packet	1	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00
009006 Mayo packet	1 pc	0	60	1.00	60	1	6.00	0.00	4	1.00	0.00	0.00
Weighted Daily Average			512	5.42	986	37	14.10	0.00	28	76.13	5.34	23.09
% of Calories				9.53%		28.9%	24.8%	0.0%		59.5%		18.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0					

### Thursday - 09/30/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001616 Sandwich, LS Turkey w/cheese (2M, 2WG)	Sandwich	1	241	2.15	744	3	5.80	0.00	38	27.01	6.00	25.23
002042 Chip, Tortilla Rounds	each	1	210	1.70	225	0	12.00	0.00	0	23.00	0.00	2.00
000978 Cucumber w/Chili & Lemon	1/2 Cup	1	13	0.04	67	1	0.13	0.00	0	3.06	0.51	0.56
000795 Fruit, Pineapple CND	1/2 Cup	1	65	0.01	1	16	0.15	0.00	0	16.83	1.00	0.45
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000377 Milk, Non-Fat Carton	Carton	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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
<b>Weighted Daily Average</b>			<b>714</b>	<b>4.90</b>	<b>1387</b>	<b>41</b>	<b>24.08</b>	<b>0.00</b>	<b>47</b>	<b>92.91</b>	<b>7.51</b>	<b>36.24</b>
<b>% of Calories</b>				<b>6.18%</b>		<b>23.0%</b>	<b>30.4%</b>	<b>0.0%</b>		<b>52.1%</b>		<b>20.3%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

### 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)
001979 Pizza, Cheese 3" Sliders IW	Each	1	327	7.46	578	4	16.52	0.00	30	29.34	3.30	18.53
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
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
000358 Ranch Dressing - Salad Mix	1 OZ	1	46	0.59	196	1	4.12	*0.00	11	1.75	0.00	0.51

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2021 thru Oct 1, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000763 Milk, Nonfat Chocolate Carton	Carton	1	110	0.00	135	18	0.00	0.00	5	20.00	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
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
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
001694 Pizza, Lunch Kit	Each	0	341	7.48	610	5	16.56	0.00	30	32.00	3.83	19.07
Weighted Daily Average			597	8.05	944	51	20.64	*0.00	46	79.09	4.30	28.04
% of Calories				12.14%		34.2%	31.1%	*0.0%		53.0%		18.8%
Weekly Nutrient Guideline			550 - 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	578	5	904	42	*16.43	*0.05	42	81.48	6.70	28.11
% of Calories		8.17%		29.1%	*25.6%	*0.1%		56.4%		19.5%

\*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.**