

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000126 PORK RIB B QUE	EACH (2.25 OZ)	1	55	1.40	*N/A*	*N/A*	4.10	0.10	11	0.43	0.20	3.27	*N/A*	8.0	0.00	0.23
000776 GRILLED CHEESE SANDWICH	EACH	1	86	1.28	205	*1	3.73	*0.01	5	8.86	1.72	3.99	114	223.4	0.00	0.97
000775 POTATO CHIPS	SERV	1	53	0.33	57	*N/A*	3.33	0.00	0	5.00	0.33	0.67	0	0.0	2.00	0.12
000372 GARDEN SALAD	CUP	1	31	0.50	51	*0	3.35	0.00	0	0.93	0.11	0.41	45	1.6	0.25	0.04
990051 Mini Carrots *RESIZED*	1/2 CUP	1	9	0.01	15	1	0.05	0.00	0	2.04	0.60	0.20	3564	7.0	1.26	0.06
000495 RANCH DIP	TBSP	1	30	0.50	50	*N/A*	3.33	0.00	0	0.67	0.00	0.33	0	0.0	0.00	0.00
000412 KIWI FRUIT	med	1	15	0.01	1	2	0.13	0.00	0	3.71	0.76	0.29	22	8.6	23.48	0.08
990049 SLICED PEACHES *RESIZED*	1/4 CUP	1	16	0.00	1	4	0.02	0.00	0	4.35	0.28	0.10	72	0.7	0.61	0.06
990052 STRAWBERRIES: frozen *RESIZED*	1/2 CUP	1	41	0.00	1	10	0.06	0.00	0	11.02	0.81	0.23	10	4.7	17.60	0.25
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
000665 Milk, STRAW. NON FAT	HALF PINT	1	50	0.00	45	*N/A*	0.00	0.00	2	9.00	0.00	3.00	133	116.7	1.60	0.00

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000245 FRUIT,FRESH ASSORTED	EACH	1	21	0.02	0	4	0.08	0.00	0	5.49	0.85	0.23	42	4.5	4.55	0.07
Weighted Daily Average			492	4.55	*539	*23	19.02	*0.11	25	63.85	5.66	19.38	*4336	608.5	52.55	1.88
% of Calories				8.32%		*18.7%	34.8%	*0.2%		51.9%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/02/2021

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000692 CHILI BEANS, W/O MEAT	SERVINGS	1	36	0.06	131	*0	0.29	*0.00	0	7.26	1.80	1.75	247	18.6	3.31	0.79
000693 CHILI BEANS, WITH MEAT	SERVINGS	1	50	0.45	135	*0	1.31	*0.06	5	7.26	1.80	3.01	248	19.6	3.31	0.93
000242 CORNBREAD	PIECE (2oz)	1	36	0.15	50	*N/A*	0.93	*N/A*	4	5.94	0.33	0.87	17	22.4	0.03	0.30
990040 Fruit Cocktail *RESIZED*	1/2 CUP	1	17	0.00	2	4	0.02	0.00	0	4.52	0.30	0.12	63	1.8	0.57	0.09
000683 SPINACH SALAD	SERVING	1	9	0.02	79	*0	0.08	*0.00	0	1.77	0.34	0.36	1533	11.1	1.54	0.18
000442 SUNFLOWER SEEDS	pkg	1	41	0.39	14	*N/A*	3.59	*N/A*	0	1.29	0.28	1.52	3	7.8	0.08	0.45
990032 APPLESAUCE *RESIZED*	1/2 CUP	1	42	0.02	1	9	0.10	0.00	0	10.76	0.74	0.10	4	1.8	1.05	0.07
990053 CELERY STICKS *RESIZED*	1/4 CUP	1	1	0.00	7	0	0.02	0.00	0	0.28	0.15	0.06	42	3.7	0.29	0.02
000781 WOWBUTTER	SERVING	1	50	0.75	25	*N/A*	3.75	0.00	0	2.00	0.50	1.75	0	5.0	0.00	0.27
990054 MELON BALLS: frozen *RESIZED*	1/4 CUP	1	4	0.01	3	*N/A*	0.03	0.00	0	0.86	0.08	0.09	192	1.1	0.67	0.03
000574 MILK, CHOC NON FAT	HALF PINT	1	30	0.00	45	*N/A*	0.00	0.00	1	5.25	0.00	2.25	125	75.0	0.30	0.00

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	1	32	0.37	40	*N/A*	0.62	0.00	4	4.00	0.00	2.75	125	100.0	0.60	0.00
000665 Milk, STRAW. NON FAT	HALF PINT	1	38	0.00	34	*N/A*	0.00	0.00	1	6.75	0.00	2.25	100	87.5	1.20	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	16	0.01	0	3	0.06	0.00	0	4.12	0.64	0.17	31	3.4	3.41	0.05
Weighted Daily Average			401	2.23	567	*17	10.81	*0.06	15	62.04	6.94	17.07	2729	358.8	16.36	3.17
% of Calories				5.00%		*17.0%	24.3%	*0.1%		61.9%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 11/03/2021

Reimbursable Meal Total 2

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	134	1.56	217	*N/A*	4.59	0.00	16	14.05	1.15	9.23	39	33.2	4.90	1.60
000817 VEGGIE SLIDER BURGERS	SERV(2 EACH)	1	155	1.75	230	*N/A*	6.00	0.00	7	20.00	3.00	7.00	100	75.0	7.50	1.35
990069 SEASONED WEDGES *RESIZED*	4 OZ	1	107	2.33	213	*N/A*	5.33	*N/A*	7	13.33	1.33	1.33	0	0.0	4.00	0.72
000372 GARDEN SALAD	CUP	1	47	0.75	76	*0	5.02	0.00	0	1.40	0.16	0.62	68	2.4	0.38	0.06
990046 Cherry Tomatoes and Cucumbers *RESIZED*	1/4 CUP	1	3	0.01	1	*0	0.03	*0.00	0	0.60	0.14	0.12	84	2.0	1.35	0.04
990036 SLICED PEARS *RESIZED*	1/4 CUP	1	18	0.00	2	4	0.01	0.00	0	4.76	0.50	0.06	0	1.6	0.22	0.09
990056 BEETS: canned *RESIZED*	1/2 CUP	1	13	0.01	82	2	0.06	0.00	0	3.06	0.76	0.39	10	6.4	1.74	0.77
000068 Fruit, BANANA	EACH	1	45	0.06	1	6	0.17	0.00	0	11.53	1.31	0.55	32	2.5	4.39	0.13
000574 MILK, CHOC NON FAT	HALF PINT	1	60	0.00	90	*N/A*	0.00	0.00	3	10.50	0.00	4.50	250	150.0	0.60	0.00

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	1	65	0.75	80	*N/A*	1.25	0.00	8	8.00	0.00	5.50	250	200.0	1.20	0.00
000665 Milk, STRAW. NON FAT	HALF PINT	1	75	0.00	68	*N/A*	0.00	0.00	3	13.50	0.00	4.50	200	175.0	2.40	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	32	0.02	0	6	0.11	0.00	0	8.24	1.28	0.35	62	6.8	6.82	0.10
Weighted Daily Average			753	7.24	1059	*19	22.57	*0.00	42	108.97	9.64	34.15	1096	654.8	35.51	4.86
% of Calories				8.65%		*10.1%	27.0%	*0.0%		57.9%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/04/2021

Reimbursable Meal Total 2

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000635 OVEN ROASTED CHICKEN	SERVING	1	100	2.00	200	*N/A*	6.60	0.00	37	0.00	0.00	9.30	0	0.0	0.00	0.24
000692 CHILI BEANS, W/O MEAT	SERVINGS	1	71	0.12	262	*1	0.59	*0.00	0	14.52	3.59	3.50	494	37.2	6.62	1.57
000716 ROLLS,WHEAT: scratch 2 oz	Each 2 oz.	1	85	0.31	145	*2	2.24	*0.00	0	14.36	1.23	2.46	1	16.1	0.06	0.69
990045 CORN: frozen, yellow *RESIZED*	1/2 CUP	1	33	0.04	0	1	0.28	0.00	0	7.96	0.99	1.05	82	1.2	1.44	0.19
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	6	0.00	0	1	0.05	0.00	0	1.38	0.36	0.12	2	2.9	10.58	0.07
990035 APPLE HALF *RESIZED*	1/2 CUP	1	32	0.02	1	6	0.11	0.00	0	8.63	1.50	0.16	34	3.8	2.88	0.08
000574 MILK, CHOC NON FAT	HALF PINT	1	60	0.00	90	*N/A*	0.00	0.00	3	10.50	0.00	4.50	250	150.0	0.60	0.00
000230 MILK,1% Lowfat	HALF PINT	1	65	0.75	80	*N/A*	1.25	0.00	8	8.00	0.00	5.50	250	200.0	1.20	0.00
000665 Milk, STRAW. NON FAT	HALF PINT	1	75	0.00	68	*N/A*	0.00	0.00	3	13.50	0.00	4.50	200	175.0	2.40	0.00

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000245 FRUIT,FRESH ASSORTED	EACH	1	32	0.02	0	6	0.11	0.00	0	8.24	1.28	0.35	62	6.8	6.82	0.10
000068 Fruit, BANANA	EACH	1	45	0.06	1	6	0.17	0.00	0	11.53	1.31	0.55	32	2.5	4.39	0.13
000090 Fruit, Fresh Pear	EACH	1	47	0.02	1	8	0.12	0.00	0	12.64	2.57	0.30	21	7.5	3.57	0.15
000086 Fruit, ORANGE WEDGES	3/8 cup	1	16	0.01	0	3	0.04	0.00	0	3.97	0.81	0.32	76	13.5	17.96	0.03
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	15	0.03	0	4	0.08	0.00	0	3.94	0.21	0.14	23	3.2	0.92	0.07
Weighted Daily Average			684	3.37	848	*38	11.63	*0.00	49	119.18	13.84	32.75	1528	619.6	59.45	3.34
% of Calories				4.43%		*22.2%	15.3%	*0.0%		69.7%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/05/2021

Reimbursable Meal Total 2

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000827 PIZZA, BD PARBKD PEPP	EACH	1	180	4.00	285	*N/A*	8.00	0.00	22	17.50	2.00	9.50	200	125.0	0.00	1.35
000826 PIZZA, BD PARBKD CHS	EACH	1	180	4.00	245	*N/A*	8.00	0.00	20	17.50	2.00	9.00	250	150.0	0.00	0.90
000372 GARDEN SALAD	CUP	1	47	0.75	76	*0	5.02	0.00	0	1.40	0.16	0.62	68	2.4	0.38	0.06
000372 GARDEN SALAD	CUP	1	47	0.75	76	*0	5.02	0.00	0	1.40	0.16	0.62	68	2.4	0.38	0.06
990048 CARROT STICKS *RESIZED*	1/4 CUP	1	9	0.01	15	1	0.05	0.00	0	2.10	0.62	0.20	3670	7.3	1.30	0.07
000495 RANCH DIP	TBSP	1	45	0.75	75	*N/A*	5.00	0.00	0	1.00	0.00	0.50	0	0.0	0.00	0.00
990046 Cherry Tomatoes and Cucumbers *RESIZED*	1/4 CUP	1	3	0.01	1	*0	0.03	*0.00	0	0.60	0.14	0.12	84	2.0	1.35	0.04

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990049 SLICED PEACHES *RESIZED*	1/4 CUP	1	24	0.00	2	6	0.03	0.00	0	6.53	0.43	0.15	109	1.0	0.92	0.09
000245 FRUIT,FRESH ASSORTED	EACH	1	32	0.02	0	6	0.11	0.00	0	8.24	1.28	0.35	62	6.8	6.82	0.10
000574 MILK, CHOC NON FAT	HALF PINT	1	60	0.00	90	*N/A*	0.00	0.00	3	10.50	0.00	4.50	250	150.0	0.60	0.00
000230 MILK,1% Lowfat	HALF PINT	1	65	0.75	80	*N/A*	1.25	0.00	8	8.00	0.00	5.50	250	200.0	1.20	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	32	0.02	0	6	0.11	0.00	0	8.24	1.28	0.35	62	6.8	6.82	0.10
Weighted Daily Average			723	11.07	946	*20	32.63	*0.00	53	83.00	8.06	31.42	5073	653.6	19.76	2.76
% of Calories				13.78%		*11.1%	40.6%	*0.0%		45.9%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/08/2021

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000219 CHICKEN TENDERS	SERVING (3)	1	80	1.00	217	*N/A*	4.67	0.00	13	5.00	0.33	4.67	33	6.7	0.00	0.48
000811 CHEESE STUFFED STICKS	SERV (2 STICKS)	1	100	2.00	163	*N/A*	3.67	0.00	8	10.00	1.00	6.67	67	133.3	0.00	0.60
990042 GREEN BEANS *RESIZED*	1/2 CUP	1	4	0.00	56	*N/A*	0.02	*N/A*	0	1.01	0.43	0.27	79	5.8	0.97	0.20
000372 GARDEN SALAD	CUP	1	31	0.50	51	*0	3.35	0.00	0	0.93	0.11	0.41	45	1.6	0.25	0.04
990051 Mini Carrots *RESIZED*	1/2 CUP	1	9	0.01	15	1	0.05	0.00	0	2.04	0.60	0.20	3564	7.0	1.26	0.06
000412 KIWI FRUIT	med	1	15	0.01	1	2	0.13	0.00	0	3.71	0.76	0.29	22	8.6	23.48	0.08
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
000665 Milk, STRAW. NON FAT	HALF PINT	1	50	0.00	45	*N/A*	0.00	0.00	2	9.00	0.00	3.00	133	116.7	1.60	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	21	0.02	0	4	0.08	0.00	0	5.49	0.85	0.23	42	4.5	4.55	0.07
000068 Fruit, BANANA	EACH	1	30	0.04	0	4	0.11	0.00	0	7.69	0.88	0.37	22	1.7	2.93	0.09
000090 Fruit, Fresh Pear	EACH	1	32	0.01	1	5	0.08	0.00	0	8.43	1.72	0.20	14	5.0	2.38	0.10
000064 Fruit, Fresh, APPLE	EACH	1	24	0.01	0	5	0.08	0.00	0	6.35	1.10	0.12	25	2.8	2.12	0.06
000086 Fruit, ORANGE WEDGES	3/8 cup	1	11	0.00	0	2	0.03	0.00	0	2.64	0.54	0.21	51	9.0	11.97	0.02
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	14	0.00	0	3	0.04	0.00	0	3.52	0.72	0.28	68	12.0	15.96	0.03
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	10	0.02	0	2	0.05	0.00	0	2.63	0.14	0.10	15	2.1	0.61	0.04
Weighted Daily Average			515	4.12	663	*29	13.18	*0.00	30	80.80	9.17	23.68	4512	550.2	69.28	1.87
% of Calories				7.20%		*22.5%	23.0%	*0.0%		62.8%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/09/2021

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	1	32	0.37	40	*N/A*	0.62	0.00	4	4.00	0.00	2.75	125	100.0	0.60	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	30	0.00	45	*N/A*	0.00	0.00	1	5.25	0.00	2.25	125	75.0	0.30	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	16	0.01	0	3	0.06	0.00	0	4.12	0.64	0.17	31	3.4	3.41	0.05

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000576 BREAKFAST FOR LUNCH	EACH	1	108	1.33	142	*N/A*	4.67	*0.00	12	14.41	0.25	2.16	*0	5.0	*0.00	*0.27
000369 HASH BROWN POTATOES	1/2 CUP	1	43	0.18	3	0	2.26	0.01	0	5.56	0.62	0.52	0	3.3	1.31	0.11
000104 TATOR TRIANGLE	2 OZ	1	25	0.67	42	*N/A*	1.35	*N/A*	2	3.04	0.34	0.34	0	0.0	0.00	0.07
000704 YOGURT, LOWFAT DANIMALS	EACH	1	20	0.00	16	*N/A*	0.00	0.00	1	4.01	0.00	1.00	*N/A*	37.6	*N/A*	*N/A*
000266 STRING CHEESE	OZ	1	21	0.90	37	*N/A*	1.42	*N/A*	4	0.27	0.00	1.84	37	51.8	0.00	0.02
000649 Whole Grain Wheat Crackers	EA	1	22	0.00	48	*N/A*	0.63	0.00	0	3.75	0.25	0.50	0	5.0	0.00	0.90
000068 Fruit, BANANA	EACH	1	22	0.03	0	3	0.08	0.00	0	5.77	0.66	0.28	16	1.3	2.20	0.07
000090 Fruit, Fresh Pear	EACH	1	24	0.01	0	4	0.06	0.00	0	6.32	1.29	0.15	10	3.7	1.78	0.07
000064 Fruit, Fresh, APPLE	EACH	1	18	0.01	0	4	0.06	0.00	0	4.76	0.83	0.09	19	2.1	1.59	0.04
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	11	0.00	0	2	0.03	0.00	0	2.64	0.54	0.21	51	9.0	11.97	0.02
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	8	0.01	0	2	0.04	0.00	0	1.97	0.10	0.07	12	1.6	0.46	0.03
Weighted Daily Average			401	3.54	375	*18	11.27	*0.01	23	65.88	5.51	12.34	*425	298.8	*23.62	*1.65
% of Calories				7.95%		*18.0%	25.3%	*0.0%		65.7%		12.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 11/10/2021

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	22	0.03	0	3	0.08	0.00	0	5.77	0.66	0.28	16	1.3	2.20	0.07

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000574 MILK, CHOC NON FAT	HALF PINT	1	30	0.00	45	*N/A*	0.00	0.00	1	5.25	0.00	2.25	125	75.0	0.30	0.00
000230 MILK,1% Lowfat	HALF PINT	1	32	0.37	40	*N/A*	0.62	0.00	4	4.00	0.00	2.75	125	100.0	0.60	0.00
000665 Milk, STRAW. NON FAT	HALF PINT	1	38	0.00	34	*N/A*	0.00	0.00	1	6.75	0.00	2.25	100	87.5	1.20	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	16	0.01	0	3	0.06	0.00	0	4.12	0.64	0.17	31	3.4	3.41	0.05
001054 Turkey Deli Sandwich	EACH	1	98	1.40	230	*0	5.14	*0.04	12	8.37	0.25	4.45	44	58.0	0.00	0.65
000690 VEGGIE SUB SANDWICH	EA.	1	95	2.63	223	*0	5.14	0.00	12	8.70	1.13	4.61	218	96.8	0.90	0.40
990051 Mini Carrots *RESIZED*	1/2 CUP	1	7	0.01	11	1	0.04	0.00	0	1.53	0.45	0.15	2673	5.3	0.94	0.05
000705 FRUIT, FRESH PEAR	EACH	1	21	0.01	0	4	0.05	0.00	0	5.64	1.15	0.13	9	3.3	1.59	0.07
000064 Fruit, Fresh, APPLE	EACH	1	18	0.01	0	4	0.06	0.00	0	4.76	0.83	0.09	19	2.1	1.59	0.04
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	11	0.00	0	2	0.03	0.00	0	2.64	0.54	0.21	51	9.0	11.97	0.02
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	8	0.01	0	2	0.04	0.00	0	1.97	0.10	0.07	12	1.6	0.46	0.03
Weighted Daily Average			395	4.48	584	*18	11.27	*0.04	30	59.49	5.74	17.41	3422	443.2	25.16	1.38
% of Calories				10.21%		*18.2%	25.7%	*0.1%		60.2%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/15/2021

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	97	1.21	160	*N/A*	2.76	0.00	5	13.65	2.65	5.20	98	50.0	0.40	1.20
000720 SALSA, CUP	SERV(3 OZ. CUP)	1	3	0.00	23	*N/A*	0.00	0.00	0	0.67	0.00	0.00	33	0.0	0.80	0.12
990040 Fruit Cocktail *RESIZED*	1/2 CUP	1	23	0.00	2	6	0.03	0.00	0	6.02	0.40	0.16	84	2.4	0.77	0.12
Weighted Daily Average			207	1.71	299	*6	3.62	0.00	12	32.67	3.06	12.03	549	285.8	3.17	1.44
% of Calories				7.43%		*11.6%	15.7%	0.0%		63.1%		23.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/16/2021

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	8	0.01	0	2	0.04	0.00	0	1.97	0.10	0.07	12	1.6	0.46	0.03
000230 MILK,1% Lowfat	HALF PINT	1	32	0.37	40	*N/A*	0.62	0.00	4	4.00	0.00	2.75	125	100.0	0.60	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	30	0.00	45	*N/A*	0.00	0.00	1	5.25	0.00	2.25	125	75.0	0.30	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	16	0.01	0	3	0.06	0.00	0	4.12	0.64	0.17	31	3.4	3.41	0.05
000780 WOWBUTTER & JELLY SANDWICH	EACH	1	110	0.84	*92	*1	4.05	*0.00	0	14.25	1.79	3.24	1	100.8	0.00	0.95

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990051 Mini Carrots *RESIZED*	1/2 CUP	1	7	0.01	11	1	0.04	0.00	0	1.53	0.45	0.15	2673	5.3	0.94	0.05
Weighted Daily Average			203	1.24	*188	*6	4.81	*0.00	5	31.13	2.98	8.64	2966	286.0	5.71	1.09
% of Calories				5.50%		*11.8%	21.3%	*0.0%		61.3%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 11/17/2021

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000775 POTATO CHIPS	SERV	1	40	0.25	42	*N/A*	2.50	0.00	0	3.75	0.25	0.50	0	0.0	1.50	0.09
000574 MILK, CHOC NON FAT	HALF PINT	1	30	0.00	45	*N/A*	0.00	0.00	1	5.25	0.00	2.25	125	75.0	0.30	0.00
000230 MILK,1% Lowfat	HALF PINT	1	32	0.37	40	*N/A*	0.62	0.00	4	4.00	0.00	2.75	125	100.0	0.60	0.00
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	11	0.00	0	2	0.03	0.00	0	2.64	0.54	0.21	51	9.0	11.97	0.02
000821 CHEESE PILLOWS	EACH	1	72	1.25	158	*N/A*	3.50	0.00	8	7.25	0.00	3.75	34	60.8	0.12	0.14
Weighted Daily Average			186	1.88	285	*2	6.65	0.00	13	22.89	0.79	9.46	335	244.8	14.49	0.25
% of Calories				9.10%		*4.3%	32.2%	0.0%		49.2%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/18/2021

Reimbursable Meal Total 3

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	30	0.04	0	4	0.11	0.00	0	7.69	0.88	0.37	22	1.7	2.93	0.09
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
000776 GRILLED CHEESE SANDWICH	EACH	1	86	1.28	205	*1	3.73	*0.01	5	8.86	1.72	3.99	114	223.4	0.00	0.97
990067 CELERY STICKS *RESIZED*	1/2 CUP	1	3	0.01	20	0	0.04	0.00	0	0.74	0.40	0.17	111	9.9	0.77	0.05
Weighted Daily Average			203	1.83	339	*5	4.72	*0.01	12	29.62	2.99	11.19	580	468.3	4.90	1.11
% of Calories				8.11%		*9.9%	20.9%	*0.0%		58.4%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/19/2021

Reimbursable Meal Total 2

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990035 APPLE HALF *RESIZED*	1/2 CUP	1	32	0.02	1	6	0.11	0.00	0	8.63	1.50	0.16	34	3.8	2.88	0.08
000574 MILK, CHOC NON FAT	HALF PINT	1	60	0.00	90	*N/A*	0.00	0.00	3	10.50	0.00	4.50	250	150.0	0.60	0.00
000230 MILK,1% Lowfat	HALF PINT	1	65	0.75	80	*N/A*	1.25	0.00	8	8.00	0.00	5.50	250	200.0	1.20	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	32	0.02	0	6	0.11	0.00	0	8.24	1.28	0.35	62	6.8	6.82	0.10
000187 Cheese Quesadilla	EACH	1	160	2.50	245	*N/A*	6.50	0.00	22	17.50	2.00	9.00	150	150.0	0.00	1.35

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000720 SALSA, CUP	SERV(3 OZ. CUP)	1	5	0.00	35	*N/A*	0.00	0.00	0	1.00	0.00	0.00	50	0.0	1.20	0.18
Weighted Daily Average			354	3.29	451	*12	7.97	0.00	33	53.87	4.78	19.51	796	510.5	12.70	1.71
% of Calories				8.36%		*13.6%	20.3%	0.0%		60.9%		22.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/29/2021

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000126 PORK RIB B QUE	EACH (2.25 OZ)	1	55	1.40	*N/A*	*N/A*	4.10	0.10	11	0.43	0.20	3.27	*N/A*	8.0	0.00	0.23
000412 KIWI FRUIT	med	1	15	0.01	1	2	0.13	0.00	0	3.71	0.76	0.29	22	8.6	23.48	0.08
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	21	0.02	0	4	0.08	0.00	0	5.49	0.85	0.23	42	4.5	4.55	0.07
000821 CHEESE PILLOWS	EACH	1	97	1.67	210	*N/A*	4.67	0.00	10	9.67	0.00	5.00	46	81.1	0.16	0.18
000660 MARINARA SAUCE CUP	SERVING	1	15	0.00	80	*N/A*	0.50	0.00	0	2.33	0.33	0.33	67	6.7	2.00	0.12
990042 GREEN BEANS *RESIZED*	1/2 CUP	1	4	0.00	56	*N/A*	0.02	*N/A*	0	1.01	0.43	0.27	79	5.8	0.97	0.20
000068 Fruit, BANANA	EACH	1	30	0.04	0	4	0.11	0.00	0	7.69	0.88	0.37	22	1.7	2.93	0.09
000090 Fruit, Fresh Pear	EACH	1	32	0.01	1	5	0.08	0.00	0	8.43	1.72	0.20	14	5.0	2.38	0.10
000064 Fruit, Fresh, APPLE	EACH	1	24	0.01	0	5	0.08	0.00	0	6.35	1.10	0.12	25	2.8	2.12	0.06

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	14	0.00	0	3	0.04	0.00	0	3.52	0.72	0.28	68	12.0	15.96	0.03
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	10	0.02	0	2	0.05	0.00	0	2.63	0.14	0.10	15	2.1	0.61	0.04
Weighted Daily Average			401	3.68	*463	*26	10.69	*0.10	28	63.61	7.12	17.12	*731	371.6	56.36	1.20
% of Calories				8.26%		*25.9%	24.0%	*0.2%		63.5%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/30/2021

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000574 MILK, CHOC NON FAT	HALF PINT	1	30	0.00	45	*N/A*	0.00	0.00	1	5.25	0.00	2.25	125	75.0	0.30	0.00
000230 MILK,1% Lowfat	HALF PINT	1	32	0.37	40	*N/A*	0.62	0.00	4	4.00	0.00	2.75	125	100.0	0.60	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	16	0.01	0	3	0.06	0.00	0	4.12	0.64	0.17	31	3.4	3.41	0.05
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	118	2.00	*N/A*	*N/A*	4.65	0.00	14	12.70	0.60	5.90	34	46.5	0.00	1.10
000694 MACARONI & CHEESE	SERVING	1	67	1.50	164	*N/A*	2.75	0.00	9	7.00	0.25	3.75	126	94.8	0.25	0.25
990051 Mini Carrots *RESIZED*	1/2 CUP	1	7	0.01	11	1	0.04	0.00	0	1.53	0.45	0.15	2673	5.3	0.94	0.05
000068 Fruit, BANANA	EACH	1	22	0.03	0	3	0.08	0.00	0	5.77	0.66	0.28	16	1.3	2.20	0.07
000090 Fruit, Fresh Pear	EACH	1	24	0.01	0	4	0.06	0.00	0	6.32	1.29	0.15	10	3.7	1.78	0.07
000064 Fruit, Fresh, APPLE	EACH	1	18	0.01	0	4	0.06	0.00	0	4.76	0.83	0.09	19	2.1	1.59	0.04
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	11	0.00	0	2	0.03	0.00	0	2.64	0.54	0.21	51	9.0	11.97	0.02

Base Menu Spreadsheet

Weighted Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	8	0.01	0	2	0.04	0.00	0	1.97	0.10	0.07	12	1.6	0.46	0.03
Weighted Daily Average			352	3.96	*261	*18	8.39	0.00	28	56.07	5.35	15.77	3221	342.6	23.50	1.69
% of Calories				10.12%		*20.5%	21.5%	0.0%		63.7%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	418	4	*524	*17	11.95	*0.02	27	62.20	6.11	18.79	*2153	447	*28.17	*1.96
% of Calories		8.35%		*16.3%	25.7%	*0.0%		59.5%		18.0%				

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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