

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 10/03/2022

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)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	89	1.04	144	*N/A*	3.06	0.00	10	9.37	0.77	6.15	26	22.1	3.27	1.07
000780 WOWBUTTER & JELLY SANDWICH	EACH	1	147	1.12	*123	*1	5.40	*0.01	0	19.01	2.38	4.32	1	134.3	0.00	1.27
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
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
990047 FRENCH FRIES *RESIZED*	4 oz	1	62	1.33	7	*N/A*	2.66	*N/A*	3	8.89	0.89	0.89	0	0.0	1.06	0.32

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
990032 APPLESAUCE *RESIZED*	1/2 CUP	1	56	0.02	2	12	0.14	0.00	0	14.34	0.98	0.13	5	2.5	1.39	0.10
Weighted Daily Average			645	4.13	*436	*41	12.69	*0.01	21	113.41	11.73	22.96	756	554.6	72.53	3.24
% of Calories				5.76%		*25.4%	17.7%	*0.0%		70.3%		14.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 10/04/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000304 TEACHER GRADING DAY																
900012 CHICKEN FAJITAS	EACH	1	379	3.18	531	*11	15.02	*0.03	59	37.35	2.94	23.29	349	85.7	6.65	2.36

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Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
000187 Cheese Quesadilla	EACH	1	320	5.00	490	*N/A*	13.00	0.00	45	35.00	4.00	18.00	300	300.0	0.00	2.70
990060 REFRIED BEANS *RESIZED*	1/2 CUP	1	107	0.75	440	1	2.39	0.02	0	16.12	4.40	5.93	0	34.5	7.14	1.71
990112 Bean & Cheese Quesadilla	Each	1	297	3.00	566	*N/A*	9.50	0.00	55	31.00	3.00	*N/A*	272	274.0	3.41	3.02
Weighted Daily Average			1823	*13.68	2402	*75	43.86	*0.05	*179	273.57	*30.62	*71.80	3760	1552.4	179.46	*11.14
% of Calories				*6.75%		*16.5%	21.7%	*0.0%		60.0%		*15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 10/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*

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Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
000304 TEACHER GRADING DAY																
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	0.00	40	35.00	4.00	18.00	500	300.0	0.00	1.80
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	0.00	45	35.00	4.00	19.00	400	250.0	0.00	2.70
000372 GARDEN SALAD	CUP	1	94	1.50	153	*1	10.04	0.00	0	2.80	0.32	1.24	136	4.9	0.76	0.11
990074 GARDEN SALAD *RESIZED*	1/2 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
Weighted Daily Average			2301	*21.74	2038	*128	54.96	*0.00	*125	382.40	*41.04	88.04	6782	2273.7	325.66	*7.36
% of Calories				*8.50%		*22.3%	21.5%	*0.0%		66.5%		15.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 10/06/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	0.00	45	35.00	4.00	19.00	400	250.0	0.00	2.70
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	0.00	40	35.00	4.00	18.00	500	300.0	0.00	1.80
000372 GARDEN SALAD	CUP	1	94	1.50	153	*1	10.04	0.00	0	2.80	0.32	1.24	136	4.9	0.76	0.11
990074 GARDEN SALAD *RESIZED*	1/2 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
000721 SPAGHETTI W/ MEAT SAUCE	SERV(1/2 c)	1	196	3.13	361	*0	8.37	*0.46	37	17.85	3.15	13.93	306	23.3	5.14	2.05
000722 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	130	0.58	220	*0	1.70	*0.00	2	25.17	3.30	5.55	372	45.9	1.95	1.10
000716 ROLLS,WHEAT: scratch 2 oz	Each 2 oz.	1	171	0.62	291	*4	4.47	*0.00	0	28.73	2.45	4.91	2	32.2	0.13	1.38
990055 PEAS *RESIZED*	1/2 CUP	1	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00

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Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000665 Milk, STRAW. NON FAT	HALF PINT	1	150	0.00	135	*N/A*	0.00	0.00	5	27.00	0.00	9.00	400	350.0	4.80	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	64	0.05	1	12	0.23	0.00	0	16.47	2.55	0.70	125	13.6	13.64	0.21
000705 FRUIT, FRESH PEAR	EACH	1	84	0.03	1	14	0.21	0.00	0	22.54	4.59	0.53	37	13.3	6.36	0.27
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	31	0.05	1	7	0.16	0.00	0	7.89	0.41	0.29	46	6.4	1.84	0.13
Weighted Daily Average			2823	26.16	3042	*141	69.54	*0.46	169	453.05	52.92	124.78	7252	2588.8	211.80	12.89
% of Calories				8.34%		*20.0%	22.2%	*0.1%		64.2%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 10/07/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000304 TEACHER GRADING DAY																
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000166 MANAGER'S CHOICE																
Weighted Daily Average			1440	*3.48	749	*128	7.90	*0.00	*40	308.19	*32.55	49.17	5678	1716.4	324.53	*2.69
% of Calories				*2.18%		*35.6%	4.9%	*0.0%		85.6%		13.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

Monday - 10/10/2022

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
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

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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	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 - 10/11/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	0.00	43	64.22	4.72	17.81	4073	49.0	*25.14	1.58
000808 Veggie Asian Bowl	SERV	1	432	1.31	1100	*N/A*	8.52	0.05	2	66.96	8.69	26.11	4172	148.2	26.13	2.65

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
990059 BROCCOLI: frozen, boiled *RESIZED*	1/2 CUP	1	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000371 DICED PEACHES	CUP	1	252	0.01	21	*N/A*	0.08	0.00	0	68.28	2.62	1.23	343	7.9	3.14	0.76
Weighted Daily Average			1837	*4.66	2067	*65	21.25	*0.05	*65	358.47	*35.07	72.59	12358	1093.6	*253.58	*6.90
% of Calories				*2.28%		*14.2%	10.4%	*0.0%		78.1%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 10/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000708 PULLED PORK BBQ SANDWICH	SERVING	1	255	0.80	648	*9	4.51	0.01	20	41.63	3.68	13.48	150	224.9	0.11	2.50

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
000770 VEGGIE WRAP	EA.	1	377	10.01	796	*1	19.77	*0.00	50	42.94	7.28	17.18	871	374.9	3.61	1.99
990045 CORN: frozen, yellow *RESIZED*	1/2 CUP	1	67	0.08	1	3	0.55	0.00	0	15.92	1.98	2.10	164	2.5	2.89	0.39
990040 Fruit Cocktail *RESIZED*	1/2 CUP	1	69	0.01	7	17	0.08	0.00	0	18.07	1.21	0.48	252	7.3	2.30	0.35
Weighted Daily Average			1488	*12.65	1827	*93	28.86	*0.01	*90	272.65	*30.42	57.83	4275	1467.7	171.17	*6.58
% of Calories				*7.65%		*25.0%	17.5%	*0.0%		73.3%		15.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 10/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000619 CHICKEN ALFREDO	EA	1	304	5.70	760	*N/A*	10.69	*0.00	66	34.00	3.00	20.25	3	93.0	0.00	1.83

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
000659 CHEESE STICK (BOSCO)	SERVING(2 EA)	1	280	3.00	460	*N/A*	7.00	0.00	20	34.00	2.00	20.00	600	500.0	0.00	2.16
000372 GARDEN SALAD	CUP	1	94	1.50	153	*1	10.04	0.00	0	2.80	0.32	1.24	136	4.9	0.76	0.11
990074 GARDEN SALAD *RESIZED*	1/2 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
000287 MARINARA SAUCE	1 CUP	1	289	4.53	521	*3	13.14	*0.00	69	18.32	1.97	23.54	285	44.7	5.46	4.06
Weighted Daily Average			1634	17.23	2314	*67	49.84	*0.00	175	222.62	23.73	90.24	2930	1423.2	108.86	9.56
% of Calories				9.49%		*16.4%	27.5%	*0.0%		54.5%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 10/14/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000682 Fish, WG Pollock	ea	1	160	1.00	250	*N/A*	6.00	0.00	35	16.00	2.00	11.00	0	20.0	0.00	0.72
000682 Fish, WG Pollock	ea	1	160	1.00	250	*N/A*	6.00	0.00	35	16.00	2.00	11.00	0	20.0	0.00	0.72
000682 Fish, WG Pollock	ea	1	160	1.00	250	*N/A*	6.00	0.00	35	16.00	2.00	11.00	0	20.0	0.00	0.72
000681 POTATO WEDGES	SERVING	1	120	1.50	25	*N/A*	3.00	*N/A*	0	20.00	2.00	2.00	0	0.0	12.00	0.71
Weighted Daily Average			1320	*6.24	1149	*64	24.95	*0.00	*125	222.10	*24.28	59.58	2839	918.2	174.26	*4.22
% of Calories				*4.25%		*19.4%	17.0%	*0.0%		67.3%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 10/17/2022

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

Oct 3, 2022 thru Oct 31, 2022

	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 - 10/18/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000304 TEACHER GRADING DAY																
900012 CHICKEN FAJITAS	EACH	1	379	3.18	531	*11	15.02	*0.03	59	37.35	2.94	23.29	349	85.7	6.65	2.36
000187 Cheese Quesadilla	EACH	1	320	5.00	490	*N/A*	13.00	0.00	45	35.00	4.00	18.00	300	300.0	0.00	2.70
990060 REFRIED BEANS *RESIZED*	1/2 CUP	1	107	0.75	440	1	2.39	0.02	0	16.12	4.40	5.93	0	34.5	7.14	1.71
990112 Bean & Cheese Quesadilla	Each	1	297	3.00	566	*N/A*	9.50	0.00	55	31.00	3.00	*N/A*	272	274.0	3.41	3.02
Weighted Daily Average			1823	*13.68	2402	*75	43.86	*0.05	*179	273.57	*30.62	*71.80	3760	1552.4	179.46	*11.14
% of Calories				*6.75%		*16.5%	21.7%	*0.0%		60.0%		*15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 10/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000304 TEACHER GRADING DAY																
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	0.00	56	50.80	2.40	23.60	138	186.0	0.00	4.40
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	0.00	31	28.10	2.30	18.46	78	66.4	9.81	3.20
000817 VEGGIE SLIDER BURGERS	SERV(2 EACH)	1	310	3.50	460	*N/A*	12.00	0.00	15	40.00	6.00	14.00	200	150.0	15.00	2.70
000775 POTATO CHIPS	SERV	1	160	1.00	170	*N/A*	10.00	0.00	0	15.00	1.00	2.00	0	0.0	6.00	0.36
Weighted Daily Average			1930	*17.36	*1438	*64	53.74	*0.00	*122	287.99	*27.98	82.65	3255	1260.6	193.07	*12.01
% of Calories				*8.10%		*13.3%	25.1%	*0.0%		59.7%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 10/20/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	0.00	15	40.95	7.96	15.60	295	150.0	1.20	3.60
000799 CHICKEN LITTLE SLIDER	SERVING (2EACH)	1	248	1.90	462	*N/A*	7.20	0.00	47	29.60	2.23	17.30	5	520.0	10.20	2.20
990045 CORN: frozen, yellow *RESIZED*	1/2 CUP	1	67	0.08	1	3	0.55	0.00	0	15.92	1.98	2.10	164	2.5	2.89	0.39
990084 GOLDEN CORN *RESIZED*	1/2 CUP	1	55	0.20	168	4	1.00	0.00	0	11.76	1.64	1.88	38	2.5	1.48	0.22
Weighted Daily Average			1281	7.55	1454	*70	20.99	0.00	82	230.33	30.09	61.47	2341	1453.1	118.03	7.76
% of Calories				5.30%		*21.9%	14.7%	0.0%		71.9%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 10/21/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	0.00	40	35.00	4.00	18.00	500	300.0	0.00	1.80
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	0.00	45	35.00	4.00	19.00	400	250.0	0.00	2.70
000372 GARDEN SALAD	CUP	1	94	1.50	153	*1	10.04	0.00	0	2.80	0.32	1.24	136	4.9	0.76	0.11
990074 GARDEN SALAD *RESIZED*	1/2 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
Weighted Daily Average			1581	*20.00	1663	*65	51.01	*0.00	*105	228.30	*24.76	63.45	3942	1415.5	163.40	*6.01
% of Calories				*11.39%		*16.4%	29.0%	*0.0%		57.8%		16.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 10/24/2022

Reimbursable Meal Total 3

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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
000582 VEGGIE BURGER	EACH	1	150	0.63	385	*N/A*	3.49	*N/A*	1	21.03	2.71	9.16	378	60.2	0.00	1.58
990050 TATOR TOTS *RESIZED*	1/2 CUP	1	82	0.71	198	0	3.86	*N/A*	0	11.64	0.85	0.91	2	6.0	1.71	0.25
990041 DICED PEARS *RESIZED*	1/2 CUP	1	24	0.00	2	5	0.01	0.00	0	6.35	0.67	0.08	0	2.1	0.29	0.12
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
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

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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	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			635	2.95	977	*34	13.51	*0.00	22	107.86	11.87	26.48	4701	477.6	70.06	2.97
% of Calories				4.18%		*21.4%	19.1%	*0.0%		67.9%		16.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 10/25/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
000778 HOT DOG, BUN&FRANK	EA	1	300	4.50	730	*N/A*	15.00	0.00	30	34.00	3.00	14.00	*0	200.0	*0.00	2.52
900019 MACARONI AND CHEESE	2/3 CUP	1	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
990061 BAKED BEANS *RESIZED*	1/2 CUP	1	119	0.09	436	10	0.47	0.00	0	26.85	5.21	6.03	137	43.2	0.00	1.51
Weighted Daily Average			1460	*13.22	2501	*82	31.62	*0.00	*83	245.46	*25.28	67.57	*4641	1716.7	*163.20	*6.24
% of Calories				*8.15%		*22.5%	19.5%	*0.0%		67.2%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 10/26/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*
001052 CHICK ON BUN	EACH	1	404	4.50	736	*N/A*	19.06	*N/A*	38	41.24	1.93	16.72	64	88.8	42.52	2.45
000690 VEGGIE SUB SANDWICH	EA.	1	378	10.51	893	*1	20.58	0.00	50	34.78	4.52	18.42	871	387.3	3.61	1.60

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
990045 CORN: frozen, yellow *RESIZED*	1/2 CUP	1	67	0.08	1	3	0.55	0.00	0	15.92	1.98	2.10	164	2.5	2.89	0.39
990031 DICED PEACHES *RESIZED*	1/2 CUP	1	126	0.00	10	*N/A*	0.04	0.00	0	34.14	1.31	0.62	172	3.9	1.57	0.38
Weighted Daily Average			1694	*16.84	2015	*67	44.19	*0.00	*108	280.19	*26.02	62.44	4109	1340.8	212.86	*6.16
% of Calories				*8.95%		*15.8%	23.5%	*0.0%		66.2%		14.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 10/27/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000327 TURKEY & GRAVY	SERV	1	328	2.94	2827	*N/A*	12.15	*N/A*	72	33.67	0.08	24.67	3	102.9	0.48	2.58
000716 ROLLS,WHEAT: scratch 2 oz	Each 2 oz.	1	171	0.62	291	*4	4.47	*0.00	0	28.73	2.45	4.91	2	32.2	0.13	1.38

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)
000776 GRILLED CHEESE SANDWICH	EACH	1	258	3.85	615	*3	11.20	*0.02	15	26.59	5.15	11.97	341	670.1	0.00	2.92
990068 MASHED POTATOES *RESIZED*	1/2 CUP	1	102	3.35	172	2	5.39	0.18	15	11.41	0.84	1.86	181	33.6	10.18	0.17
Weighted Daily Average			1479	12.50	4249	*72	37.16	*0.20	122	232.49	24.80	67.99	2365	1616.9	113.06	8.40
% of Calories				7.61%		*19.5%	22.6%	*0.1%		62.9%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 10/28/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
000829 SIDEKICK, CHERRY SMTH N GOOD	EACH	1	100	*N/A*	30	*N/A*	0.00	*N/A*	*N/A*	22.00	*N/A*	0.00	1000	80.0	60.00	*N/A*

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000166 MANAGER'S CHOICE																
Weighted Daily Average			720	*1.74	374	*64	3.95	*0.00	*20	154.10	*16.28	24.59	2839	858.2	162.26	*1.35
% of Calories				*2.18%		*35.6%	4.9%	*0.0%		85.6%		13.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 10/31/2022

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	89	1.04	144	*N/A*	3.06	0.00	10	9.37	0.77	6.15	26	22.1	3.27	1.07
000780 WOWBUTTER & JELLY SANDWICH	EACH	1	147	1.12	*123	*1	5.40	*0.01	0	19.01	2.38	4.32	1	134.3	0.00	1.27
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
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

Base Menu Spreadsheet

Weighted Values

Oct 3, 2022 thru Oct 31, 2022

	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
990047 FRENCH FRIES *RESIZED*	4 oz	1	62	1.33	7	*N/A*	2.66	*N/A*	3	8.89	0.89	0.89	0	0.0	1.06	0.32
990032 APPLESAUCE *RESIZED*	1/2 CUP	1	56	0.02	2	12	0.14	0.00	0	14.34	0.98	0.13	5	2.5	1.39	0.10
Weighted Daily Average			645	4.13	*436	*41	12.69	*0.01	21	113.41	11.73	22.96	756	554.6	72.53	3.24
% of Calories				5.76%		*25.4%	17.7%	*0.0%		70.3%		14.2%				
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	1409	*10.87	*1660	*71	31.09	*0.04	*91	234.37	*25.24	*58.85	*4208	1283	*162.30	*6.36
% of Calories		*6.94%		*20.2%	19.9%	*0.0%		66.5%		*16.7%				

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.