

Base Menu Spreadsheet

Weighted Values

Oct 1, 2022 thru Oct 31, 2022

Menu Name: High School Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 10/03/2022

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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	0.00

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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 1, 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)
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80

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Weighted Values

Oct 1, 2022 thru Oct 31, 2022

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000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60

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Oct 1, 2022 thru Oct 31, 2022

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000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 10/06/2022

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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 10/07/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 10/10/2022

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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 10/12/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 10/17/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 10/20/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 10/21/2022

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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 10/24/2022

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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 10/25/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 10/28/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 10/31/2022

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)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	0.00	56	57.26	2.45	21.59	105	21.1	0.00	2.07
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.16	10	0.00	0.00	0.04	118	1.1	0.00	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
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
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	*N/A*	0	6.67	0.67	0.67	0	0.0	3.02	0.20
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	*N/A*	8	26.66	2.66	2.66	0	0.0	3.19	0.95
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	0.00	25	16.00	3.00	16.00	100	40.0	0.00	1.80
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	*0.00	5	95.57	*9.32	14.96	*3695	247.9	*169.10	*3.62
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	*0.00	37	31.90	1.40	17.90	13	91.1	0.00	3.10
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	*N/A*	22	35.00	1.00	17.50	750	280.0	0.00	1.98
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	0.00	0	24.67	1.33	2.67	*N/A*	*N/A*	*N/A*	0.48
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
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
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
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
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
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	*N/A*	0	16.01	2.16	0.97	817	44.4	32.04	0.18
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
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	*0.00	18	26.73	4.20	20.52	1455	453.8	1.99	1.98
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	*0.00	105	48.42	4.00	27.28	4	176.0	0.00	2.38
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
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	0.00	25	47.00	6.00	22.00	100	240.0	0.00	3.60
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	0.00	40	15.00	1.00	14.00	100	20.0	0.00	1.44
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	0.00	45	21.00	0.00	12.00	0	0.0	1.20	1.80
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	0.00	70	13.00	1.00	16.00	500	20.0	0.00	1.80
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	0.00	60	10.00	0.00	14.00	0	0.0	*N/A*	0.72
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	*N/A*	85	9.58	0.40	22.73	231	8.0	3.50	0.40
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	*0.00	23	40.79	10.32	20.14	39682	349.3	18.78	5.38

Base Menu Spreadsheet

Weighted Values

Oct 1, 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)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	0.00	55	43.00	3.00	21.00	500	170.0	0.00	3.60
Weighted Daily Average			9951	114.67	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories				10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	9951	115	*16684	*163	348.46	*1.15	1351	1183.55	*129.10	559.17	*135802	*4606.3	*571.02	*82.54
% of Calories		10.37%		*6.6%	31.5%	*0.1%		47.6%		22.5%				

- *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
- 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.