

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

Menu Name: High School Lunch

Include Cost: No

Site:

Report Style: Detailed

Friday - 10/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52

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Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Monday - 10/04/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04

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Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00

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000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Tuesday - 10/05/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00

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000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97

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990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
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000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Wednesday - 10/06/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
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000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
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000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66

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000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Thursday - 10/07/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Friday - 10/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Monday - 10/11/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Tuesday - 10/12/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Wednesday - 10/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Thursday - 10/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Friday - 10/15/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Monday - 10/18/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Tuesday - 10/19/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Wednesday - 10/20/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Thursday - 10/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Friday - 10/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Monday - 10/25/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Tuesday - 10/26/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Wednesday - 10/27/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Thursday - 10/28/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER,WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	47.6%	22.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0		

Friday - 10/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000580 ASIAN RICE BOWL	SERVING	1	361	1.05	436	*N/A*	4.47	57.26	21.59
000213 BUTTER, WITH SALT	TSP	1	34	2.43	30	0	3.84	0.00	0.04
000737 BURRITO, X-TREME	SERV(5.2 OZ)	1	291	3.62	479	*N/A*	8.29	40.95	15.60
000826 PIZZA, BD PARBKD CHS	EACH	1	360	8.00	490	*N/A*	16.00	35.00	18.00
000827 PIZZA, BD PARBKD PEPP	EACH	1	360	8.00	570	*N/A*	16.00	35.00	19.00
000452 MINI CHEESEBURGERS	SERV (2 sand)	1	472	8.00	*N/A*	*N/A*	18.60	50.80	23.60

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000735 MINI CHEESEBURGERS (INT)	SERV (2 sand)	1	268	3.12	433	*N/A*	9.19	28.10	18.46
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000116 POTATO, FRIES, WESTERN SPICY,	OZ	1	50	0.67	110	*N/A*	2.33	6.67	0.67
990047 FRENCH FRIES *RESIZED*	4 oz	1	187	4.00	20	*N/A*	7.99	26.66	2.66
000738 CHICKEN, PATTY FC WG CRISPY	SERV(3.49 OZ)	1	260	2.50	400	*N/A*	15.00	16.00	16.00
000671 SALAD, FRUIT	SERV	1	539	1.80	165	*52	15.96	95.57	14.96
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14
000161 HAMBURGER	SERVING	1	309	4.40	597	*N/A*	12.20	31.90	17.90
000015 Ham & Cheese Deli Sandwich	EACH	1	310	4.00	1160	*N/A*	11.24	35.00	17.50
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
990057 RICE, BROWN WHOLE GRAIN PRBLD *RESIZED*	1CUP	1	113	0.00	0	*N/A*	0.00	24.67	2.67
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	0.33	23.07	1.10
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	0.44	14.35	1.44
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	0.23	25.28	0.60
000099 Fruit, FRESH STRAWBERRIES	CUP	1	46	0.02	1	7	0.43	11.06	0.96
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	0.11	2.76	0.24

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	0.23	19.06	0.36
000315 Fruit, MANDARIN ORANGE	EACH	1	64	0.05	2	*N/A*	0.37	16.01	0.97
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	0.11	10.58	0.85
000412 KIWI FRUIT	med	1	46	0.02	2	7	0.40	11.14	0.87
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	23.16	22.41	22.77
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
900030 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	37.37	20.88
000629 SPAGHETTI, MEATLESS	SERV(1/2 CUP)	1	297	4.46	506	*N/A*	12.13	26.73	20.52
000640 CHICKEN ALFREDO (SEC.)	EA	1	477	11.33	1182	*N/A*	20.50	48.42	27.28
000809 Chicken Asian Rice Bowl	SERV	1	408	1.59	561	*N/A*	8.59	64.22	17.81
000739 CHICKEN SANDWICH	SERVING	1	420	2.50	670	*N/A*	17.00	47.00	22.00
000219 CHICKEN TENDERS	SERVING (3)	1	240	3.00	650	*N/A*	14.00	15.00	14.00
000650 MANDARIN ORANGE CHICKEN	SERVING	1	160	0.50	309	*N/A*	3.00	21.00	12.00
000554 SPICY CHICKEN TENDERS	Serv (3 tenders)	1	220	2.50	400	*N/A*	11.00	13.00	16.00
000743 SWEET & SOUR CHICKEN	SERVING (2OZ)	1	170	1.50	150	*N/A*	7.00	10.00	14.00
000135 TERIYAKI CHICKEN	3OZ	1	169	1.02	561	*N/A*	4.12	9.58	22.73
000675 SALAD, CHICKEN CAESAR	SERV	1	313	3.38	986	*9	9.25	40.79	20.14

Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 29, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Protn (g)
000588 SPICY CHIC. SANDWICH	EA.	1	360	2.50	670	*N/A*	13.00	43.00	21.00
Weighted Daily Average			9951	114.67	*16684	*163	348.46	1183.55	559.17
% of Calories				10.37%		*6.6%	31.5%	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)	Carb (g)	Protn (g)
Weighted Averages	9951	115	*16684	*163	348.46	1183.55	559.17
% of Calories		10.37%		*6.6%	31.5%	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.