

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 12/01/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990094 Chicken Teriyaki/Rice | serving | 1 | 378 | 2.55 | 942 | *19 | 11.41 | 0.00 | 40 | 53.40 | 0.68 | 15.48 | 979 | 71.5 | 1.21 | 2.29 |
| 000149 Cheeseburger on Bun | each | 1 | 265 | 3.99 | 403 | *1 | 12.30 | 0.00 | 44 | 20.92 | 2.00 | 19.45 | 152 | 154.1 | 0.00 | 2.06 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 000181 Homemade Bread | each | 1 | 140 | 0.50 | 190 | 3 | 2.50 | 0.00 | 0 | 24.00 | 5.00 | 6.00 | 20 | 40.0 | 0.00 | 1.44 |
| 008044 Peas, Seasoned | 1/2 cup | 1 | 73 | 0.60 | 60 | 4 | 1.11 | 0.00 | 2 | 12.04 | 3.77 | 4.30 | 1785 | 20.2 | 8.26 | 1.27 |
| 990169 Fried Rice | 6 oz | 1 | 233 | 1.56 | 422 | *3 | 5.37 | 0.00 | 142 | 37.70 | 1.61 | 8.12 | 2978 | 26.9 | 2.06 | 3.03 |
| 000085 Orange Smiles | 1/2 EACH | 1 | 40 | 0.00 | 0 | 7 | 0.00 | 0.00 | 0 | 9.50 | 1.50 | 0.50 | 50 | 30.0 | 39.00 | 0.00 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 000222 Ketchup packet | packet | 1 | 10 | 0.00 | 25 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 10 | 0.0 | 0.00 | 0.00 |
| 000223 Mustard: individual PC | packet | 1 | 0 | 0.00 | 57 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000763 Pickles, Sliced Dill | 3 slices | 1 | 0 | 0.00 | 159 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000473 BBQ Sauce | TBSP | 1 | 20 | 0.00 | 90 | 3 | 0.00 | 0.00 | 0 | 4.48 | 0.56 | 0.00 | 112 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2940 | 35.42 | 5078 | *171 | 105.62 | *0.00 | 381 | 380.44 | 21.73 | 113.03 | 17401 | 2453.2 | 146.63 | 12.66 |
| % of Calories | | | | 10.84% | | *23.3% | 32.3% | *0.0% | | 51.8% | | 15.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 12/02/2021

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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 000613 Spaghetti & Meatballs | servings | 1 | 371 | 3.50 | 703 | 4 | 11.68 | 0.00 | 36 | 46.47 | 4.06 | 18.91 | 597 | 108.2 | 7.87 | 4.48 |
| 000661 Bosco Sticks/Marinara Sauce | serving 2 | 1 | 472 | 7.00 | 780 | 5 | 14.81 | 0.00 | 30 | 59.63 | 3.60 | 24.01 | 0 | 444.2 | 0.00 | 4.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 000181 Homemade Bread | each | 1 | 140 | 0.50 | 190 | 3 | 2.50 | 0.00 | 0 | 24.00 | 5.00 | 6.00 | 20 | 40.0 | 0.00 | 1.44 |
| 008096 Green Beans, Seasoned | 1/2 cup | 1 | 43 | 1.17 | 217 | 2 | 1.84 | 0.00 | 5 | 5.03 | 3.14 | 1.60 | 377 | 31.6 | 1.89 | 0.58 |
| 001216 Applesauce | 1/2 cup | 1 | 49 | 0.00 | 2 | 11 | 0.00 | 0.00 | 0 | 13.51 | 0.96 | 0.96 | 77 | 0.0 | 0.00 | 0.00 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990230 Ott's Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2858 | 38.38 | 4623 | *153 | 103.76 | *0.00 | 223 | 365.04 | 23.38 | 110.66 | 12385 | 2734.5 | 105.86 | 13.07 |
| % of Calories | | | | 12.09% | | *21.4% | 32.7% | *0.0% | | 51.1% | | 15.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 12/03/2021

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) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990124 Battered Fish Nuggets | 4 oz | 1 | 210 | 1.50 | 330 | 1 | 8.00 | 0.00 | 35 | 23.00 | 2.00 | 12.00 | 0 | 20.0 | 0.00 | 1.44 |
| 000861 Pizza, Southwest (Fiestada) | slice | 1 | 360 | 6.00 | 780 | 9 | 14.00 | 0.00 | 25 | 41.00 | 5.00 | 18.00 | 500 | 250.0 | 0.00 | 2.70 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 000181 Homemade Bread | each | 1 | 140 | 0.50 | 190 | 3 | 2.50 | 0.00 | 0 | 24.00 | 5.00 | 6.00 | 20 | 40.0 | 0.00 | 1.44 |
| 000712 Baked Beans-district | 1/2 CUP | 1 | 170 | 0.00 | 230 | 13 | 1.23 | *0.00 | 0 | 33.16 | 6.62 | 8.71 | 316 | 57.0 | 1.28 | 1.38 |
| 008084 French Fries, Crispy McCains | 3 oz | 1 | 150 | 0.50 | 170 | 0 | 5.00 | 0.00 | 0 | 25.00 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.72 |
| 000927 Frozen Swirl Cup | each | 1 | 70 | 0.00 | 5 | 16 | 0.00 | 0.00 | 0 | 19.00 | 3.00 | 0.00 | 200 | 80.0 | 60.00 | 0.36 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 2432 | 28.71 | 2948 | *153 | 66.66 | *0.00 | 172 | 358.54 | 30.24 | 105.88 | 12022 | 2553.5 | 157.38 | 10.60 |
| % of Calories | | | | 10.62% | | *25.2% | 24.7% | *0.0% | | 59.0% | | 17.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 12/06/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990114 Chicken & Waffles | 5 each 2 waffle | 1 | 379 | 4.98 | 679 | 7 | 17.96 | 0.00 | 35 | 36.88 | 3.00 | 16.99 | 100 | 20.0 | 78.00 | 2.87 |
| 000169 Mashed Potato Bowl | bowl | 1 | 450 | 5.41 | 1350 | 7 | 15.78 | 0.00 | 56 | 60.08 | 5.95 | 19.64 | 172 | 129.5 | 60.43 | 1.60 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 000505 Mashed Potatoes | 1/2 cup | 1 | 164 | 0.46 | 627 | 3 | 1.72 | 0.00 | 0 | 34.93 | 2.56 | 3.72 | 13 | 40.4 | 58.95 | 0.54 |
| 008047 Gravy, Brown Fat Free | 2 oz | 1 | 25 | 0.00 | 143 | 1 | 1.01 | 0.00 | 0 | 4.05 | 0.00 | 0.00 | 5 | 1.1 | 0.00 | 0.00 |
| 008049 Gravy, Country Fat Free | TBSP | 1 | 35 | 0.99 | 140 | 1 | 1.98 | 0.00 | 0 | 4.94 | 0.00 | 0.00 | 5 | 0.9 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 31, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001003 Corn, Seasoned | 1/2 cup | 1 | 80 | 1.12 | 15 | 3 | 2.75 | 0.00 | 5 | 14.86 | 1.98 | 1.98 | 109 | 3.1 | 2.07 | 0.28 |
| 000098 Strawberries: frozen | 1/2 cup | 1 | 73 | 0.00 | 1 | 14 | 0.00 | 0.00 | 0 | 18.63 | 1.62 | 0.00 | 117 | 16.2 | 17.01 | 0.29 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 000222 Ketchup packet | packet | 1 | 10 | 0.00 | 25 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 10 | 0.0 | 0.00 | 0.00 |
| 000349 Syrup | Portion cup | 1 | 120 | 0.00 | 40 | 16 | 0.00 | 0.00 | 0 | 31.00 | 0.00 | 0.00 | 80 | 0.0 | 0.00 | 0.00 |
| 000473 BBQ Sauce | TBSP | 1 | 20 | 0.00 | 90 | 3 | 0.00 | 0.00 | 0 | 4.48 | 0.56 | 0.00 | 112 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |

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Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 3138 | 39.17 | 5841 | *185 | 114.12 | *0.00 | 248 | 428.25 | 22.28 | 101.49 | 12037 | 2321.7 | 312.56 | 8.15 |
| % of Calories | | | | 11.23% | | *23.6% | 32.7% | *0.0% | | 54.6% | | 12.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 12/07/2021

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990140 Tacos, Beef Hard Shells (JTM taco filling) | 2 tacos each | 1 | 274 | 7.27 | 400 | 3 | 15.09 | 0.00 | 50 | 18.22 | 4.28 | 17.78 | 762 | 141.7 | 5.67 | 2.35 |
| 001188 Taco Filling Soft Tacos | servings | 1 | 326 | 6.68 | 613 | 3 | 13.61 | 0.00 | 52 | 31.15 | 6.24 | 22.21 | 910 | 216.7 | 5.56 | 2.09 |
| 000890 Pizza, Big Daddy, Cheese | slice | 1 | 400 | 9.00 | 580 | 9 | 17.00 | 0.00 | 40 | 42.00 | 2.00 | 19.00 | 500 | 250.0 | 0.00 | 2.70 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 001167 Spanish Rice | 1/2 cup | 1 | 46 | 0.12 | 145 | *1 | 0.77 | *0.00 | 0 | 8.46 | 0.06 | 0.48 | 691 | 1.7 | 8.29 | 1.80 |
| 001021 Pears, Chilled | 1/2 cup | 1 | 78 | 0.00 | 6 | 16 | 0.00 | 0.00 | 0 | 20.76 | 2.60 | 0.00 | 71 | 0.0 | 1.56 | 0.47 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 001242 Salsa Packet | packet | 1 | 5 | 0.00 | 115 | 0 | 0.00 | 0.00 | 0 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2912 | 49.29 | 4590 | *161 | 119.40 | *0.00 | 295 | 337.98 | 21.79 | 118.62 | 14249 | 2720.5 | 117.17 | 11.97 |
| % of Calories | | | | 15.23% | | *22.1% | 36.9% | *0.0% | | 46.4% | | 16.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 12/08/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000611 Popcorn Chicken | 4.3 oz | 1 | 260 | 3.00 | 550 | 0 | 13.00 | 0.00 | 70 | 17.00 | 3.00 | 19.00 | 200 | 20.0 | 0.00 | 1.44 |
| 990224 Pepperoni Pizza Rippers | oz | 1 | 72 | 1.25 | 138 | 1 | 3.25 | 0.00 | 6 | 6.75 | 0.75 | 4.00 | 0 | 3.8 | 0.00 | 2.50 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 31, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 008096 Green Beans, Seasoned | 1/2 cup | 1 | 43 | 1.17 | 217 | 2 | 1.84 | 0.00 | 5 | 5.03 | 3.14 | 1.60 | 377 | 31.6 | 1.89 | 0.58 |
| 000437 Peaches: canned,light syrup | 1/2 cup | 1 | 76 | 0.00 | 13 | 14 | 0.00 | 0.00 | 0 | 17.76 | 0.00 | 0.00 | 381 | 0.0 | 1.52 | 0.00 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 000222 Ketchup packet | packet | 1 | 10 | 0.00 | 25 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 10 | 0.0 | 0.00 | 0.00 |
| 000473 BBQ Sauce | TBSP | 1 | 20 | 0.00 | 90 | 3 | 0.00 | 0.00 | 0 | 4.48 | 0.56 | 0.00 | 112 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990230 Ott's Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2263 | 31.63 | 3763 | *150 | 91.01 | *0.00 | 234 | 269.41 | 14.06 | 83.77 | 12394 | 2165.8 | 99.51 | 7.08 |
| % of Calories | | | | 12.58% | | *26.5% | 36.2% | *0.0% | | 47.6% | | 14.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 12/09/2021

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000277 Macaroni & Cheese | Cup | 1 | 563 | 16.26 | 876 | 7 | 29.09 | *0.00 | 79 | 48.62 | 2.04 | 23.71 | 1158 | 466.4 | 0.00 | 1.86 |
| 000637 Pizza, Cheese Stuffed Pepper | slice | 1 | 330 | 4.50 | 870 | 4 | 14.00 | 0.00 | 20 | 35.00 | 3.00 | 17.00 | 555 | 352.0 | 0.72 | 3.10 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 008044 Peas, Seasoned | 1/2 cup | 1 | 73 | 0.60 | 60 | 4 | 1.11 | 0.00 | 2 | 12.04 | 3.77 | 4.30 | 1785 | 20.2 | 8.26 | 1.27 |
| 000419 Fruit Cocktail:canned,lt syrup | 1/2 cup | 1 | 64 | 0.00 | 5 | 13 | 0.00 | 0.00 | 0 | 16.10 | 1.07 | 1.07 | 215 | 0.0 | 1.29 | 0.00 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2813 | 47.57 | 4543 | *156 | 117.13 | *0.00 | 254 | 328.15 | 16.49 | 105.26 | 15026 | 2949.1 | 106.38 | 8.79 |
| % of Calories | | | | 15.22% | | *22.2% | 37.5% | *0.0% | | 46.7% | | 15.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 12/10/2021

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) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 008081 Corn Dog Nuggets | serving of 6 | 1 | 267 | 1.90 | 365 | 12 | 11.00 | 0.00 | 34 | 33.00 | 3.00 | 9.00 | 114 | 66.0 | 51.00 | 1.00 |
| 000149 Cheeseburger on Bun | each | 1 | 265 | 3.99 | 403 | *1 | 12.30 | 0.00 | 44 | 20.92 | 2.00 | 19.45 | 152 | 154.1 | 0.00 | 2.06 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000712 Baked Beans-district | 1/2 CUP | 1 | 170 | 0.00 | 230 | 13 | 1.23 | *0.00 | 0 | 33.16 | 6.62 | 8.71 | 316 | 57.0 | 1.28 | 1.38 |
| 000043 Potato, Tator Tots | 2.52 oz | 1 | 113 | 0.87 | 314 | 0 | 6.10 | 0.00 | 0 | 13.95 | 0.87 | 0.87 | 0 | 0.0 | 0.00 | 0.00 |
| 001216 Applesauce | 1/2 cup | 1 | 49 | 0.00 | 2 | 11 | 0.00 | 0.00 | 0 | 13.51 | 0.96 | 0.96 | 77 | 0.0 | 0.00 | 0.00 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 000222 Ketchup packet | packet | 1 | 10 | 0.00 | 25 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 10 | 0.0 | 0.00 | 0.00 |
| 000223 Mustard: individual PC | packet | 1 | 0 | 0.00 | 57 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000763 Pickles, Sliced Dill | 3 slices | 1 | 0 | 0.00 | 159 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000473 BBQ Sauce | TBSP | 1 | 20 | 0.00 | 90 | 3 | 0.00 | 0.00 | 0 | 4.48 | 0.56 | 0.00 | 112 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990230 Ott's Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2676 | 32.98 | 4375 | *171 | 103.56 | *0.00 | 230 | 337.42 | 20.63 | 98.16 | 12096 | 2387.6 | 148.38 | 7.00 |
| % of Calories | | | | 11.09% | | *25.6% | 34.8% | *0.0% | | 50.4% | | 14.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 12/13/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001000 Chicken Nuggets | serving/5 | 1 | 200 | 2.00 | 400 | 0 | 10.00 | 0.00 | 35 | 13.00 | 2.00 | 15.00 | 100 | 20.0 | 78.00 | 1.80 |
| 000861 Pizza, Southwest (Fiestada) | slice | 1 | 360 | 6.00 | 780 | 9 | 14.00 | 0.00 | 25 | 41.00 | 5.00 | 18.00 | 500 | 250.0 | 0.00 | 2.70 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 000505 Mashed Potatoes | 1/2 cup | 1 | 164 | 0.46 | 627 | 3 | 1.72 | 0.00 | 0 | 34.93 | 2.56 | 3.72 | 13 | 40.4 | 58.95 | 0.54 |
| 008047 Gravy, Brown Fat Free | 2 oz | 1 | 25 | 0.00 | 143 | 1 | 1.01 | 0.00 | 0 | 4.05 | 0.00 | 0.00 | 5 | 1.1 | 0.00 | 0.00 |
| 008049 Gravy, Country Fat Free | TBSP | 1 | 35 | 0.99 | 140 | 1 | 1.98 | 0.00 | 0 | 4.94 | 0.00 | 0.00 | 5 | 0.9 | 0.00 | 0.00 |
| 008096 Green Beans, Seasoned | 1/2 cup | 1 | 43 | 1.17 | 217 | 2 | 1.84 | 0.00 | 5 | 5.03 | 3.14 | 1.60 | 377 | 31.6 | 1.89 | 0.58 |
| 000927 Frozen Swirl Cup | each | 1 | 70 | 0.00 | 5 | 16 | 0.00 | 0.00 | 0 | 19.00 | 3.00 | 0.00 | 200 | 80.0 | 60.00 | 0.36 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 000222 Ketchup packet | packet | 1 | 10 | 0.00 | 25 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 10 | 0.0 | 0.00 | 0.00 |
| 001242 Salsa Packet | packet | 1 | 5 | 0.00 | 115 | 0 | 0.00 | 0.00 | 0 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000473 BBQ Sauce | TBSP | 1 | 20 | 0.00 | 90 | 3 | 0.00 | 0.00 | 0 | 4.48 | 0.56 | 0.00 | 112 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2713 | 36.83 | 5273 | *165 | 103.47 | *0.00 | 218 | 345.83 | 22.88 | 97.49 | 12636 | 2534.5 | 294.94 | 8.55 |
| % of Calories | | | | 12.22% | | *24.3% | 34.3% | *0.0% | | 51.0% | | 14.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 12/14/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 31, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 008106 Beefy Nachos (Elem) | serving | 1 | 191 | 4.30 | 561 | 3 | 9.82 | 0.01 | 54 | 8.55 | 2.57 | 18.80 | 914 | 119.3 | 6.31 | 2.54 |
| 000470 Chicken Patty/Bun | sandwich | 1 | 390 | 2.00 | 700 | 2 | 12.00 | 0.00 | 50 | 44.00 | 4.00 | 25.00 | 200 | 108.0 | 0.00 | 3.08 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 001003 Corn, Seasoned | 1/2 cup | 1 | 80 | 1.12 | 15 | 3 | 2.75 | 0.00 | 5 | 14.86 | 1.98 | 1.98 | 109 | 3.1 | 2.07 | 0.28 |
| 000008 Refried Beans: canned | 1/2 cup | 1 | 121 | 0.29 | 179 | 1 | 0.50 | 0.00 | 1 | 20.84 | 5.03 | 7.62 | 163 | 56.7 | 9.60 | 2.59 |
| 000422 Grapes, Fresh | 1/2 cup | 1 | 33 | 0.00 | 5 | 7 | 0.00 | 0.00 | 0 | 8.40 | 0.36 | 0.00 | 37 | 7.3 | 0.44 | 0.00 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 001242 Salsa Packet | packet | 1 | 5 | 0.00 | 115 | 0 | 0.00 | 0.00 | 0 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000222 Ketchup packet | packet | 1 | 10 | 0.00 | 25 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 10 | 0.0 | 0.00 | 0.00 |
| 000223 Mustard: individual PC | packet | 1 | 0 | 0.00 | 57 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000763 Pickles, Sliced Dill | 3 slices | 1 | 0 | 0.00 | 159 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 008055 Dressing, Salad Miracle Whip | packet | 1 | 15 | 0.00 | 106 | 1 | 1.01 | 0.00 | 0 | 1.01 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000473 BBQ Sauce | TBSP | 1 | 20 | 0.00 | 90 | 3 | 0.00 | 0.00 | 0 | 4.48 | 0.56 | 0.00 | 112 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2647 | 33.92 | 4742 | *151 | 99.00 | *0.01 | 263 | 321.53 | 21.12 | 112.56 | 12858 | 2404.9 | 114.52 | 11.05 |
| % of Calories | | | | 11.53% | | *22.8% | 33.7% | *0.0% | | 48.6% | | 17.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 12/15/2021

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) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990126 Chicken Wings | 5 each | 1 | 279 | 4.00 | 479 | 7 | 17.00 | 0.00 | 105 | 11.97 | 1.12 | 16.00 | 224 | 20.0 | 0.00 | 0.36 |
| 000890 Pizza, Big Daddy, Cheese | slice | 1 | 400 | 9.00 | 580 | 9 | 17.00 | 0.00 | 40 | 42.00 | 2.00 | 19.00 | 500 | 250.0 | 0.00 | 2.70 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 31, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990153 Celery Sticks | 1 | 1 | 7 | 0.02 | 40 | 1 | 0.09 | 0.00 | 0 | 1.50 | 0.81 | 0.35 | 227 | 20.2 | 1.57 | 0.10 |
| 008084 French Fries, Crispy McCains | 3 oz | 1 | 150 | 0.50 | 170 | 0 | 5.00 | 0.00 | 0 | 25.00 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.72 |
| 008039 Applesauce, Rosey | 1/2 cup | 1 | 64 | 0.00 | 116 | *11 | 0.00 | *0.00 | 0 | 14.90 | 0.96 | 3.26 | 77 | 0.1 | 20.35 | 0.00 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 000473 BBQ Sauce | TBSP | 1 | 20 | 0.00 | 90 | 3 | 0.00 | 0.00 | 0 | 4.48 | 0.56 | 0.00 | 112 | 0.0 | 0.00 | 0.00 |
| 001243 Hot Sauce | tsp | 1 | 0 | 0.00 | 135 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 100 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990230 Ott's Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2702 | 39.73 | 4342 | *159 | 112.01 | *0.00 | 297 | 316.23 | 14.07 | 99.78 | 12555 | 2400.7 | 118.02 | 6.45 |
| % of Calories | | | | 13.23% | | *23.5% | 37.3% | *0.0% | | 46.8% | | 14.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 12/16/2021

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) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000820 Spaghetti & Meatsauce | Cup | 1 | 324 | 3.12 | 606 | 2 | 9.96 | 0.00 | 26 | 41.47 | 3.06 | 16.27 | 572 | 44.2 | 6.87 | 3.61 |
| 000661 Bosco Sticks/Marinara Sauce | serving 2 | 1 | 472 | 7.00 | 780 | 5 | 14.81 | 0.00 | 30 | 59.63 | 3.60 | 24.01 | 0 | 444.2 | 0.00 | 4.00 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 000433 Mixed Vegetables | 4 oz | 1 | 74 | 0.89 | 82 | 4 | 1.40 | 0.00 | 4 | 12.30 | 2.29 | 3.05 | 813 | 0.2 | 3.66 | 0.28 |
| 001021 Pears, Chilled | 1/2 cup | 1 | 78 | 0.00 | 6 | 16 | 0.00 | 0.00 | 0 | 20.76 | 2.60 | 0.00 | 71 | 0.0 | 1.56 | 0.47 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2730 | 37.22 | 4206 | *155 | 99.10 | *0.00 | 212 | 350.55 | 18.17 | 102.51 | 12771 | 2599.0 | 108.18 | 10.92 |
| % of Calories | | | | 12.27% | | *22.7% | 32.7% | *0.0% | | 51.4% | | 15.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 12/17/2021

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) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 008081 Corn Dog Nuggets | serving of 6 | 1 | 267 | 1.90 | 365 | 12 | 11.00 | 0.00 | 34 | 33.00 | 3.00 | 9.00 | 114 | 66.0 | 51.00 | 1.00 |
| 000385 BBQ Rib/bun | sandwich | 1 | 338 | 3.60 | 584 | 7 | 13.00 | 0.00 | 41 | 33.74 | 3.47 | 21.00 | 192 | 94.0 | 3.40 | 2.44 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 31, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 001084 Scalloped Potatoes | 5/8 cup | 1 | 30 | 1.46 | 20 | 0 | 2.35 | 0.00 | 6 | 1.65 | 0.15 | 0.64 | 103 | 19.5 | 0.46 | 0.07 |
| 000437 Peaches: canned, light syrup | 1/2 cup | 1 | 76 | 0.00 | 13 | 14 | 0.00 | 0.00 | 0 | 17.76 | 0.00 | 0.00 | 381 | 0.0 | 1.52 | 0.00 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 000222 Ketchup packet | packet | 1 | 10 | 0.00 | 25 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 10 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2504 | 33.18 | 3738 | *164 | 99.28 | *0.00 | 234 | 304.54 | 13.23 | 89.81 | 12115 | 2289.9 | 152.49 | 6.07 |
| % of Calories | | | | 11.93% | | *26.2% | 35.7% | *0.0% | | 48.6% | | 14.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 12/20/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | |
|--------|------------------------------------|-----------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|
| 990114 | Chicken & Waffles | 5 each 2 waffle | 1 | 379 | 4.98 | 679 | 7 | 17.96 | 0.00 | 35 | 36.88 | 3.00 | 16.99 | 100 | 20.0 | 78.00 | 2.87 |
| 000722 | Meatball Grinder | sandwiches | 1 | 349 | 4.08 | 543 | 5 | 13.70 | 0.00 | 36 | 35.52 | 3.75 | 19.92 | 306 | 142.6 | 6.78 | 3.98 |
| 000908 | Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 | Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 | Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 008096 | Green Beans, Seasoned | 1/2 cup | 1 | 43 | 1.17 | 217 | 2 | 1.84 | 0.00 | 5 | 5.03 | 3.14 | 1.60 | 377 | 31.6 | 1.89 | 0.58 |
| 000419 | Fruit Cocktail:canned,lt syrup | 1/2 cup | 1 | 64 | 0.00 | 5 | 13 | 0.00 | 0.00 | 0 | 16.10 | 1.07 | 1.07 | 215 | 0.0 | 1.29 | 0.00 |
| 000570 | Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 | Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 | Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 | Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 000693 | Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 | Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 000349 | Syrup | Portion cup | 1 | 120 | 0.00 | 40 | 16 | 0.00 | 0.00 | 0 | 31.00 | 0.00 | 0.00 | 80 | 0.0 | 0.00 | 0.00 |
| 990160 | Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 | Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 | Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 | Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990230 Ott's Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2738 | 36.45 | 4215 | *171 | 106.43 | *0.00 | 229 | 340.92 | 17.57 | 98.75 | 12392 | 2304.6 | 184.05 | 9.99 |
| % of Calories | | | | 11.98% | | *25.0% | 35.0% | *0.0% | | 49.8% | | 14.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 12/21/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990224 Pepperoni Pizza Rippers | oz | 1 | 72 | 1.25 | 138 | 1 | 3.25 | 0.00 | 6 | 6.75 | 0.75 | 4.00 | 0 | 3.8 | 0.00 | 2.50 |
| 001083 Bacon Cheeseburger | sandwich | 1 | 353 | 5.49 | 401 | 3 | 16.33 | 0.00 | 44 | 28.02 | 2.00 | 23.95 | 152 | 182.1 | 0.00 | 3.09 |
| 000908 Baked Potato Entree | each | 1 | 439 | 13.79 | 446 | 3 | 23.82 | 0.00 | 69 | 39.94 | 3.00 | 17.94 | 873 | 434.6 | 15.00 | 0.54 |
| 990170 Yogurt/Cheese Stick | entrees | 1 | 258 | 4.90 | 298 | 6 | 7.90 | 0.00 | 23 | 36.20 | 0.00 | 12.60 | 252 | 450.0 | 0.48 | 0.07 |
| 000987 Salad Bar Set Up | salads | 1 | 105 | 0.02 | 99 | *4 | 1.71 | *0.00 | 0 | 18.24 | 3.62 | 4.62 | 8121 | 71.9 | 19.42 | 1.95 |
| 000863 Baked Chips, small bag | 1 oz | 1 | 130 | 0.50 | 180 | 0 | 5.00 | 0.00 | 0 | 19.50 | 2.00 | 2.00 | 50 | 20.0 | 0.00 | 0.36 |
| 000092 Pineapple tidbit:canned,lt syr | 1/2 cup | 1 | 73 | 0.00 | 1 | 17 | 0.00 | 0.00 | 0 | 19.60 | 1.22 | 0.00 | 61 | 12.2 | 11.76 | 0.44 |
| 000570 Juice, Apple, 4 oz | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 001129 Juice, Apple/Cherry | 4 oz serving | 1 | 60 | 0.00 | 10 | 14 | 0.00 | 0.00 | 0 | 16.00 | 0.00 | 0.00 | 70 | 0.0 | 4.80 | 0.00 |
| 000559 Juice, Orange, 4 oz | carton | 1 | 60 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 100 | 250.0 | 48.00 | 0.00 |
| 000544 Milk, 1% White | half pint | 1 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 000693 Milk, Choc Skim | half pint | 1 | 130 | 0.00 | 140 | 22 | 0.00 | 0.00 | 5 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 0.00 | 0.00 |
| 000240 Milk, Strawberry Skim | half pint | 1 | 120 | 0.00 | 120 | 22 | 0.00 | 0.00 | 0 | 22.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 |
| 001275 Christmas Sugar Cookie | Each | 1 | 160 | 4.50 | 80 | 7 | 9.00 | 0.00 | 15 | 18.00 | 1.00 | 2.00 | 100 | 0.0 | 0.00 | 0.72 |
| 000222 Ketchup packet | packet | 1 | 10 | 0.00 | 25 | 2 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 10 | 0.0 | 0.00 | 0.00 |
| 000223 Mustard: individual PC | packet | 1 | 0 | 0.00 | 57 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000763 Pickles, Sliced Dill | 3 slices | 1 | 0 | 0.00 | 159 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000473 BBQ Sauce | TBSP | 1 | 20 | 0.00 | 90 | 3 | 0.00 | 0.00 | 0 | 4.48 | 0.56 | 0.00 | 112 | 0.0 | 0.00 | 0.00 |
| 990160 Buffalo Ranch (Tiger/Bronco Sauce) | TBSP | 1 | 35 | 0.50 | 508 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 283 | 0.0 | 0.00 | 0.00 |
| 990159 Chipotle Ranch | 1 | 1 | 300 | 5.00 | 460 | 2 | 30.00 | 0.00 | 30 | 4.00 | 0.00 | 0.00 | 0 | 4.0 | 0.00 | 0.00 |
| 000418 Dressing, Ranch RC | TBSP | 1 | 35 | 0.50 | 125 | 0 | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000765 Dressing, Honey Mustard | 2 TBSP | 1 | 45 | 0.00 | 300 | 9 | 0.00 | 0.00 | 0 | 10.00 | 0.00 | 0.00 | 45 | 0.0 | 0.00 | 0.00 |
| 990230 Otts Raspberry Balsamic Vinaigrette | TBSP | 1 | 35 | 0.00 | 95 | 7 | 0.00 | 0.00 | 0 | 8.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 2601 | 37.95 | 3861 | *162 | 106.50 | *0.00 | 218 | 314.73 | 14.15 | 91.12 | 11800 | 2328.6 | 107.86 | 9.67 |
| % of Calories | | | | 13.13% | | *24.9% | 36.9% | *0.0% | | 48.4% | | 14.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| Weighted Averages | 2711 | 37 | 4409 | *162 | 103.14 | *0.00 | 247 | 339.97 | 19.45 | 101.93 | 12982 | 2477 | 151.60 | 9.47 |
| % of Calories | | 12.36% | | *23.9% | 34.2% | *0.0% | | 50.2% | | 15.0% | | | | |

Base Menu Spreadsheet

Portion Values

**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.*