

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

**Menu Name:** Miller Park Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Wednesday - 12/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
000681 Broccoli, Seasoned	1/2 cup	1	47	0.80	44	1	1.76	0.00	0	6.03	3.55	3.55	2447	71.0	63.90	0.85
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
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			1153	18.56	1311	105	33.35	*0.00	99	156.28	7.21	51.26	5392	1703.6	137.31	3.00
% of Calories				14.49%		36.4%	26.0%	*0.0%		54.2%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Thursday - 12/02/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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			919	7.17	1490	103	18.34	0.00	45	140.80	6.14	42.60	2982	1533.6	60.53	3.68
% of Calories				7.02%		44.8%	18.0%	0.0%		61.3%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Friday - 12/03/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			1042	5.10	1320	*114	16.73	*0.00	61	164.79	11.05	56.97	2256	1301.1	81.43	3.82
% of Calories				4.40%		*43.8%	14.5%	*0.0%		63.3%		21.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Monday - 12/06/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000620 Fresh Vegetables with Dip	4 oz	1	39	0.06	63	3	0.31	0.00	0	8.37	2.73	1.84	9530	36.4	42.29	0.50
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
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			1046	8.56	1239	104	17.62	0.00	50	167.10	7.40	50.92	11414	1630.7	99.98	4.50
% of Calories				7.37%		39.8%	15.2%	0.0%		63.9%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

## Tuesday - 12/07/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001251 Tacos, Beef Hard Shells (Crumbles)	2 tacos each	1	253	7.73	419	3	15.39	*0.00	34	16.92	3.15	12.33	715	101.1	2.36	1.53
000823 Tacos, Soft-bf crmbl	tacos	1	303	6.89	629	3	13.56	*0.00	34	29.92	5.15	15.99	715	147.8	2.36	1.29
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
000594 Apples, sliced, fresh	2 oz	1	18	0.00	0	5	0.06	0.00	0	4.82	0.84	0.09	25	2.5	1.52	0.05
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
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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			1130	17.24	1568	96	34.26	*0.00	94	150.52	11.12	54.39	3233	1404.5	64.70	3.14
% of Calories				13.73%		34.0%	27.3%	*0.0%		53.3%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Wednesday - 12/08/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000879 Peas & Carrots, seasoned	1/2 cup	1	65	0.79	77	5	1.58	0.00	3	11.65	3.53	3.51	10829	26.3	9.18	1.07
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
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			975	11.29	1047	104	21.08	0.00	63	146.15	7.03	47.01	13049	1456.3	104.58	3.77
% of Calories				10.42%		42.7%	19.5%	0.0%		60.0%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

### Thursday - 12/09/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (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
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
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
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
Weighted Daily Average			942	3.96	1587	102	15.23	0.00	55	155.61	6.18	42.72	1915	1227.7	210.36	2.64
% of Calories				3.78%		43.3%	14.6%	0.0%		66.1%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Friday - 12/10/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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
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
Weighted Daily Average			899	4.29	868	116	14.90	0.00	58	151.06	7.89	36.05	2678	1216.2	112.61	1.74
% of Calories				4.29%		51.6%	14.9%	0.0%		67.2%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Monday - 12/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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

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## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			907	5.99	1219	*94	19.80	0.00	64	133.82	4.36	45.45	1918	1331.4	56.84	2.42
% of Calories				5.94%		*41.5%	19.6%	0.0%		59.0%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

## Tuesday - 12/14/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990090 Burrito/Chips/Salsa	each	1	484	5.55	968	3	17.86	0.23	30	63.63	3.53	21.51	1379	154.1	14.13	2.90
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
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



# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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
Weighted Daily Average			1079	7.17	1619	*105	21.13	*0.23	50	175.68	4.82	45.99	3801	1317.9	90.58	5.14
% of Calories				5.98%		*38.9%	17.6%	*0.2%		65.1%		17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Wednesday - 12/15/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000681 Broccoli, Seasoned	1/2 cup	1	47	0.80	44	1	1.76	0.00	0	6.03	3.55	3.55	2447	71.0	63.90	0.85
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
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			953	8.30	1226	107	18.26	0.00	45	147.79	8.55	45.55	4997	1471.0	121.82	3.55
% of Calories				7.84%		44.9%	17.2%	0.0%		62.0%		19.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

### Thursday - 12/16/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990127 Chili in a Bag	5.83 oz	1	162	1.67	261	5	4.90	0.00	30	15.68	4.90	13.72	1227	53.9	18.62	2.94
000334 Cinnamon Rolls, Rich's	2 oz roll	1	207	0.50	190	16	2.50	*0.00	5	40.43	1.00	5.00	300	0.1	0.00	1.45
001020 Carrots with Dip	2 oz serving	1	55	0.51	169	3	3.57	0.00	5	5.17	1.64	0.36	7819	18.1	1.47	0.50
008035 Apples, Cinnamon	1/2 cup	1	86	0.00	13	14	0.00	*0.00	0	17.72	2.75	0.01	58	3.0	0.01	0.03
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
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
Weighted Daily Average			979	4.18	1023	120	13.48	*0.00	60	162.01	10.30	43.10	11074	1225.2	76.51	4.92
% of Calories				3.84%		49.0%	12.4%	*0.0%		66.2%		17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

## Friday - 12/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (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
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
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

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			960	5.00	1140	101	20.50	0.00	90	146.00	8.00	45.00	2080	1250.0	116.40	2.52
% of Calories				4.69%		42.1%	19.2%	0.0%		60.8%		18.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

## Monday - 12/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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
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
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			964	5.60	1155	102	15.29	0.00	58	155.03	8.80	48.18	4129	1278.4	72.53	5.76
% of Calories				5.23%		42.3%	14.3%	0.0%		64.3%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=35									

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

Tuesday - 12/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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
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
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
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
Weighted Daily Average				1015	4.62	1351	103	17.25	0.00	75	159.96	7.05	52.05	2203	1261.1	59.76	3.36
% of Calories					4.10%		40.6%	15.3%	0.0%		63.0%		20.5%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=35									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	998	8	1278	*105	19.81	*0.02	64	154.17	7.73	47.15	4875	1374	97.73	3.60
% of Calories		7.03%		*42.1%	17.9%	*0.0%		61.8%		18.9%				

# Base Menu Spreadsheet

## Portion Values

Dec 1, 2021 thru Dec 21, 2021

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*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.*