

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

Menu Name: High School 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)
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
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
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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27

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)
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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

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)	
000010	Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061	Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average				5819	80.57	9487	*270	235.91	*0.00	580	671.02	52.12	261.59	33120	4574.7	228.82	26.04
% of Calories					12.46%		*18.6%	36.5%	*0.0%		46.1%		18.0%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=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)	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
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
000604	Chicken Tenders-Secondary	3 strips	1	390	3.75	1380	6	21.00	0.00	0	30.00	13.50	24.00	30	0.0	1.80	2.70
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

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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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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

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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)
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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average			5736	64.38	11215	*268	226.61	0.00	451	684.34	65.74	257.64	29900	4213.3	306.28	27.92
% of Calories				10.10%		*18.7%	35.6%	0.0%		47.7%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

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 (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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06

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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
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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01

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
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
Weighted Daily Average			5438	57.89	8929	*284	206.40	*0.00	466	671.22	55.50	235.90	29439	3984.3	220.60	24.01
% of Calories				9.58%		*20.9%	34.2%	*0.0%		49.4%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000388 Chicken Alfredo	servings	1	233	3.69	530	4	7.29	0.00	41	25.46	1.93	15.84	886	208.6	173.12	1.28
000604 Chicken Tenders-Secondary	3 strips	1	390	3.75	1380	6	21.00	0.00	0	30.00	13.50	24.00	30	0.0	1.80	2.70
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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34

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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
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
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
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
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
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

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)
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average			5692	66.76	10171	*268	219.92	0.00	461	678.49	64.11	263.72	32178	4491.1	403.74	28.02
% of Calories				10.56%		*18.8%	34.8%	0.0%		47.7%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
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
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

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 (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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

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
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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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

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)
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
Weighted Daily Average			5899	78.74	9681	*273	237.09	*0.00	533	688.09	58.82	268.57	31006	4451.4	171.70	28.07
% of Calories				12.01%		*18.5%	36.2%	*0.0%		46.7%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
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
990131 Totchos	6.1 oz	1	302	7.28	968	2	18.66	0.00	47	19.50	1.89	14.44	1214	228.7	8.39	2.06
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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

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)
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
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
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
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
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
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
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

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)
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average			5694	71.14	10004	*288	223.71	0.00	520	683.93	49.63	248.76	42339	4343.8	183.70	27.32
% of Calories				11.24%		*20.2%	35.4%	0.0%		48.0%		17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
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
008074 Breaded Chicken Fried Steak	each	1	260	4.00	180	1	16.00	0.00	30	16.00	3.00	15.00	100	40.0	1.20	2.70
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
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

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)
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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

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)
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
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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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

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)
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
Weighted Daily Average			5748	67.13	9925	*265	222.42	0.00	491	694.97	55.84	255.66	29415	4345.5	304.96	28.82
% of Calories				10.51%		*18.4%	34.8%	0.0%		48.4%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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
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
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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34

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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
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
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
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
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
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

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)
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average			5373	59.05	8741	*269	208.71	0.00	505	651.43	52.58	233.38	29943	3857.2	219.58	25.13
% of Calories				9.89%		*20.0%	35.0%	0.0%		48.5%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000023 Chicken Parmesan w/noodles	servings	1	464	3.27	990	2	13.24	0.00	58	56.16	4.43	27.82	532	122.9	3.99	3.15
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
000604 Chicken Tenders-Secondary	3 strips	1	390	3.75	1380	6	21.00	0.00	0	30.00	13.50	24.00	30	0.0	1.80	2.70

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)
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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 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)
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
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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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

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)
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
Weighted Daily Average			5776	64.20	10894	*266	225.14	0.00	473	683.57	65.60	266.75	30309	4273.7	173.31	28.72
% of Calories				10.00%		*18.4%	35.1%	0.0%		47.3%		18.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 12/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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
990115 Chicken Wing Basket	4-5 wings	1	365	4.42	442	0	21.17	0.00	105	23.83	1.67	17.67	0	20.0	0.00	0.96
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
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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34

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 (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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
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
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
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
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
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

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)
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average			5925	71.72	9586	*269	234.61	*0.23	570	710.16	50.77	256.95	31494	4196.1	189.41	27.83
% of Calories				10.89%		*18.2%	35.6%	*0.0%		47.9%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990135 Thai Sweet Chili Chicken	2.85 oz	1	321	1.30	530	*12	5.20	0.00	45	53.59	1.30	15.21	27	19.0	3.00	3.11
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
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)
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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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

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
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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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

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)
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
Weighted Daily Average			5982	68.17	9992	*283	216.21	0.00	633	755.33	56.59	265.22	34767	4578.4	233.87	32.88
% of Calories				10.26%		*18.9%	32.5%	0.0%		50.5%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
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
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
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
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
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
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
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

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)
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
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
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

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)
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average			5815	66.73	9838	*291	215.28	*0.00	503	724.46	57.77	257.06	32751	4154.0	328.76	29.90
% of Calories				10.33%		*20.0%	33.3%	*0.0%		49.8%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 12/17/2021

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)
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
000303 Chicken, Grilled Sandwich	sandwich	1	330	3.00	500	2	15.00	0.00	40	30.00	2.00	19.00	0	148.0	0.00	2.72
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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06

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)
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
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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01

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
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
Weighted Daily Average			5726	59.91	9252	*280	220.29	*0.00	535	695.53	58.16	254.03	29446	4058.3	217.20	26.45
% of Calories				9.42%		*19.6%	34.6%	*0.0%		48.6%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 12/20/2021

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)
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
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
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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

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)
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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
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
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
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
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
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
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

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)
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average			5466	62.62	8980	*265	202.66	0.00	459	675.52	52.97	243.55	31198	4339.9	181.05	28.95
% of Calories				10.31%		*19.4%	33.4%	0.0%		49.4%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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)
000144 Chipotle Rice Bowl	Bowls	1	329	7.10	1187	8	12.69	*0.00	96	27.61	1.77	25.22	1129	133.7	13.24	3.44
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
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
000372 Black Beans	1/2 cup	1	107	0.00	125	1	0.00	0.00	0	19.41	4.85	6.77	0	58.3	0.00	1.88

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)
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
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
000802 Chef Salad Entree w/Chik Strip	each	1	252	5.18	532	*4	13.91	0.00	39	18.26	4.63	15.84	14302	173.4	48.24	3.12
000139 Salad, Tossed	cup	1	37	0.03	48	*3	0.12	0.00	0	7.83	2.46	1.96	9943	51.3	12.46	1.57
001137 High School Yogurt Parfait	parfait	1	146	1.17	107	18	2.56	0.00	7	24.47	1.54	6.78	222	215.6	2.42	0.34
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
000549 Uncrustables - PB & J	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001228 Uncrustables - PBJ Strawberry	sandwich	1	300	3.00	280	14	17.00	0.00	0	32.00	4.00	9.00	65	200.0	0.00	1.44
001211 Gourmet Deli Sub	sandwich	1	350	3.61	864	3	12.77	0.00	84	27.91	2.00	31.63	152	135.9	3.48	2.27
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
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
000009 Fruit Fresh, Whole and Sliced	each	1	58	0.00	1	12	0.06	0.00	0	14.68	2.29	0.38	69	14.2	17.85	0.06
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 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
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
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
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
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
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
008054 Pickles, Sliced Dill HS	6 slices	1	0	0.00	370	0	0.00	0.00	0	0.00	0.00	0.00	0	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
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
000010 Tarter Sauce	1 oz	1	27	0.00	184	2	1.48	0.00	0	2.69	0.04	0.02	43	0.4	0.04	0.03
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
001061 Yogurt Parfait	Parfait	1	288	2.34	246	29	6.14	0.00	14	45.96	4.00	14.71	186	435.7	3.74	1.01
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
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
Weighted Daily Average			5465	68.74	9344	*273	207.50	*0.00	532	661.27	52.14	249.29	30554	4212.4	180.23	27.49
% of Calories				11.32%		*20.0%	34.2%	*0.0%		48.4%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2021 thru Dec 21, 2021

			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			5704	67	9736	*274	220.16	*0.02	514	688.62	56.56	254.54	31857	4272	236.21	27.84
% of Calories				10.60%		*19.2%	34.7%	*0.0%		48.3%		17.8%				

**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.