

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

**Menu Name:** NORTHFIELD ELEMENTARY LUNCH

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

### Monday - 09/02/2019

### 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)	Cost	
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000	
% of Calories				0%		0%	0%	0%		0%		0%						
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30											

### Tuesday - 09/03/2019

### Reimbursable Meal Total 410

	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)	Cost
000763 Beef Nachos w/Tostitos	Serving	350	354	*8.97	699	*0	*18.43	*0.00	*55	25.00	*2.00	*18.90	700	220.0	1.20	1.81	\$0.000
000699 Assorted Taco Toppings	1/2 cup	300	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000515 Beans Refried	1/2 CUP	300	140	*N/A*	490	*N/A*	1.50	*N/A*	*N/A*	25.00	6.00	8.00	0	40.0	2.40	1.80	\$0.000
990140 Cowboy Caviar	1/2 cup	300	76	0.28	187	*3	1.80	*0.00	*0	13.89	3.64	3.00	910	18.9	44.56	0.91	\$0.000
000601 Brown Rice	1/2 cup	300	109	0.16	1	*N/A*	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000571 Fruit Choice	1/2 cup	300	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			923	*14.31	1656	*22	*34.50	*0.00	*73	113.63	*16.40	*41.23	3308	660.5	*67.41	*5.18	\$0.000
% of Calories				*13.95%		*9.5%	*33.6%	*0.0%		49.2%		*17.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

### Wednesday - 09/04/2019

Reimbursable Meal Total 400

	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)	Cost
000695 Sandwich Turkey Sub	sandwich	350	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	350	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
000426 Veg Green Beans	1/2 cup	300	19	0.03	1	1	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
001245 Jonny Pop StrawBanana	each	400	51	0.40	34	10	0.70	0.00	3	11.00	0.50	1.00	1	20.0	15.00	0.10	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			556	*4.89	818	*37	*12.47	*0.00	*42	84.20	9.62	29.22	3738	539.3	42.95	2.39	\$0.000
% of Calories				*7.92%		*26.6%	*20.2%	*0.0%		60.6%		21.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Thursday - 09/05/2019

Reimbursable Meal Total 410

	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)	Cost
001030 Mini pancakes, WG maple	serving	350	170	0.50	200	*N/A*	5.00	0.00	5	30.00	2.00	4.00	0	40.0	0.00	0.72	\$0.000
990142 Yogurt, Greek Variety	1 each	300	97	0.00	38	13	0.00	0.00	5	14.00	0.00	10.00	0	100.0	2.40	0.00	\$0.000
000529 Fresh Vegetables	1/2 cup	300	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
990141 Hummus, Un-Beetable	2.5 oz	300	345	1.27	645	*3	11.39	0.00	0	53.48	15.87	11.73	167	66.7	22.01	4.62	\$0.000
000558 Potato Choice	1/2 cup	350	127	0.44	183	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			976	*4.38	1242	*37	*22.99	*0.00	*21	164.18	30.96	37.48	*14297	*618.3	*173.05	*7.06	\$0.000
% of Calories				*4.04%		*15.2%	*21.2%	*0.0%		67.3%		15.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Friday - 09/06/2019

Reimbursable Meal Total 410

	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)	Cost
001035 Pasta w/Meatballs, WG Rot Elem	Serving	300	364	5.07	307	*7	12.38	0.00	28	48.98	9.42	16.13	4580	84.9	54.96	3.87	\$0.000
000674 Pasta w/Sauce Elem	serving	50	130	0.10	369	*N/A*	1.06	*0.00	*0	25.44	*0.50	4.25	210	12.5	2.45	1.28	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000258 Broccoli	1/2 cup	300	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56	\$0.000
000529 Fresh Vegetables	1/2 cup	300	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000612 Garlic Breadstick 6"	1 stick	350	115	0.75	170	*N/A*	4.50	0.00	0	16.00	0.50	3.00	0	0.0	0.00	0.00	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

# Base Menu Spreadsheet

Northfield Public Schools ISD 659

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			799	*7.03	837	*32	*19.60	*0.00	*34	128.49	*25.29	33.43	18232	544.0	*218.16	*6.13	\$0.000
% of Calories				*7.92%		*16.0%	*22.1%	*0.0%		64.3%		16.7%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Monday - 09/09/2019

Reimbursable Meal Total 410

	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)	Cost
000637 Taco in a Bag	serving	300	404	*7.25	884	*1	*19.12	*0.00	*41	33.57	*2.00	*20.62	579	306.6	1.20	1.89	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000699 Assorted Taco Toppings	1/2 cup	350	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92	\$0.000
000515 Beans Refried	1/2 CUP	300	140	*N/A*	490	*N/A*	1.50	*N/A*	*N/A*	25.00	6.00	8.00	0	40.0	2.40	1.80	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			833	*12.52	1646	*24	*32.93	*0.00	*60	96.73	*13.16	*38.44	2806	741.6	*40.00	*4.15	\$0.000
% of Calories				*13.53%		*11.5%	*35.6%	*0.0%		46.4%		*18.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

### Tuesday - 09/10/2019

Reimbursable Meal Total 410

	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)	Cost
000523 Corn Dogs, Mini WG	4 each	350	200	2.50	450	*N/A*	9.00	0.00	25	22.00	3.00	7.00	0	80.0	0.00	1.08	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
990028 Potato Crinkle Sweet Potato	1/2 cup	300	200	1.33	227	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64	\$0.000
000650 Veggies w/dip	1/2 cup	300	361	3.12	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			841	*7.94	1089	*25	*33.91	*0.00	*46	111.26	*21.08	*23.31	*14154	532.2	*163.63	*5.58	\$0.000
% of Calories				*8.50%		*11.9%	*36.3%	*0.0%		52.9%		*11.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

### Wednesday - 09/11/2019

Reimbursable Meal Total 410

	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)	Cost
000692 Hamburger/Cheeseburger/Veggie	sandwich	350	308	4.66	606	*0	12.38	*0.00	58	30.10	3.15	22.32	162	130.2	0.00	3.45	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000

# Base Menu Spreadsheet

Northfield Public Schools ISD 659

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	350	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
001093 Beans, baked vegetarian, Bushs, Low Na	1/2 cup	350	140	0.00	370	12	0.00	0.00	0	30.00	5.00	5.00	60	40.0	0.00	1.80	\$0.000
000723 Fresh Veggies and Dip	serving	300	361	3.12	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			920	*8.82	1374	*37	*31.03	*0.00	*74	125.71	*23.40	*40.11	*16112	619.6	*152.13	*7.47	\$0.000
% of Calories				*8.63%		*16.1%	*30.4%	*0.0%		54.7%		*17.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Thursday - 09/12/2019

Reimbursable Meal Total 410

	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)	Cost
001212 Mesquite Glazed Chicken Drumst	piece	350	170	2.50	210	0	11.00	0.00	90	3.00	0.00	16.00	100	20.0	0.00	0.72	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000417 Potatoes Mashed	1/2 cup	300	79	0.30	219	*0	1.06	0.00	0	14.46	1.45	1.88	33	16.1	21.86	0.26	\$0.000
000706 Corn on the Cob	med ear	300	88	0.11	4	3	0.70	0.00	0	21.15	2.52	2.95	220	3.6	6.48	0.61	\$0.000

# Base Menu Spreadsheet

Northfield Public Schools ISD 659

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
990074 Roll, Sister Shuber WG	1 each	300	130	1.00	240	4	4.00	0.00	10	22.00	3.00	4.00	0	0.0	0.00	4.00	\$0.000
000571 Fruit Choice	1/2 cup	300	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	325	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			594	*5.40	731	*23	*19.08	*0.00	*96	81.09	8.23	30.06	1470	319.9	*41.09	*4.79	\$0.000
% of Calories				*8.18%		*15.5%	*28.9%	*0.0%		54.6%		20.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

## Friday - 09/13/2019

Reimbursable Meal Total 450

	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)	Cost
000547 Quesadilla, WG Cheese	serving	400	360	4.00	810	*N/A*	14.00	0.00	15	42.00	5.00	18.00	300	350.0	0.00	2.70	\$0.000
001115 PBJ, meal elem	entree	35	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	15	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	320	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
000557 Carrot Coins	1/2 cup	300	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
000571 Fruit Choice	1/2 cup	400	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	400	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000



# Base Menu Spreadsheet

Northfield Public Schools ISD 659

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	425	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			588	*5.78	961	*22	*17.66	*0.00	*26	83.02	10.04	27.14	11392	663.4	*26.94	*3.47	\$0.000
% of Calories				*8.85%		*15.0%	*27.0%	*0.0%		56.5%		18.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Monday - 09/16/2019

Reimbursable Meal Total 410

	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)	Cost
001202 Loaded Oven Fries/Tater Totchos	serving	350	379	*5.90	1222	*N/A*	*20.52	*0.24	*38	31.40	*3.58	*17.77	*166	124.7	*8.26	2.93	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	350	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
990125 Black beans, Taco Fiesta	serving(1/2c)	300	110	0.00	470	2	1.00	0.00	0	20.00	4.00	5.00	0	40.0	0.00	1.80	\$0.000
000601 Brown Rice	1/2 cup	350	109	0.16	1	*N/A*	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			771	*7.73	1632	*23	*25.04	*0.20	*46	104.72	*11.59	*32.82	*3320	505.4	*32.35	*5.14	\$0.000
% of Calories				*9.02%		*11.9%	*29.2%	*0.2%		54.3%		*17.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Tuesday - 09/17/2019

Reimbursable Meal Total 410

	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)	Cost
001145 WG cheese bread, Tony's	each	350	290	3.50	570	*N/A*	10.00	0.00	15	29.00	3.00	21.00	300	400.0	0.00	1.80	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
990033 Marinara Sauce	1/2 cup	300	54	0.00	441	*N/A*	0.90	0.00	0	9.90	2.70	1.80	270	36.0	8.10	0.97	\$0.000
000687 Salad, Small Caesar	Serving	350	121	2.58	370	1	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58	\$0.000
000529 Fresh Vegetables	1/2 cup	300	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			774	*7.63	1521	*24	*24.37	*0.00	*29	105.20	21.39	37.52	18100	876.8	*157.90	*5.47	\$0.000
% of Calories				*8.87%		*12.4%	*28.3%	*0.0%		54.4%		19.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Wednesday - 09/18/2019

Reimbursable Meal Total 410

	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)	Cost
000306 Sandwich, Chicken crispy filet	Sandwich	350	360	2.50	620	*N/A*	11.50	0.00	50	42.00	4.00	26.00	0	100.0	0.00	2.88	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	350	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000774 Vegetables Squash	1/2 cup	250	215	2.52	104	*16	8.78	*0.00	0	36.40	3.86	2.22	3151	85.4	27.93	1.50	\$0.000
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

# Base Menu Spreadsheet

Northfield Public Schools ISD 659

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			815	*6.23	1107	*40	*21.27	*0.00	*56	123.72	13.53	39.99	5100	528.1	*42.33	*5.58	\$0.000
% of Calories				*6.88%		*19.6%	*23.5%	*0.0%		60.7%		19.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Thursday - 09/19/2019

Reimbursable Meal Total 410

	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)	Cost
001235 Orange Chicken, Lings	3.6 oz	350	150	0.50	280	10	3.00	0.00	40	19.00	0.00	11.00	*N/A*	*N/A*	1.20	0.72	\$0.000
001258 pasta, lo mein WG	6 oz	300	204	0.03	337	*2	0.94	*0.00	0	40.28	6.08	8.54	1822	49.9	23.67	1.83	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000529 Fresh Vegetables	1/2 cup	350	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
001095 Bread, WG dinner roll	roll	350	70	0.00	125	3	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			758	*3.12	1037	*39	*10.67	*0.00	*48	134.93	23.25	35.45	*17631	*529.3	*190.12	*5.95	\$0.000
% of Calories				*3.70%		*20.6%	*12.7%	*0.0%		71.2%		18.7%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Friday - 09/20/2019

Reimbursable Meal Total 410

	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)	Cost
001042 Macaroni & Cheese, WG LOL	6 oz	350	290	9.01	981	6	16.01	0.50	30	31.02	2.00	17.01	800	420.2	0.00	1.08	\$0.000
001215 Shrimp Poppers, WG RIch's	cup (LF.5 cup)	350	230	2.00	490	1	11.00	0.00	60	22.00	3.00	12.00	110	31.0	1.00	2.30	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000567 Veg Medley	1/2 cup	350	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75	\$0.000
001022 Tomatoes, cherry	1/2 cup	350	27	0.00	7	*N/A*	0.00	0.00	0	6.67	0.00	0.00	1001	0.0	16.01	0.00	\$0.000
001023 Cucumbers, fresh sliced	serving(1/2c)	300	6	0.05	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			789	*12.00	1531	*30	*29.27	*0.43	*90	104.40	11.54	38.97	6416	763.7	*42.32	*4.29	\$0.000
% of Calories				*13.69%		*15.2%	*33.4%	*0.5%		52.9%		19.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

### Monday - 09/23/2019

Reimbursable Meal Total 410

	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)	Cost
001214 Burrito Bowl, chicken MS/E	serving	350	532	*4.25	988	*1	*10.84	*0.20	*58	76.92	*10.00	*29.69	411	247.0	0.51	2.66	\$0.000
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	50	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000699 Assorted Taco Toppings	1/2 cup	350	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92	\$0.000
990125 Black beans, Taco Fiesta	serving(1/2c)	300	110	0.00	470	2	1.00	0.00	0	20.00	4.00	5.00	0	40.0	0.00	1.80	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			946	*10.07	*1765	*23	*26.70	*0.17	*78	132.70	*18.46	*44.79	*2704	*707.5	*37.81	*4.87	\$0.000
% of Calories				*9.58%		*9.7%	*25.4%	*0.2%		56.1%		*18.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

### Tuesday - 09/24/2019

Reimbursable Meal Total 410

	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)	Cost
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	13.00	0.00	35	27.00	3.00	17.00	400	450.0	0.00	2.70	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	350	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000258 Broccoli	1/2 cup	300	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56	\$0.000
000723 Fresh Veggies and Dip	serving	300	361	3.12	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88	\$0.000
000571 Fruit Choice	1/2 cup	410	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	410	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			830	*10.13	973	*38	*31.92	*0.00	*55	106.24	*21.53	*34.32	*17146	912.8	*183.04	*5.78	\$0.000
% of Calories				*10.98%		*18.3%	*34.6%	*0.0%		51.2%		*16.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

### Wednesday - 09/25/2019

Reimbursable Meal Total 475

	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)	Cost
001036 Pasta,Alfredo&Chic,WG rot Elem	cup	350	412	9.08	985	*N/A*	19.20	0.00	71	42.38	10.28	16.13	*36	*25.6	*0.40	*2.13	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
001115 PBJ, meal elem	entree	65	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000557 Carrot Coins	1/2 cup	1	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
000529 Fresh Vegetables	1/2 cup	300	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000920 Breadsticks Whole Wheat, New York	stick	300	80	0.00	160	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.70	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			715	*9.23	1206	*23	*21.19	*0.00	*64	105.22	22.69	28.63	*12295	*422.2	*130.34	*4.42	\$0.000
% of Calories				*11.62%		*12.9%	*26.7%	*0.0%		58.9%		16.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Thursday - 09/26/2019

Reimbursable Meal Total 410

	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)	Cost
000549 Hot Dog, Thsnd Hills on a WG Bun	sandwich	350	250	4.00	630	4	11.50	0.00	35	22.00	2.00	14.00	0	40.0	0.00	1.44	\$0.000
001197 Coleslaw	1/2 cup	250	165	1.89	267	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58	\$0.000
000706 Corn on the Cob	med ear	300	88	0.11	4	3	0.70	0.00	0	21.15	2.52	2.95	220	3.6	6.48	0.61	\$0.000
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80	\$0.000



# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000571 Fruit Choice	1/2 cup	250	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			722	*6.97	1195	*34	*22.90	*0.00	*53	102.15	12.49	30.01	1597	404.1	*49.97	*3.99	\$0.000
% of Calories				*8.69%		*18.8%	*28.5%	*0.0%		56.6%		16.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

Friday - 09/27/2019

Reimbursable Meal Total 410

	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)	Cost
990071 Cheese Bites - Wild Mike's	4 each	350	280	4.00	540	0	12.00	0.00	20	28.00	4.00	16.00	400	240.0	0.00	1.44	\$0.000
990030 Marinara sauce, RG, NE *RESIZED*	2 oz	350	27	0.00	222	2	1.13	0.00	0	4.08	0.91	0.91	0	12.7	0.00	0.45	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
000040 Peas	1/2 Cup	350	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000
000573 SALAD SIDE	serving	300	244	3.11	277	8	19.47	0.00	15	15.11	*5.52	*2.63	*20015	85.0	44.66	1.88	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			761	*8.27	1144	*32	*31.67	*0.00	*42	90.52	*14.85	*31.59	*17852	647.3	*63.37	*4.70	\$0.000
% of Calories				*9.78%		*16.8%	*37.5%	*0.0%		47.6%		*16.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

### Monday - 09/30/2019

Reimbursable Meal Total 410

	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)	Cost
001138 Chicken tenders, WG crispy	serving(3)	350	240	2.25	375	2	10.50	0.00	52	13.50	1.50	22.50	8	0.0	0.00	1.62	\$0.000
990029 Sauces Assorted *RESIZED*	2 oz	150	46	0.06	672	*3	1.25	0.00	0	8.48	0.28	1.33	500	23.8	0.00	0.57	\$0.000
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	\$0.000
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	714	*2	7.30	0.00	38	32.05	4.00	17.56	202	248.1	*0.00	*1.64	\$0.000
990143 pasta, salad, Asian WG	6 oz	300	1936	24.29	4181	*129	129.25	0.00	0	199.32	6.96	3.14	1802	46.5	19.17	1.83	\$0.000
990028 Potato Crinkle Sweet Potato	1/2 cup	300	200	1.33	227	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64	\$0.000
000529 Fresh Vegetables	1/2 cup	300	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000571 Fruit Choice	1/2 cup	250	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	250	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

# Base Menu Spreadsheet

## Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			2159	*23.33	4204	*120	*116.28	*0.00	*58	247.71	24.45	39.19	15524	496.1	*174.34	*7.47	\$0.000
% of Calories				*9.73%		*22.2%	*48.5%	*0.0%		45.9%		7.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30										

- \*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.