

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

**Menu Name:** NORTHFIELD ELEMENTARY LUNCH **Include Cost:** No

**Site:**

**Use Alternate Menu Name:** No

**Monday - 02/03/2025**

**Reimbursable Meal Total 440**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
990174 Pasta w/red sauce only Elem	serving	300	213	*0.00	143	*7	*N/A*	1.20	0.00	0	45.20	8.93	8.93	4500	47.1	54.00	2.27
990257 Meatballs, Beef (4 each)	4 meatballs	200	154	3.50	220	2	0	9.00	0.60	36	6.00	1.00	12.00	*N/A*	*N/A*	*N/A*	*N/A*
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000426 Veg Green Beans	1/2 cup	250	19	0.03	1	1	*N/A*	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000612 Garlic Breadstick 6"	1 stick	350	115	0.75	170	*N/A*	*N/A*	4.50	0.00	0	16.00	0.50	3.00	0	0.0	0.00	0.00
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990132 Salad, Caesar Chicken	Serving	25	423	6.75	1048	*1	*N/A*	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			613	*4.96	*622	*28	*0	*15.73	*0.27	*32	94.93	12.30	27.15	*5299	*399.6	*69.71	*2.74
% of Calories				*7.28%		*18.3%	*0%	*23.1%	*0.4%		61.9%		17.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

### Tuesday - 02/04/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001138 Chicken tenders, WG crispy	-serving(2)	250	230	2.00	400	2	*N/A*	11.00	0.00	45	12.00	1.00	20.00	0	0.0	0.00	1.60
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000417 Potatoes Mashed	1/2 cup	200	79	0.30	219	*0	*N/A*	1.06	0.00	0	14.46	1.45	1.88	33	16.1	21.86	0.26
000258 Broccoli	1/2 cup	200	26	0.02	10	1	*N/A*	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
001095 Bread, WG dinner roll	roll	200	70	0.00	125	3	*N/A*	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08
000573 SALAD SIDE	-serving	100	244	3.11	277	8	*N/A*	19.47	0.00	15	15.11	*5.52	*2.63	*20015	85.0	44.66	1.88
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	300	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000634 Chef Salad	-serving	30	435	5.55	1289	*4	*N/A*	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			537	*4.53	*749	*24	*N/A*	*18.22	*0.00	*52	66.96	*8.11	*28.06	*7299	*365.8	*65.41	*3.14
% of Calories				*7.59%		*17.9%	*N/A*	*30.5%	*0.0%		49.9%		*20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Wednesday - 02/05/2025

Reimbursable Meal Total 440

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)		
000692	sandwich	350	311	4.71	587	*0	*0	12.65	*0.01	57	29.94	3.29	22.89	*162	*128.8	*0.00	*3.53		
000939	Veggie Burgers,Black Bean Spicy	5	306	1.67	615	*2	*1	7.35	0.00	6	46.73	8.85	20.39	0	150.2	0.00	2.96		
000845	Assorted Veggie Toppings	1/2 cup	100	8	0.01	2	1	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	
001115	PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52	
000572	SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64	
000505	Baked Beans, Veg LS	1/2 Cup	200	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80	
000529	Fresh Vegetables	1/2 cup	250	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28	
000571	Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28	
000803	Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	
000445	MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	
990109	Salad, Taco - Chicken or Beef entree	Serving	20	343	4.68	541	*1	*N/A*	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85	
Weighted Daily Average				611	*6.36	*904	*28	*0	*16.40	*0.01	*61	86.23	9.92	33.96	*3155	*474.7	*39.94	*4.76	
% of Calories								*9.37%		*18.3%	*0%	*24.2%	*0.0%		56.5%		22.2%		
Weekly Nutrient Guideline				550 - 650	<10	1110			<=30										

Thursday - 02/06/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)	
001030	Mini pancakes, WG maple	serving	250	170	0.50	200	*N/A*	*N/A*	5.00	0.00	5	30.00	2.00	4.00	0	40.0	0.00	0.72

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
990208 Pancake, WG Bake Crafters	2 each	250	180	0.00	220	10	*N/A*	4.00	0.00	*N/A*	30.00	2.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
990209 syrup, No HFCS	each	250	80	*N/A*	10	12	*N/A*	*N/A*	*N/A*	*N/A*	21.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000541 Cheese Omelet	serving 2.1 oz	250	130	4.00	300	*N/A*	*N/A*	10.00	0.00	180	2.00	0.00	7.00	300	80.0	0.00	0.70
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000558 Potato Choice	1/2 cup	325	128	0.45	186	*N/A*	*N/A*	4.62	*0.00	*0	19.97	2.07	2.00	*0	*4.8	*5.35	*0.40
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990110 Salad, Crispy Chicken	salad	25	278	2.92	488	*3	*N/A*	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			668	*5.23	*800	*31	*N/A*	*20.03	*0.00	*118	102.04	*8.15	*21.48	*3111	*375.0	*42.04	*2.05
% of Calories				*7.05%		*18.6%	*N/A*	*27.0%	*0.0%		61.1%		*12.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Friday - 02/07/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000418 MAX Cheese Stick, WG	2 sticks	300	300	4.00	460	*N/A*	*N/A*	12.00	0.00	20	32.00	2.00	16.00	200	360.0	0.00	230.40

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000557 Carrot Coins	1/2 cup	100	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001252 Salad, Mandarin Chicken	serving	25	381	3.51	*637	*12	*N/A*	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			475	*5.31	*587	*20	*N/A*	*14.89	*0.00	*29	62.52	5.24	23.41	*4784	*584.6	*26.47	*157.99
% of Calories				*10.06 %		*16.8%	*N/A*	*28.2%	*0.0%		52.6%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Monday - 02/10/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000763 Beef Nachos w/Tostitos	Serving	300	426	*8.97	755	*0	*N/A*	*20.43	*0.00	*97	25.00	*2.00	*30.90	700	220.0	2.40	2.17
000699 Assorted Taco Toppings	1/2 cup	300	105	0.98	346	*2	*N/A*	6.80	*0.00	0	11.02	4.40	1.24	838	17.0	15.49	0.90
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
990237 Brown Rice with salsa	1/2 cup	200	124	0.16	177	*1	*0	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52
000519 Black Bean & Corn Salsa	1/2 CUP	100	63	0.20	97	*1	*N/A*	2.42	*0.01	*0	9.28	2.37	2.16	210	15.0	4.64	0.81
000571 Fruit Choice	1/2 cup	300	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	*N/A*	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			699	*9.52	1130	*21	*0	*26.58	*0.00	*81	77.97	*9.59	*34.94	*2688	*477.1	*35.60	*3.33
% of Calories				*12.26 %		*12.0%	*0%	*34.2%	*0.0%		44.6%		*20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Tuesday - 02/11/2025

Reimbursable Meal Total 505

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001036 Pasta,Alfredo&Chic,WG rot Elem	cup	350	413	*8.81	997	*N/A*	*N/A*	19.22	0.00	71	41.81	10.60	20.13	*36	*19.9	*0.40	*1.68
000920 Breadsticks Whole Wheat, New York	1 stick	300	80	0.00	160	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.70
001115 PBJ, meal elem	entree	65	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
990034 PEAS & CARROTS: frozen,boiled *RESIZED*	1/2 CUP	250	38	0.06	54	3	*N/A*	0.34	0.00	0	8.10	2.48	2.47	7611	18.4	6.48	0.75

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000634 Chef Salad	serving	25	435	5.55	1289	*4	*N/A*	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			634	*8.71	*1105	*21	*N/A*	*20.72	*0.00	*69	86.27	14.29	29.53	*6492	*345.8	*40.67	*2.96
% of Calories				*12.36 %		*13.2%	*N/A*	*29.4%	*0.0%		54.4%		18.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Wednesday - 02/12/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	*N/A*	13.00	0.00	35	27.00	3.00	17.00	400	450.0	0.00	2.70
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000258 Broccoli	1/2 cup	300	26	0.02	10	1	*N/A*	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	410	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	410	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990109 Salad, Taco - Chicken or Beef entree	Serving	30	343	4.68	541	*1	*N/A*	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			580	*7.62	*678	*33	*N/A*	*17.21	*0.00	*45	79.57	9.88	29.73	*4039	*765.6	*71.88	*3.77
% of Calories				*11.82 %		*22.8%	*N/A*	*26.7%	*0.0%		54.9%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Thursday - 02/13/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000306 Sandwich, Chicken crispy filet	1 Sandwich	350	360	2.50	620	*N/A*	*N/A*	11.50	0.00	50	42.00	4.00	26.00	0	100.0	0.00	2.88
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000845 Assorted Veggie Toppings	1/2 cup	100	8	0.01	2	1	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000505 Baked Beans, Veg LS	1/2 Cup	250	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00



# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
990110 Salad, Crispy Chicken	salad	30	278	2.92	488	*3	*N/A*	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			668	*4.57	*976	*29	*N/A*	*15.48	*0.00	*55	99.95	11.26	37.15	*3666	*453.9	*43.02	*4.48
% of Calories				*6.16%		*17.4%	*N/A*	*20.9%	*0.0%		59.9%		22.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

## Friday - 02/14/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001215 Shrimp Poppers, WG Rlch's	3/4c	350	230	2.00	490	1	*N/A*	11.00	0.00	60	22.00	3.00	12.00	110	31.0	1.00	2.30
000487 French Fries	4 oz serving	300	101	0.00	12	*N/A*	*N/A*	0.00	0.00	0	23.81	2.24	3.40	*N/A*	20.9	14.62	1.19
000557 Carrot Coins	1/2 cup	200	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
990193 Cucumber Ranch Salad	1/4 CUP	250	188	3.00	171	*1	*N/A*	19.00	0.00	15	3.00	*0.00	*0.00	*50	20.6	1.34	0.24
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001252 Salad, Mandarin Chicken	serving	25	381	3.51	*637	*12	*N/A*	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			674	*5.91	*790	*25	*N/A*	*26.46	*0.00	*72	86.81	*9.98	*25.09	*8535	*407.3	*55.73	*4.05
% of Calories				*7.89%		*14.8%	*N/A*	*35.3%	*0.0%		51.5%		*14.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Monday - 02/17/2025

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Tuesday - 02/18/2025

#### Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
990259 Enchiladas, Chicken and Cheese (Los Cabos), WG	2 each	250	220	3.00	470	2	1	7.00	0.00	40	23.00	5.00	13.00	*N/A*	*N/A*	*N/A*	*N/A*
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000699 Assorted Taco Toppings	1/2 cup	300	105	0.98	346	*2	*N/A*	6.80	*0.00	0	11.02	4.40	1.24	838	17.0	15.49	0.90
000515 Beans Refried	1/2 CUP	100	144	*N/A*	144	*N/A*	*N/A*	0.51	*N/A*	*N/A*	24.63	9.24	9.24	0	51.3	0.00	2.16
990237 Brown Rice with salsa	1/2 cup	100	124	0.16	177	*1	*0	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000634 Chef Salad	serving	25	435	5.55	1289	*4	*N/A*	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			549	*5.09	874	*24	*1	*15.62	*0.00	*45	77.47	12.48	24.07	*2582	*378.5	*37.32	*2.14
% of Calories				*8.34%		*17.5%	*0.7%	*25.6%	*0.0%		56.4%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Wednesday - 02/19/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001198 French Toast Sticks WG FR 37722	4 each	250	258	1.49	298	9	8	9.94	0.00	0	37.76	2.98	5.96	428	233.5	0.00	1.99
990114 Sausage Link, Chkn, Jones	2 each	250	80	2.00	270	0	*N/A*	5.00	0.00	40	0.00	0.00	8.00	0	0.0	0.00	0.00
990209 syrup, No HFCS	each	200	80	*N/A*	10	12	*N/A*	*N/A*	*N/A*	*N/A*	21.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000558 Potato Choice	1/2 cup	325	128	0.45	186	*N/A*	*N/A*	4.62	*0.00	*0	19.97	2.07	2.00	*0	*4.8	*5.35	*0.40
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990109 Salad, Taco - Chicken or Beef entree	Serving	30	343	4.68	541	*1	*N/A*	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			586	*4.80	*722	*29	*5	*18.04	*0.00	*38	86.26	*7.62	*21.51	*3006	*447.6	*41.99	*2.44
% of Calories				*7.37%		*19.8%	*3.4%	*27.7%	*0.0%		58.9%		*14.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Thursday - 02/20/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001182 Hotdog, all beef on WG bun	each	350	302	6.48	788	1	*N/A*	18.11	0.99	30	23.62	1.16	9.62	*0	*59.8	*0.00	*1.36
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
990272 Onion Rings, WG	4 each	300	180	1.00	100	3	1	7.00	0.00	0	28.00	3.00	3.00	*N/A*	20.0	*N/A*	1.20
000529 Fresh Vegetables	1/2 cup	150	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990110 Salad, Crispy Chicken	salad	30	278	2.92	488	*3	*N/A*	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			722	*8.21	*1193	*31	*1	*25.12	*0.79	*37	100.58	10.58	25.34	*2569	*390.5	*33.10	*4.08
% of Calories				*10.23 %		*17.2%	*0.6%	*31.3%	*1.0%		55.7%		14.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Friday - 02/21/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001145 WG cheese bread, Tony's	each	350	290	3.50	570	*N/A*	*N/A*	10.00	0.00	15	29.00	3.00	21.00	300	400.0	0.00	1.80
990030 Marinara sauce, RG, NE *RESIZED*	2 oz	300	27	0.00	222	2	0	1.13	0.00	0	4.08	0.91	0.91	0	12.7	0.00	0.45
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000687 Salad, Small Caesar	Serving	300	121	2.58	370	1	*N/A*	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001252 Salad, Mandarin Chicken	serving	30	381	3.51	*637	*12	*N/A*	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			629	*7.15	*1131	*24	*0	*22.81	*0.00	*32	75.25	8.03	32.66	*5227	*742.0	*34.50	*3.13
% of Calories				*10.23 %		*15.3%	*0%	*32.6%	*0.0%		47.9%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Monday - 02/24/2025

### Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001259 Sampler Platter, Mini	portion	350	312	3.88	621	*1	*N/A*	13.96	0.00	37	28.78	3.82	17.79	200	160.0	0.00	1.76
990028 Potato Crinkle Sweet Potato, waffle	3.2 oz (11each)	100	200	1.33	227	*N/A*	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000571 Fruit Choice	1/2 cup	300	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	300	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	*N/A*	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			570	*6.02	*832	*19	*N/A*	*20.05	*0.00	*44	71.56	8.14	26.32	*2500	*441.0	*37.87	*2.95
% of Calories				*9.51%		*13.3%	*N/A*	*31.7%	*0.0%		50.2%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Tuesday - 02/25/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	*N/A*	13.00	0.00	35	27.00	3.00	17.00	400	450.0	0.00	2.70
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000258 Broccoli	1/2 cup	300	26	0.02	10	1	*N/A*	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	410	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	410	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000634 Chef Salad	servings	30	435	5.55	1289	*4	*N/A*	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			586	*7.68	*729	*33	*N/A*	*17.64	*0.00	*53	79.44	9.91	30.52	*4366	*775.4	*72.27	*3.77
% of Calories				*11.80 %		*22.5%	*N/A*	*27.1%	*0.0%		54.2%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Wednesday - 02/26/2025

Reimbursable Meal Total 435

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
000695 Sandwich, Turkey or Combo Sub	sandwich	250	250	2.00	650	5	*N/A*	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000304 SUN CHIPS HARVEST CHEDDAR	1 OZ	150	140	1.00	160	*N/A*	*N/A*	6.00	0.00	0	19.00	2.00	2.00	0	0.0	0.00	0.36
000354 SUN CHIPS ORIGINAL 1 OZ	1 PKG 1 OZ	100	142	0.51	111	*N/A*	*N/A*	6.07	0.00	0	19.24	2.02	2.02	101	10.1	0.00	0.61
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000426 Veg Green Beans	1/2 cup	200	19	0.03	1	1	*N/A*	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00



# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
990109 Salad, Taco - Chicken or Beef entree	Serving	20	343	4.68	541	*1	*N/A*	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			527	*4.18	*706	*26	*N/A*	*13.40	*0.00	*32	78.48	9.32	24.46	*3107	*458.2	*43.98	*2.24
% of Calories				*7.14%		*19.7%	*N/A*	*22.9%	*0.0%		59.6%		18.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Thursday - 02/27/2025

Reimbursable Meal Total 410

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000637 Taco in a Bag	serving	300	476	*7.25	940	*1	*N/A*	*21.12	*0.00	*83	33.57	*2.00	*32.61	579	306.6	2.40	2.24
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000699 Assorted Taco Toppings	1/2 cup	350	105	0.98	346	*2	*N/A*	6.80	*0.00	0	11.02	4.40	1.24	838	17.0	15.49	0.90
000515 Beans Refried	1/2 CUP	100	144	*N/A*	144	*N/A*	*N/A*	0.51	*N/A*	*N/A*	24.63	9.24	9.24	0	51.3	0.00	2.16
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
990110 Salad, Crispy Chicken	salad	30	278	2.92	488	*3	*N/A*	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			780	*8.90	1296	*26	*N/A*	*28.12	*0.00	*77	89.43	*11.71	*40.53	3417	616.6	*43.68	*3.92
% of Calories				*10.27 %		*13.3%	*N/A*	*32.4%	*0.0%		45.9%		*20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

### Friday - 02/28/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001235 Orange Chicken, Lings	3.6 oz	350	150	0.50	280	10	*N/A*	3.00	0.00	40	19.00	0.00	11.00	*N/A*	*N/A*	1.20	0.72
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	300	137	0.00	341	*N/A*	*N/A*	1.00	0.00	0	28.00	1.00	4.00	1150	30.0	1.20	1.08
000433 Mixed Vegetables	1/2 cup	200	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
001095 Bread, WG dinner roll	roll	100	70	0.00	125	3	*N/A*	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	410	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	410	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
001252 Salad, Mandarin Chicken	serving	20	381	3.51	*637	*12	*N/A*	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			581	*3.09	*780	*35	*N/A*	*10.11	*0.00	*48	96.83	8.19	26.99	*5473	*410.5	*50.46	*3.05
% of Calories				*4.79%		*24.1%	*N/A*	*15.7%	*0.0%		66.7%		18.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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)
Weighted Averages	615	*6.20	*874	*27	*0	*19.09	*0.06	*54	84.13	*9.72	*28.57	*4280	*490.0	*46.61	*11.42
% of Calories		*9.07%		*17.6%	*0%	*27.9%	*0.1%		54.7%		*18.6%				

- \*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.**