

# Base Menu Spreadsheet

## Portion Values

Feb 3, 2025 thru Feb 28, 2025

**Menu Name:** NORTHFIELD HIGH SCHOOL LUNCH **Include Cost:** No

**Site:**

**Use Alternate Menu Name:** No

### Monday - 02/03/2025

### Reimbursable Meal Total 500

	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)
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*
990279 Marinara sauce, multi-purpose, Red Gold	4 oz scoop	200	60	0.00	489	5	1	2.49	0.00	0	8.98	2.00	2.00	0	27.9	0.00	1.00
990177 Pasta Rotini, Secondary	6 oz scoop	200	243	0.00	0	*N/A*	*N/A*	1.22	0.00	0	48.60	1.22	8.50	0	0.0	0.00	1.75
001248 Vegetable, Zucchini	1/2 cup	200	16	0.10	8	2	*N/A*	0.30	0.00	0	3.00	1.00	1.20	175	15.0	17.40	0.27
000529 Fresh Vegetables	1/2 cup	450	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	450	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	500	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	500	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00

# 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			744	*7.17	*876	*28	*0	*21.83	*0.24	*40	109.34	10.00	31.07	*3097	*422.8	*59.80	*2.89
% of Calories				*8.67%		*15.1%	*0%	*26.4%	*0.3%		58.8%		16.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

## Tuesday - 02/04/2025

Reimbursable Meal Total 450

	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)	100	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
000942 Sauces Assorted	1 oz	200	23	0.03	336	*2	*N/A*	0.62	0.00	0	4.24	0.14	0.67	250	11.9	0.00	0.28
990280 sweet potato waffle, Redstone Canyon	3 oz( 11 pieces	200	160	1.50	320	0	0	10.00	0.00	0	19.00	1.00	2.00	*N/A*	0.0	*N/A*	0.40
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
990074 Roll, Sister Shuber WG	1 each	200	160	0.00	200	5	*N/A*	2.00	0.00	5	30.00	3.00	5.00	0	0.0	0.00	1.80
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	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	400	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	400	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70

# 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)
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			738	*7.42	*1013	*30	*0	*26.33	*0.00	*44	99.58	*11.58	*30.25	*7746	*479.9	*73.25	*3.78
% of Calories				*9.05%		*16.3%	*0%	*32.1%	*0.0%		54.0%		*16.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

## Wednesday - 02/05/2025

Reimbursable Meal Total 450

	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 Hamburger/Cheeseburger/Veggie	sandwich	200	311	4.71	587	*0	*0	12.65	*0.01	57	29.94	3.29	22.89	*162	*128.8	*0.00	*3.53
000845 Assorted Veggie Toppings	1/2 cup	200	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	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
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	400	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	400	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70

# 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)
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			704	*7.70	*986	*33	*0	*19.56	*0.00	*54	101.73	12.15	34.89	*3756	*530.5	*47.65	*4.53
% of Calories				*9.84%		*18.8%	*0%	*25.0%	*0.0%		57.8%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Thursday - 02/06/2025

### Reimbursable Meal Total 450

	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)
001146 WG cinnamon roll, BakerBoy	each	250	219	2.01	291	*4	*4	5.02	0.00	15	38.67	3.02	5.06	*104	*22.7	*0.02	*1.44
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
990281 potato, halves rst herb and parm seasoned	1/2 cup	200	120	1.00	190	1	0	3.50	0.00	0	17.00	2.00	4.00	0	30.0	2.00	0.90
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
990126 Hummus, Grecin	2 oz	100	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	0	0.0	0.00	0.81
000571 Fruit Choice	1/2 cup	450	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	450	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70

# 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)
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			759	*9.39	*952	*29	*2	*25.40	*0.00	*137	104.11	10.32	30.43	*2942	*513.9	*48.54	*3.47
% of Calories				*11.13 %		*15.3%	*1.1%	*30.1%	*0.0%		54.9%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

## Friday - 02/07/2025

### Reimbursable Meal Total 450

	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)
990196 Quesadilla, Pizza, WG, Cheese	1 each	200	300	3.00	670	3	*N/A*	10.00	0.00	10	39.00	4.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
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
000529 Fresh Vegetables	1/2 cup	400	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	400	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	400	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	500	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00

# 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			628	*7.14	*812	*28	*N/A*	*18.85	*0.00	*34	89.49	10.10	28.82	*8497	*488.4	*50.54	*1.86
% of Calories				*10.23 %		*17.8%	*N/A*	*27.0%	*0.0%		57.0%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Monday - 02/10/2025

Reimbursable Meal Total 450

	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)
001062 Corn Dog 4 oz	4 oz	250	272	2.27	669	*N/A*	*N/A*	9.07	0.00	23	37.42	5.67	10.21	0	170.1	0.00	1.08
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	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
990126 Hummus, Grecin	2 oz	100	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	0	0.0	0.00	0.81
000571 Fruit Choice	1/2 cup	450	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	450	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	500	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00

# 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			681	*7.04	*922	*28	*N/A*	*20.87	*0.00	*43	97.62	11.66	28.89	*2578	*584.1	*44.26	*2.67
% of Calories				*9.30%		*16.4%	*N/A*	*27.6%	*0.0%		57.3%		17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

## Tuesday - 02/11/2025

Reimbursable Meal Total 450

	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)
990274 Chicken Parmesan Alfredo (Secondary)	4 oz scoop	200	197	4.50	887	1	1	8.67	0.00	80	6.00	0.00	23.33	*N/A*	*170.0	*N/A*	*0.00
990275 Pasta, FC WG rotini, Marz	6 oz scoop	200	200	*N/A*	20	*N/A*	*N/A*	1.50	0.00	0	44.00	7.00	7.00	0	17.2	0.00	1.34
000920 Breadsticks Whole Wheat, New York	1 stick	200	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
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
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	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00

# 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			685	*7.63	*978	*25	*0	*19.02	*0.00	*64	97.44	11.83	36.52	*6707	*531.4	*44.64	*2.87
% of Calories				*10.02 %		*14.6%	*0%	*25.0%	*0.0%		56.9%		21.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Wednesday - 02/12/2025

Reimbursable Meal Total 450

	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)
001161 Pizza, WG Primo Cheese, 8ct	slice	250	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	250	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000845 Assorted Veggie Toppings	1/2 cup	300	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
000258 Broccoli	1/2 cup	400	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	500	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	500	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
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00



# 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SANDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			766	*10.63	*875	*31	*N/A*	*25.11	*0.00	*57	102.86	12.95	36.85	*5161	*629.8	*84.80	*3.34
% of Calories				*12.49 %		*16.2%	*N/A*	*29.5%	*0.0%		53.7%		19.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Thursday - 02/13/2025

Reimbursable Meal Total 450

	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	200	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
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
000774 Vegetables Squash	1/2 cup	150	215	2.52	104	*16	*N/A*	8.78	*0.00	0	36.40	3.86	2.22	3151	85.4	27.93	1.50
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	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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00

# 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			805	*7.57	*954	*39	*N/A*	*22.04	*0.00	*51	122.50	13.60	35.91	*4461	*541.9	*63.90	*4.49
% of Calories				*8.46%		*19.4%	*N/A*	*24.6%	*0.0%		60.9%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Friday - 02/14/2025

Reimbursable Meal Total 450

	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	200	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
990183 Three Cheese Mac (Cavatappi)	6 oz Serving	200	321	9.20	803	3	*N/A*	16.00	0.00	47	27.00	2.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
000557 Carrot Coins	1/2 cup	300	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	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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00

# 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			774	*10.65	*1085	*32	*N/A*	*26.32	*0.00	*76	104.04	12.18	33.67	*11419	*481.3	*58.39	*3.17
% of Calories				*12.38 %		*16.5%	*N/A*	*30.6%	*0.0%		53.8%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=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)	Calc <sup>m</sup> (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			750 - 850	<10	1280			<=30									

### Tuesday - 02/18/2025

#### Reimbursable Meal Total 450

	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)
990263 Soft Shell Taco 9", Beef (Secondary)	1 each	200	456	*10.47	865	*1	*N/A*	*21.43	*0.00	*97	29.00	*3.00	*32.90	700	217.0	2.40	2.81
000699 Assorted Taco Toppings	1/2 cup	200	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	300	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	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

# 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	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
000571 Fruit Choice	1/2 cup	400	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	400	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			862	*10.76	*1184	*26	*0	*27.13	*0.00	*72	111.50	*17.18	*42.63	*2930	*580.3	*47.11	*4.88
% of Calories				*11.23 %		*12.1%	*0%	*28.3%	*0.0%		51.7%		*19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

## Wednesday - 02/19/2025

Reimbursable Meal Total 450

	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)
001146 WG cinnamon roll, BakerBoy	each	250	219	2.01	291	*4	*4	5.02	0.00	15	38.67	3.02	5.06	*104	*22.7	*0.02	*1.44
990260 Egg Bite, Pork Bacon and Cheese	2 each	250	220	7.00	620	2	0	16.00	0.00	230	4.00	0.00	16.00	*N/A*	140.0	*N/A*	1.20
000558 Potato Choice	1/2 cup	200	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

# 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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			812	*10.82	*1070	*32	*2	*27.73	*0.00	*165	111.08	10.95	33.54	*3189	*543.1	*59.22	*3.53
% of Calories				*11.99 %		*15.8%	*1.0%	*30.7%	*0.0%		54.7%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Thursday - 02/20/2025

Reimbursable Meal Total 450

	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	200	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
000845 Assorted Veggie Toppings	1/2 cup	200	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	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
001192 Jicama Apple Slaw	portion	200	70	0.02	32	*2	*N/A*	0.15	0.00	1	15.50	5.02	2.12	2635	58.5	17.72	0.67
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

# 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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			671	*8.15	*1050	*29	*N/A*	*21.43	*0.44	*40	94.33	12.14	27.70	*4073	*450.1	*42.67	*3.64
% of Calories				*10.93 %		*17.3%	*N/A*	*28.7%	*0.6%		56.2%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

## Friday - 02/21/2025

Reimbursable Meal Total 450

	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	200	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
990033 Marinara Sauce	1/2 cup	200	54	0.00	441	*N/A*	*N/A*	0.90	0.00	0	9.90	2.70	1.80	270	36.0	8.10	0.97
000687 Salad,Small Caesar	Serving	400	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	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	500	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

# 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)
000803 Fruit Fresh Choice	1/2cup portion	500	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			755	*9.46	*1256	*27	*N/A*	*28.22	*0.00	*40	94.62	11.28	33.97	*6781	*738.7	*56.28	*3.52
% of Calories				*11.28 %		*14.3%	*N/A*	*33.6%	*0.0%		50.1%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Monday - 02/24/2025

Reimbursable Meal Total 450

	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	200	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
000487 French Fries	4 oz serving	200	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
000567 Veg Medley	1/2 cup	300	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
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
990126 Hummus, Grecin	2 oz	100	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	0	0.0	0.00	0.81
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

# 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)
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	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			709	*7.34	*842	*26	*N/A*	*21.74	*0.00	*45	98.57	12.45	32.92	*5338	*535.0	*52.07	*3.57
% of Calories				*9.32%		*14.7%	*N/A*	*27.6%	*0.0%		55.6%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

## Tuesday - 02/25/2025

## Reimbursable Meal Total 500

	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)
001161 Pizza, WG Primo Cheese, 8ct	slice	250	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	250	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000845 Assorted Veggie Toppings	1/2 cup	300	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
000258 Broccoli	1/2 cup	400	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	500	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



# 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)
000803 Fruit Fresh Choice	1/2cup portion	500	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	500	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
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			700	*9.72	*801	*29	*N/A*	*22.85	*0.00	*52	93.87	11.66	33.97	*4695	*596.8	*76.56	*3.01
% of Calories				*12.50 %		*16.6%	*N/A*	*29.4%	*0.0%		53.6%		19.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Wednesday - 02/26/2025

Reimbursable Meal Total 450

	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)
990271 Turkey Barbacoa	3 oz scoop	200	90	1.00	480	0	0	3.50	0.00	50	2.00	0.00	13.00	*N/A*	*N/A*	*N/A*	1.10
990273 Bread Bun, Wheat,WHL Grain,4"	1 each	200	130	0.50	240	*N/A*	*N/A*	1.50	0.00	0	28.00	3.00	4.00	0	80.0	0.00	1.44
001197 Coleslaw	1/2 cup	300	165	1.89	267	*N/A*	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58
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
000304 SUN CHIPS HARVEST CHEDDAR	1 OZ	100	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
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	550	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

# 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)
000803 Fruit Fresh Choice	1/2cup portion	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			868	*8.21	*1234	*36	*0	*27.01	*0.00	*66	125.28	14.96	34.92	*3373	*605.2	*81.34	*4.42
% of Calories				*8.51%		*16.6%	*0%	*28.0%	*0.0%		57.7%		16.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Thursday - 02/27/2025

Reimbursable Meal Total 450

	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	200	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
000699 Assorted Taco Toppings	1/2 cup	200	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	350	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
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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			870	*9.26	*1154	*29	*N/A*	*26.76	*0.00	*66	115.00	*17.45	*42.75	*2883	*626.8	*51.82	*4.80
% of Calories				*9.58%		*13.3%	*N/A*	*27.7%	*0.0%		52.9%		*19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

### Friday - 02/28/2025

Reimbursable Meal Total 450

	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)
990133 Teriyaki Chicken, Yang	3 oz	200	144	1.25	413	8	*N/A*	4.38	0.00	88	7.50	0.00	18.76	*N/A*	*N/A*	*N/A*	*N/A*
000782 Chicken FC Mandarin Orange Yang's	Serving 3.6 oz	200	150	0.50	280	10	*N/A*	3.00	0.00	40	19.00	0.00	11.00	100	0.0	1.20	0.70
000607 Oriental Vegetables	1/2 cup	380	17	0.00	10	0	*N/A*	0.00	0.00	0	2.66	1.33	0.66	155	11.3	8.33	0.17
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	400	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
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
001243 Egg Roll, Veg WG	each	200	140	1.00	240	3	*N/A*	4.50	0.00	0	21.00	3.00	4.00	600	30.0	11.00	1.10
000571 Fruit Choice	1/2 cup	380	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

# 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)
000803 Fruit Fresh Choice	1/2cup portion	320	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
001161 Pizza, WG Primo Cheese, 8ct	slice	100	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
990241 Pizza Big Daddys Pepp,16" Primo Par Baked 8 cut	slice	100	370	8.00	560	*N/A*	*N/A*	17.00	0.00	50	35.00	4.00	19.00	*N/A*	*N/A*	0.00	*N/A*
000491 SANDWICH UNCRUST PB STWBR LG	5.3 OZ SANDWICH	25	600	6.00	540	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	*N/A*	2.00
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 5.3	25	600	7.00	530	*N/A*	*N/A*	34.00	0.00	0	64.00	7.00	18.00	0	88.0	0.00	2.00
Weighted Daily Average			776	*6.81	*1196	*32	*N/A*	*20.01	*0.00	*86	110.82	9.35	39.24	*3534	*484.0	*48.15	*3.38
% of Calories				*7.90%		*16.5%	*N/A*	*23.2%	*0.0%		57.1%		20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=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	753	*8.57	*1013	*30	*0	*23.59	*0.04	*65	104.41	*12.30	*34.15	*4903	*545.5	*57.42	*3.57
% of Calories		*10.24%		*15.9%	*0%	*28.2%	*0.0%		55.5%		*18.1%				

\*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.**