

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

Menu Name: NORTHFIELD HIGH SCHOOL LUNCH

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 05/01/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Pasta w/Alfredo & Chicken Sec	serving	450	403	8.81	981	*N/A*	18.77	0.00	71	36.61	5.75	19.78	*36	*6.1	*0.40	*1.69
000258 Broccoli	1/2 cup	400	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	375	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000920 Breadsticks Whole Wheat, New York	stick	500	80	0.00	160	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.70
000571 Fruit Choice	1/2 cup	500	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	500	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74

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May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			803	*9.33	*1381	*26	*21.49	*0.00	*73	119.18	*23.83	*37.39	*14703	*471.0	*171.55	*5.18
% of Calories				*10.46%		*13.0%	*24.1%	*0.0%		59.4%		*18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 05/02/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000549 Hot Dog on a Bun	sandwich	450	270	6.00	700	*N/A*	17.00	0.00	35	21.00	2.00	9.00	0	60.0	0.00	1.26
001192 Jicama Apple Slaw	portion	400	70	0.02	32	*2	0.15	0.00	1	15.50	5.03	2.12	2635	58.6	17.72	0.67
001093 Beans, baked vegetarian, Bushs, Low Na	1/2 cup	450	140	0.00	370	12	0.00	0.00	0	30.00	5.00	5.00	60	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	350	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000329 Sun Chips	1 oz	425	140	1.00	120	*N/A*	6.00	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.36
000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

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Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			877	*7.80	*1407	*36	*23.79	*0.00	*44	138.59	*25.78	*30.74	*15266	*563.6	*151.70	*5.94
% of Calories				*8.00%		*16.4%	*24.4%	*0.0%		63.2%		*14.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 05/03/2019

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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
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
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
000445 MILK (skim, 1% and NF Choc)	8 oz	550	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

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Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			662	*7.61	*1245	*27	*24.30	*0.00	*38	80.25	*11.00	*33.39	*7093	*714.2	*31.43	*3.71
% of Calories				*10.35%		*16.3%	*33.0%	*0.0%		48.5%		*20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Monday - 05/06/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001138 Chicken tenders, WG crispy	serving(3)	450	240	2.25	375	2	10.50	0.00	52	13.50	1.50	22.50	8	0.0	0.00	1.62
990029 Sauces Assorted *RESIZED*	2 oz	400	46	0.06	672	*3	1.25	0.00	0	8.48	0.28	1.33	500	23.8	0.00	0.57
000258 Broccoli	1/2 cup	350	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
990134 Salad, Greek Garbanzo Bean	1/2 cup	300	130	2.01	361	3	9.03	0.00	10	9.03	2.01	3.01	502	40.1	15.05	0.40
000529 Fresh Vegetables	1/2 cup	350	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
990074 Roll, Sister Shuber WG	1 each	400	130	1.00	240	4	4.00	0.00	10	22.00	3.00	4.00	0	0.0	0.00	4.00
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
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
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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

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Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			757	*5.68	*1575	*31	*22.25	*0.00	*70	104.47	*20.37	*40.94	*14205	*465.2	*163.40	*7.75
% of Calories				*6.75%		*16.4%	*26.5%	*0.0%		55.2%		*21.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 05/07/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000763 Beef Nachos w/Tostitos	Serving	450	354	*8.97	699	*0	*18.43	*0.00	*55	25.00	*2.00	*18.90	700	220.0	1.20	1.81
000781 Assorted Nacho Toppings	Serving	450	46	*0.02	234	*2	2.50	*0.00	*0	4.72	*1.12	*0.94	*434	*12.2	*5.77	*0.80
000515 Beans Refried	1/2 CUP 39GRAMS	350	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
000601 Brown Rice	1/2 cup	450	109	0.16	1	*N/A*	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52
000571 Fruit Choice	1/2 cup	500	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	500	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			764	*9.52	*1340	*21	*23.46	*0.00	*60	102.16	*11.62	*35.16	*3051	*569.4	*33.53	*4.53
% of Calories				*11.21%		*11.0%	*27.6%	*0.0%		53.5%		*18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 05/08/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001136 Sandwich, shredded pork	each	350	251	3.03	426	*3	9.16	*0.00	65	19.38	1.63	23.67	0	51.0	0.00	3.16
001197 Coleslaw	1/2 cup	300	165	1.89	267	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58
000426 Veg Green Beans	1/2 cup	350	19	0.03	1	1	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
000529 Fresh Vegetables	1/2 cup	350	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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

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May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			645	*5.08	*833	*28	*17.22	*0.00	*67	93.92	*18.95	*32.78	*13569	*516.2	*160.19	*5.28
% of Calories				*7.09%		*17.4%	*24.0%	*0.0%		58.2%		*20.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 05/09/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000983 Omlet Colby Cheese Skillete 2.	each	450	110	3.50	215	*N/A*	8.00	0.00	195	1.00	0.00	8.00	405	35.0	2.00	0.60
000187 CINNAMON ROLLS	2 oz	500	211	0.76	293	*11	4.76	*0.01	1	37.76	1.68	4.64	9	38.3	0.28	1.72
000558 Potato Choice	1/2 cup	450	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
990032 Fresh Vegetables *RESIZED*	cup	300	52	0.03	68	*2	0.18	0.00	0	11.70	4.82	1.85	4976	41.1	49.48	0.81
990126 Hummus, Grecin	2.5 oz	300	152	1.27	291	3	11.39	0.00	0	10.12	2.53	5.06	0	0.0	0.00	1.01
000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

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Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			754	*6.52	*1040	*32	*25.43	*0.01	*174	107.69	*11.34	*27.51	*5227	*410.3	*61.61	*4.24
% of Calories				*7.78%		*17.0%	*30.4%	*0.0%		57.1%		*14.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 05/10/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001042 Macaroni & Cheese, WG LOL	6 oz	450	290	9.01	981	6	16.01	0.50	30	31.02	2.00	17.01	800	420.2	0.00	1.08
001215 Shrimp Poppers, WG Rich's	cup (LF.5 cup)	450	230	2.00	490	1	11.00	0.00	60	22.00	3.00	12.00	110	31.0	1.00	2.30
000433 Mixed Vegetables	1/2 cup	450	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
001023 Cucumbers, fresh sliced	serving(1/2c)	350	7	0.01	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13
001022 Tomatoes, cherry	1/2 cup	400	27	0.00	7	*N/A*	0.00	0.00	0	6.67	0.00	0.00	1001	0.0	16.01	0.00
000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	550	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			766	*11.06	*1499	*29	*27.00	*0.41	*88	104.42	*11.76	*38.16	*6903	*740.9	*44.65	*4.34
% of Calories				*12.99%		*15.1%	*31.7%	*0.5%		54.5%		*19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Monday - 05/13/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001135 Burrito Bowl, chicken HS	serving	450	787	*4.25	988	*1	*13.09	*0.20	*58	129.42	*13.00	*35.69	411	247.0	0.51	3.74
000699 Assorted Taco Toppings	1/2 cup	450	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92
990051 Brown Rice *RESIZED*	1 cup	300	218	0.32	2	*N/A*	1.62	*N/A*	0	45.84	3.51	4.52	0	19.5	0.00	1.03
000519 Black Bean & Corn Salsa	1/2 cup	300	78	0.25	121	*1	3.02	*0.01	*0	11.60	2.96	2.71	262	18.8	5.80	1.01
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
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

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			1196	*10.15	*1508	*21	*29.00	*0.17	*78	185.42	*20.94	*49.76	*3277	*667.6	*37.97	*5.65
% of Calories				*7.64%		*7.0%	*21.8%	*0.1%		62.0%		*16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 05/14/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000343 TURKEY CORN DOG,STATE FAIR	EACH 4 OZ	450	290	3.50	860	*N/A*	15.00	0.00	50	30.00	1.00	10.00	0	0.0	24.00	10.80
990028 Potato Crinkle Sweet Potato	1/2 cup	400	200	1.33	227	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64
990055 BRUSSELS SPROUTS,FRZ,CKD,BLD, DRND,WO/SALT	1/2 cup	300	33	0.06	12	2	0.30	0.00	0	6.45	3.18	2.82	718	20.2	35.42	0.37
000529 Fresh Vegetables	1/2 cup	400	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
990090 Ranch Dressing, Creamy, Marie's	2 Tbsp	400	180	3.00	170	1	19.00	0.00	15	1.00	*N/A*	*N/A*	*N/A*	10.6	0.14	0.06
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

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			892	*8.02	*1421	*24	*36.98	*0.00	*66	117.05	*20.90	*26.48	*15041	*438.4	*202.23	*13.79
% of Calories				*8.09%		*10.8%	*37.3%	*0.0%		52.5%		*11.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 05/15/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000692 Hamburger/Cheeseburger/Veggie	sandwich	450	308	4.66	606	*0	12.38	*0.00	58	30.10	3.15	22.32	162	130.2	0.00	3.45
000845 Assorted Veggie Toppings	1/2 cup	450	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
990082 Coleslaw, Pear	servings(1/2c)	400	76	0.69	99	*2	4.12	0.00	7	8.90	2.16	0.87	80	23.5	17.33	0.31
001093 Beans, baked vegetarian,Bushs, Low Na	1/2 cup	400	140	0.00	370	12	0.00	0.00	0	30.00	5.00	5.00	60	40.0	0.00	1.80
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

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			644	*6.21	*1088	*28	*17.63	*0.00	*66	91.37	*11.49	*33.93	*3796	*475.9	*35.42	*5.30
% of Calories				*8.68%		*17.4%	*24.6%	*0.0%		56.8%		*21.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 05/16/2019

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001008 Turkey & Gravy, White, Jennieo	serving (5.11oz)	400	153	2.56	588	*N/A*	7.66	0.00	70	2.56	0.00	19.16	0	25.6	0.00	0.92
000417 Potatoes Mashed	1/2 cup	350	79	0.30	219	*0	1.06	0.00	0	14.46	1.45	1.88	33	16.1	21.86	0.26
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
000573 SALAD SIDE	serving	350	244	3.06	277	8	19.47	0.00	15	15.11	*5.52	*2.63	*20015	85.0	44.66	1.88
990074 Roll, Sister Shuber WG	1 each	350	130	1.00	240	4	4.00	0.00	10	22.00	3.00	4.00	0	0.0	0.00	4.00

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
000443 Milk	1 CUP	350	127	0.69	179	18	0.96	0.00	7	20.39	0.00	8.82	551	303.1	2.64	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			713	*6.21	*1252	*29	*26.76	*0.00	*84	90.28	*11.64	*33.31	*16021	*350.4	*71.04	*6.16
% of Calories				*7.84%		*16.3%	*33.8%	*0.0%		50.6%		*18.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 05/17/2019

Reimbursable Meal Total 460

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
000426 Veg Green Beans	1/2 cup	375	19	0.03	1	1	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
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

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	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
001118 Sub sandwich, MS/HS	sandwich	10	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	10	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	10	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			564	*5.27	*925	*20	*16.17	*0.00	*26	80.64	*9.95	*27.23	*3697	*648.8	*28.10	*3.58
% of Calories				*8.41%		*14.2%	*25.8%	*0.0%		57.2%		*19.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Monday - 05/20/2019

Reimbursable Meal Total 501

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001145 WG cheese bread, Tony's	each	450	290	3.50	570	*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	450	54	0.00	441	*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	450	121	2.58	370	1	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58
000529 Fresh Vegetables	1/2 cup	400	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000571 Fruit Choice	1/2 cup	500	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	Serving 1/2cup	500	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			835	*7.63	*1706	*27	*24.74	*0.00	*34	116.70	*23.78	*41.15	*20428	*955.9	*175.95	*6.17
% of Calories				*8.22%		*12.9%	*26.7%	*0.0%		55.9%		*19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 05/21/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001202 Loaded Oven Fries	serving	450	379	*5.90	1222	*N/A*	*20.52	*0.24	*38	31.40	*3.58	*17.77	*166	124.7	*8.26	2.93
000845 Assorted Veggie Toppings	1/2 cup	450	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
990125 Black beans, Taco Fiesta	serving(1/2c)	400	110	0.00	470	2	1.00	0.00	0	20.00	4.00	5.00	0	40.0	0.00	1.80
990051 Brown Rice *RESIZED*	1 cup	400	218	0.32	2	*N/A*	1.62	*N/A*	0	45.84	3.51	4.52	0	19.5	0.00	1.03
000571 Fruit Choice	1/2 cup	450	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000803 Fruit Fresh Choice	Serving 1/2cup	450	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
990102 Lemon Blueberry Bite	each	1	120	0.50	70	8	4.00	0.00	0	21.00	2.00	2.00	0	0.0	0.00	0.00
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			794	*6.96	*1596	*20	*23.23	*0.19	*45	114.51	*12.42	*32.96	*3792	*470.3	*31.87	*5.44
% of Calories				*7.89%		*10.1%	*26.3%	*0.2%		57.7%		*16.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 05/22/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000306 Sandwich, Chicken crispy filet	Sandwich	450	360	2.50	620	*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	450	8	0.01	2	1	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	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
990131 salad, Buffalo Chic Pea	1/2 cup	300	226	0.81	1193	*3	3.15	*0.00	1	37.71	14.00	11.57	487	131.1	22.08	2.32

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000529	Fresh Vegetables	1/2 cup	300	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000571	Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803	Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299	PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118	Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695	Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737	Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120	Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average				809	*4.61	*1562	*28	*16.35	*0.00	*56	127.79	*26.76	*45.58	*14334	*609.6	*163.25	*6.65
% of Calories					*5.13%		*13.8%	*18.2%	*0.0%		63.2%		*22.5%				
Weekly Nutrient Guideline				750 - 850	<10	1420		<=30									

Thursday - 05/23/2019

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990133	Teriyaki Chicken, Yang	3 oz	350	144	1.25	413	8	4.38	0.00	88	7.50	0.00	18.76	*N/A*	*N/A*	*N/A*	*N/A*
000919	Rice Vegetable Fried Brown Asi	Serving 4oz	350	137	0.00	341	*N/A*	1.00	0.00	0	28.00	1.00	4.00	1150	30.0	1.20	1.08
001243	Egg Roll, Veg WG	each	300	140	1.00	150	4	3.50	0.00	0	22.00	4.00	4.00	200	40.0	1.20	1.08

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000607 Oriental Vegetables	1/2 cup	300	17	0.00	10	0	0.00	0.00	0	2.66	1.33	0.66	155	11.3	8.33	0.17
000529 Fresh Vegetables	1/2 cup	350	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
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
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
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			707	*3.63	*1165	*30	*11.86	*0.00	*83	115.32	*21.12	*37.42	*16714	*459.5	*164.67	*4.76
% of Calories				*4.62%		*17.0%	*15.1%	*0.0%		65.2%		*21.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 05/24/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000532 Pasta w/Meatsauce Sec	serving	400	464	4.63	618	*7	12.04	0.36	45	66.38	12.63	23.14	4545	99.7	*54.00	5.84

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000667 Pasta w/Sauce Sec	serving	50	180	0.10	369	*N/A*	1.31	*0.00	*0	35.44	*0.75	6.00	210	12.5	2.45	1.64
001248 Vegetable, Zucchini	1/2 cup	400	16	0.10	8	2	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	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000612 Garlic Breadstick 6"	1 stick	450	115	0.75	170	*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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	500	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			857	*6.05	*1074	*31	*17.78	*0.26	*47	142.28	*27.99	*37.26	*19779	*520.9	*219.94	*7.73
% of Calories				*6.35%		*14.5%	*18.7%	*0.3%		66.4%		*17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Monday - 05/27/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 05/28/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001161 Pizza, WG Primo Cheese, 8ct	each	450	360	7.00	600	9	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000845 Assorted Veggie Toppings	1/2 cup	300	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000557 Carrot Coins	1/2 cup	400	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
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
000571 Fruit Choice	1/2 cup	500	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	500	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			764	*9.39	*997	*33	*28.69	*0.00	*51	97.69	*17.56	*32.49	*22008	*795.0	*122.73	*5.02
% of Calories				*11.06%		*17.3%	*33.8%	*0.0%		51.1%		*17.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 05/29/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000668 Pasta w/Alfredo & Chicken Sec	serving	450	403	8.81	981	*N/A*	18.77	0.00	71	36.61	5.75	19.78	*36	*6.1	*0.40	*1.69
000258 Broccoli	1/2 cup	400	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	375	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000920 Breadsticks Whole Wheat, New York	stick	500	80	0.00	160	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.70
000571 Fruit Choice	1/2 cup	500	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	500	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			803	*9.33	*1381	*26	*21.49	*0.00	*73	119.18	*23.83	*37.39	*14703	*471.0	*171.55	*5.18
% of Calories				*10.46%		*13.0%	*24.1%	*0.0%		59.4%		*18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 05/30/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000549 Hot Dog on a Bun	sandwich	450	270	6.00	700	*N/A*	17.00	0.00	35	21.00	2.00	9.00	0	60.0	0.00	1.26
001192 Jicama Apple Slaw	portion	400	70	0.02	32	*2	0.15	0.00	1	15.50	5.03	2.12	2635	58.6	17.72	0.67
001093 Beans, baked vegetarian, Bushs, Low Na	1/2 cup	450	140	0.00	370	12	0.00	0.00	0	30.00	5.00	5.00	60	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	350	181	0.12	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000329 Sun Chips	1 oz	425	140	1.00	120	*N/A*	6.00	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.36
000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			877	*7.80	*1407	*36	*23.79	*0.00	*44	138.59	*25.78	*30.74	*15266	*563.6	*151.70	*5.94
% of Calories				*8.00%		*16.4%	*24.4%	*0.0%		63.2%		*14.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 05/31/2019

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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
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
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
000445 MILK (skim, 1% and NF Choc)	8 oz	550	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			662	*7.61	*1245	*27	*24.30	*0.00	*38	80.25	*11.00	*33.39	*7093	*714.2	*31.43	*3.71
% of Calories				*10.35%		*16.3%	*33.0%	*0.0%		48.5%		*20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Monday - 06/03/2019

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990119 Tacos, Pork Carnita	2 each	300	360	3.50	840	*0	9.00	0.00	70	31.00	4.00	24.00	100	180.0	0.00	2.52
990120 Tacos, Shrimp	2 each	150	410	4.00	930	*1	15.00	0.00	60	52.00	7.00	18.00	110	191.0	1.00	3.74
000699 Assorted Taco Toppings	1/2 cup	450	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92
990108 Bean, Tx Ranchero Pinto	1/2 cup	250	96	0.00	427	1	0.44	0.00	0	17.45	4.36	5.23	*N/A*	*N/A*	*N/A*	*N/A*
990116 Coleslaw, Cilantro Lime Cabbage Slaw	1/2 cup	400	48	0.11	23	*0	1.42	*0.01	0	7.18	3.43	1.75	341	51.9	37.76	0.64
000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*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	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	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
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000695 Sandwich Turkey Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			816	*9.58	*1570	*23	*26.29	*0.00	*86	100.92	*16.30	*39.26	*3462	*665.3	*69.21	*4.49
% of Calories				*10.57%		*11.3%	*29.0%	*0.0%		49.5%		*19.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 06/04/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000623 Cooks Choice Lunch	serving	1	565	4.18	953	*19	17.18	*0.00	*43	80.81	6.73	27.43	*909	*439.3	*22.81	*7.78
000443 Milk	1 CUP	1	127	0.69	179	18	0.96	0.00	7	20.39	0.00	8.82	551	303.1	2.64	0.00
Weighted Daily Average			692	4.86	1133	*37	18.14	*0.00	*50	101.20	6.73	36.25	*1460	*742.4	*25.45	*7.78
% of Calories				6.32%		*21.4%	23.6%	*0.0%		58.5%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 06/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000623 Cooks Choice Lunch	serving	1	565	4.18	953	*19	17.18	*0.00	*43	80.81	6.73	27.43	*909	*439.3	*22.81	*7.78

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000443 Milk	1 CUP	1	127	0.69	179	18	0.96	0.00	7	20.39	0.00	8.82	551	303.1	2.64	0.00
Weighted Daily Average			692	4.86	1133	*37	18.14	*0.00	*50	101.20	6.73	36.25	*1460	*742.4	*25.45	*7.78
% of Calories				6.32%		*21.4%	23.6%	*0.0%		58.5%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 06/06/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000623 Cooks Choice Lunch	serving	1	565	4.18	953	*19	17.18	*0.00	*43	80.81	6.73	27.43	*909	*439.3	*22.81	*7.78
000443 Milk	1 CUP	1	127	0.69	179	18	0.96	0.00	7	20.39	0.00	8.82	551	303.1	2.64	0.00
Weighted Daily Average			692	4.86	1133	*37	18.14	*0.00	*50	101.20	6.73	36.25	*1460	*742.4	*25.45	*7.78
% of Calories				6.32%		*21.4%	23.6%	*0.0%		58.5%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 06/07/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000623 Cooks Choice Lunch	serving	1	565	4.18	953	*19	17.18	*0.00	*43	80.81	6.73	27.43	*909	*439.3	*22.81	*7.78

Base Menu Spreadsheet

Portion Values

May 1, 2019 thru Jun 7, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000443 Milk	1 CUP	1	127	0.69	179	18	0.96	0.00	7	20.39	0.00	8.82	551	303.1	2.64	0.00
Weighted Daily Average			692	4.86	1133	*37	18.14	*0.00	*50	101.20	6.73	36.25	*1460	*742.4	*25.45	*7.78
% of Calories				6.32%		*21.4%	23.6%	*0.0%		58.5%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.