

Base Menu Spreadsheet

Portion Values

Nov 23, 2020 thru Dec 22, 2020

Menu Name: Distance Learning/Portage Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 11/23/2020

Reimbursable Meal Total 400

	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)	Cost
990168 Pizza Kit, SFSP	serving	100	345	8.56	625	*4	15.98	0.00	35	31.13	2.93	19.22	*294	448.4	*0.00	1.80	\$0.000
990164 Beef Nachos Kit SFSP	Serving	100	354	*8.97	699	*0	*18.43	*0.00	*55	25.00	*2.00	*18.90	700	220.0	1.20	1.81	\$0.000
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	100	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18	\$0.000
000545 Cheese Stick	1 oz stick	100	80	3.50	210	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00	\$0.000
000695 Sandwich Turkey Sub	sandwich	100	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25	\$0.000
000529 Fresh Vegetables	1/2 cup	100	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000519 Black Bean & Corn Salsa	1/4 CUP (SFSP)	100	1255	4.08	1941	*21	48.32	*0.17	*0	185.66	47.37	43.29	4198	300.6	92.83	16.14	\$0.000
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			734	*7.59	*1160	*13	*28.74	*0.04	*36	93.69	*19.10	*31.85	*5991	*465.8	*70.56	*6.07	\$0.000
% of Calories				*9.31%		*7.1%	*35.2%	*0.0%		51.1%		*17.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 11/25/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 23, 2020 thru Dec 22, 2020

	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)	Cost
000145 No School																	
000145 No School																	
000145 No School																	
000145 No School																	
000145 No School																	
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Monday - 11/30/2020

Reimbursable Meal Total 100

	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)	Cost
990169 Sandwich, Wrap Kit SFSP	Serving	100	122	2.12	375	*1	4.88	0.00	19	11.50	1.50	8.25	100	93.0	*0.00	*0.10	\$0.000
990163 Chicken Teriyaki Bowl	bowl	100	239	1.16	561	*N/A*	4.31	*0.00	35	31.92	1.76	17.26	100	49.8	0.00	1.96	\$0.000
000529 Fresh Vegetables	1/2 cup	60	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000571 Fruit Choice	1/2 cup	30	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	30	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Nov 23, 2020 thru Dec 22, 2020

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	60	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			568	*4.29	1162	*15	*11.14	*0.00	*60	83.82	14.41	34.50	11264	414.8	*112.92	*3.91	\$0.000
% of Calories				*6.80%		*10.6%	*17.7%	*0.0%		59.0%		24.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 12/02/2020

Reimbursable Meal Total 100

	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)	Cost
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	100	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18	\$0.000
000545 Cheese Stick	1 oz stick	100	80	3.50	210	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00	\$0.000
990160 Sandwich, Turkey Ham and Cheese SFSP	Sandwich	100	194	1.97	711	*1	5.28	*0.00	*8	*26.01	*3.57	14.19	*152	*172.7	1.13	1.80	\$0.000
001222 Pasta w/Meatballs Kit SFSP	Serving	100	343	6.00	347	*8	14.50	0.00	35	34.00	4.83	20.83	4600	73.3	55.20	3.36	\$0.000
000529 Fresh Vegetables	1/2 cup	60	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000571 Fruit Choice	1/2 cup	30	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	30	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	60	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			1132	*13.82	*1648	*22	*44.23	*0.00	*64	*136.06	*21.06	*57.01	*15823	*797.2	*169.26	*7.18	\$0.000
% of Calories				*10.99%		*7.8%	*35.2%	*0.0%		*48.1%		*20.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Base Menu Spreadsheet

Portion Values

Nov 23, 2020 thru Dec 22, 2020

Monday - 12/07/2020

Reimbursable Meal Total 200

	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)	Cost
990168 Pizza Kit, SFSP	serving	100	345	8.56	625	*4	15.98	0.00	35	31.13	2.93	19.22	*294	448.4	*0.00	1.80	\$0.000
990164 Beef Nachos Kit SFSP	Serving	100	354	*8.97	699	*0	*18.43	*0.00	*55	25.00	*2.00	*18.90	700	220.0	1.20	1.81	\$0.000
000529 Fresh Vegetables	1/2 cup	100	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000519 Black Bean & Corn Salsa	1/4 CUP (SFSP)	100	1255	4.08	1941	*21	48.32	*0.17	*0	185.66	47.37	43.29	4198	300.6	92.83	16.14	\$0.000
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			1149	*11.64	1821	*24	*42.99	*0.08	*50	154.56	*35.45	*48.20	*11816	711.2	*141.12	11.42	\$0.000
% of Calories				*9.12%		*8.4%	*33.7%	*0.1%		53.8%		*16.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 12/09/2020

Reimbursable Meal Total 300

	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)	Cost
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	100	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18	\$0.000
000545 Cheese Stick	1 oz stick	100	80	3.50	210	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00	\$0.000
000138 PASTA SALAD with chicken	1 CUP	1	141	0.96	50	*1	7.08	*0.00	0	16.03	1.88	3.48	1052	18.6	9.40	0.84	\$0.000

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Nov 23, 2020 thru Dec 22, 2020

	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)	Cost
000695 Sandwich Turkey Sub	sandwich	100	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25	\$0.000
000529 Fresh Vegetables	1/2 cup	100	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			328	*2.92	*459	*9	*10.78	*0.00	*18	44.38	*8.04	*15.34	*6261	*298.1	*62.77	*1.51	\$0.000
% of Calories				*8.01%		*11.0%	*29.6%	*0.0%		54.1%		*18.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Monday - 12/14/2020

Reimbursable Meal Total 100

	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)	Cost
990169 Sandwich, Wrap Kit SFSP	Serving	100	122	2.12	375	*1	4.88	0.00	19	11.50	1.50	8.25	100	93.0	*0.00	*0.10	\$0.000
990163 Chicken Teriyaki Bowl	bowl	100	239	1.16	561	*N/A*	4.31	*0.00	35	31.92	1.76	17.26	100	49.8	0.00	1.96	\$0.000
000529 Fresh Vegetables	1/2 cup	60	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000571 Fruit Choice	1/2 cup	30	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	30	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 23, 2020 thru Dec 22, 2020

	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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	60	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			568	*4.29	1162	*15	*11.14	*0.00	*60	83.82	14.41	34.50	11264	414.8	*112.92	*3.91	\$0.000
% of Calories				*6.80%		*10.6%	*17.7%	*0.0%		59.0%		24.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 12/16/2020

Reimbursable Meal Total 100

	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)	Cost
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	100	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18	\$0.000
000545 Cheese Stick	1 oz stick	100	80	3.50	210	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00	\$0.000
990160 Sandwich, Turkey Ham and Cheese SFSP	Sandwich	100	194	1.97	711	*1	5.28	*0.00	*8	*26.01	*3.57	14.19	*152	*172.7	1.13	1.80	\$0.000
001222 Pasta w/Meatballs Kit SFSP	Serving	100	343	6.00	347	*8	14.50	0.00	35	34.00	4.83	20.83	4600	73.3	55.20	3.36	\$0.000
000529 Fresh Vegetables	1/2 cup	60	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000571 Fruit Choice	1/2 cup	30	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	30	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	60	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			1132	*13.82	*1648	*22	*44.23	*0.00	*64	*136.06	*21.06	*57.01	*15823	*797.2	*169.26	*7.18	\$0.000
% of Calories				*10.99%		*7.8%	*35.2%	*0.0%		*48.1%		*20.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Base Menu Spreadsheet

Portion Values

Nov 23, 2020 thru Dec 22, 2020

Monday - 12/21/2020

Reimbursable Meal Total 300

	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)	Cost
990168 Pizza Kit, SFSP	serving	100	345	8.56	625	*4	15.98	0.00	35	31.13	2.93	19.22	*294	448.4	*0.00	1.80	\$0.000
990164 Beef Nachos Kit SFSP	Serving	100	354	*8.97	699	*0	*18.43	*0.00	*55	25.00	*2.00	*18.90	700	220.0	1.20	1.81	\$0.000
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	100	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18	\$0.000
000545 Cheese Stick	1 oz stick	100	80	3.50	210	*N/A*	6.00	0.00	15	1.00	0.00	7.00	*N/A*	200.0	*N/A*	0.00	\$0.000
000529 Fresh Vegetables	1/2 cup	100	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000519 Black Bean & Corn Salsa	1/4 CUP (SFSP)	100	1255	4.08	1941	*21	48.32	*0.17	*0	185.66	47.37	43.29	4198	300.6	92.83	16.14	\$0.000
000571 Fruit Choice	1/2 cup	50	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	50	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			895	*9.38	*1335	*16	*36.16	*0.06	*38	114.92	*24.13	*36.46	*7880	*567.2	*94.08	*7.67	\$0.000
% of Calories				*9.43%		*7.2%	*36.4%	*0.1%		51.4%		*16.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

	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)	Cost
Weighted Averages	813	*8.47	*1299	*17	*28.68	*0.02	*49	*105.91	*19.71	*39.36	*10765	*558.3	*116.61	*6.11	
% of Calories		*9.38%		*8.4%	*31.7%	*0.0%		*52.1%		*19.4%					

Base Menu Spreadsheet

Portion Values

Nov 23, 2020 thru Dec 22, 2020

**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.