

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

Menu Name: NORTHFIELD MIDDLE SCHOOL LUNCH

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 09/02/2019

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)	Cost	
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000	
% of Calories				0%		0%	0%	0%		0%		0%						
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30											

Tuesday - 09/03/2019

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001257 Pork Nachos w/Tostitos	Serving	450	400	7.50	700	*0	16.50	0.00	100	21.00	2.00	27.00	400	240.0	0.00	1.44	\$0.000
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	\$0.000
000756 Beans Vegetarian Refried,Bushs	1/4 Cup	400	62	0.00	264	*N/A*	0.00	0.00	0	13.94	2.40	3.36	0	19.2	0.00	0.86	\$0.000
990140 Cowboy Caviar	1/2 cup	400	76	0.28	187	*3	1.80	*0.00	*0	13.89	3.64	3.00	910	18.9	44.56	0.91	\$0.000
000601 Brown Rice	1/2 cup	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	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
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	\$0.000
Weighted Daily Average			761	*8.02	1236	*23	*20.24	*0.00	*92	97.38	*11.55	*38.24	*2798	*559.7	*62.45	*4.02	\$0.000
% of Calories				*9.48%		*12.1%	*23.9%	*0.0%		51.2%		*20.1%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Wednesday - 09/04/2019

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
990144 Sandwich, Bahn Mi	3 oz	300	405	3.50	798	11	17.00	0.00	52	38.00	3.00	23.25	*0	*0.0	*0.00	*1.08	\$0.000
990145 Coleslaw, Cilantro Lime Veggie Slaw	1/2 cup	300	48	0.11	23	*0	1.42	*0.01	0	7.21	3.44	1.75	370	52.0	37.77	0.65	\$0.000
000426 Veg Green Beans	1/2 cup	300	19	0.03	1	1	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45	\$0.000
001245 Jonny Pop StrawBanana	each	300	51	0.40	34	10	0.70	0.00	3	11.00	0.50	1.00	1	20.0	15.00	0.10	\$0.000
000571 Fruit Choice	1/2 cup	300	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	300	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			738	*5.57	998	*43	*21.98	*0.01	*66	100.34	12.44	36.00	*2204	*419.8	*83.15	*2.80	\$0.000
% of Calories				*6.79%		*23.3%	*26.8%	*0.0%		54.4%		19.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Thursday - 09/05/2019

Reimbursable Meal Total 400

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
000983 Omlet Colby Cheese Skillete 2.	each	350	110	3.50	215	*N/A*	8.00	0.00	195	1.00	0.00	8.00	405	35.0	2.00	0.60	\$0.000
990106 French Toast Sticks WG Farm Rich, 37720	3 each	350	255	1.50	300	8	9.00	0.00	0	36.00	3.00	6.00	300	150.0	4.80	1.80	\$0.000
000558 Potato Choice	1/2 cup	350	127	0.44	183	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39	\$0.000
000529 Fresh Vegetables	1/2 cup	350	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
990141 Hummus, Un-Beetable	2.5 oz	250	345	1.27	645	*3	11.39	0.00	0	53.48	15.87	11.73	167	66.7	22.01	4.62	\$0.000
000571 Fruit Choice	1/2 cup	250	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	250	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			966	*7.02	1345	*30	*28.89	*0.00	*179	147.06	31.26	34.61	*17053	*608.2	*193.76	*8.12	\$0.000
% of Calories				*6.54%		*12.4%	*26.9%	*0.0%		60.9%		14.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Friday - 09/06/2019

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000532 Pasta w/Meatsauce Sec	serving	350	464	4.63	618	*7	12.04	0.36	45	66.38	12.63	23.14	4545	99.7	*54.00	5.84	\$0.000
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	\$0.000
001248 Vegetable, Zucchini	1/2 cup	350	16	0.10	8	2	0.30	0.00	0	3.00	1.00	1.20	175	15.0	17.40	0.27	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost	
000529	Fresh Vegetables	1/2 cup	350	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000612	Garlic Breadstick 6"	1 stick	350	115	0.75	170	*N/A*	4.50	0.00	0	16.00	0.50	3.00	0	0.0	0.00	0.00	\$0.000
000571	Fruit Choice	1/2 cup	325	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	325	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	400	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average				898	*6.47	1093	*33	*18.15	*0.31	*50	149.72	*30.03	39.15	20748	543.5	*237.21	8.44	\$0.000
% of Calories					*6.48%		*14.7%	*18.2%	*0.3%		66.7%		17.4%					
Weekly Nutrient Guideline				600 - 700	<10	1360		<=30										

Monday - 09/09/2019

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)	Cost	
000637	Taco in a Bag	serving	350	404	*7.25	884	*1	*19.12	*0.00	*41	33.57	*2.00	*20.62	579	306.6	1.20	1.89	\$0.000
000699	Assorted Taco Toppings	1/2 cup	350	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92	\$0.000
000515	Beans Refried	1/2 CUP	300	140	*N/A*	490	*N/A*	1.50	*N/A*	*N/A*	25.00	6.00	8.00	0	40.0	2.40	1.80	\$0.000
000571	Fruit Choice	1/2 cup	300	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803	Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			322416	*4988.96	669918	*8014	*12933.24	*0.00	*24739	36560.72	*5083.25	*15081.40	1082548	285517.2	15055.55	1677.25	\$0.000
% of Calories				*13.93%		*9.9%	*36.1%	*0.0%		45.4%		*18.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Tuesday - 09/10/2019

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)	Cost
001259 Sampler Platter, Mini	portion	450	365	6.37	745	*2	17.75	0.00	34	35.00	4.50	16.25	240	273.0	0.94	1.98	\$0.000
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	\$0.000
000529 Fresh Vegetables	1/2 cup	400	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
001032 Ranch dressing, Light Ken's	serving(2T)	350	80	1.00	340	1	7.00	0.00	5	2.00	0.00	1.00	5	20.0	0.00	1.44	\$0.000
001095 Bread, WG dinner roll	roll	400	70	0.00	125	3	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08	\$0.000
000571 Fruit Choice	1/2 cup	400	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	400	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
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	\$0.000
Weighted Daily Average			854	*8.32	1384	*26	*28.44	*0.00	*40	122.50	22.11	29.79	14181	642.0	162.96	7.67	\$0.000
% of Calories				*8.77%		*12.2%	*30.0%	*0.0%		57.4%		14.0%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

Wednesday - 09/11/2019

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
000692 Hamburger/Cheeseburger/Veggie	sandwich	400	308	4.66	606	*0	12.38	*0.00	58	30.10	3.15	22.32	162	130.2	0.00	3.45	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	400	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
000529 Fresh Vegetables	1/2 cup	300	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
001093 Beans, baked vegetarian, Bushs, Low Na	1/2 cup	325	140	0.00	370	12	0.00	0.00	0	30.00	5.00	5.00	60	40.0	0.00	1.80	\$0.000
000571 Fruit Choice	1/2 cup	400	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	400	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			780	*6.32	1230	*36	*15.68	*0.00	*68	126.57	23.98	40.62	16870	599.8	159.12	7.80	\$0.000
% of Calories				*7.29%		*18.5%	*18.1%	*0.0%		64.9%		20.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Thursday - 09/12/2019

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
990113 Chicken Wings, Bone-In	5 each	400	221	4.42	696	0	14.37	0.00	127	0.00	0.00	22.10	0	0.0	0.00	0.80	\$0.000
000526 Corn	1/2 cup	300	67	0.08	1	3	0.55	0.00	0	15.92	1.98	2.10	164	2.5	2.89	0.39	\$0.000
000783 Potatoes Roasted Baby Bakers S	serving(1/2c)	325	90	0.00	170	*N/A*	2.00	0.00	0	15.00	0.00	3.00	0	20.0	0.00	0.72	\$0.000

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Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
000573 SALAD SIDE	serving	300	244	3.11	277	8	19.47	0.00	15	15.11	*5.52	*2.63	*20015	85.0	44.66	1.88	\$0.000
990074 Roll, Sister Shuber WG	1 each	300	130	1.00	240	4	4.00	0.00	10	22.00	3.00	4.00	0	0.0	0.00	4.00	\$0.000
000571 Fruit Choice	1/2 cup	200	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	250	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			782	*8.90	1346	*27	*36.35	*0.00	*155	78.80	*9.92	*38.69	*16218	356.2	53.38	6.39	\$0.000
% of Calories				*10.24%		*13.8%	*41.8%	*0.0%		40.3%		*19.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Friday - 09/13/2019

Reimbursable Meal Total 350

	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
000547 Quesadilla, WG Cheese	serving	350	360	4.00	810	*N/A*	14.00	0.00	15	42.00	5.00	18.00	300	350.0	0.00	2.70	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	320	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
000557 Carrot Coins	1/2 cup	325	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
000571 Fruit Choice	1/2 cup	300	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	300	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			577	*5.41	975	*21	*16.88	*0.00	*24	82.81	10.81	26.45	14975	656.5	26.70	3.73	\$0.000
% of Calories				*8.44%		*14.6%	*26.3%	*0.0%		57.4%		18.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Monday - 09/16/2019

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001202 Loaded Oven Fries/Tater Totchos	serving	400	379	*5.90	1222	*N/A*	*20.52	*0.24	*38	31.40	*3.58	*17.77	*166	124.7	*8.26	2.93	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	400	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
000519 Black Bean & Corn Salsa	1/2 cup	350	78	0.25	121	*1	3.02	*0.01	*0	11.60	2.96	2.71	262	18.8	5.80	1.01	\$0.000
000566 Rice,brown	serving(1/2c)	400	128	0.00	1	*N/A*	1.12	*0.00	0	26.25	1.50	3.00	0	0.6	0.00	0.54	\$0.000
000571 Fruit Choice	1/2 cup	400	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	400	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			798	*7.67	1475	*22	*27.11	*0.25	*48	109.19	*11.79	*32.52	*3992	471.0	*42.56	5.13	\$0.000
% of Calories				*8.65%		*11.0%	*30.6%	*0.3%		54.7%		*16.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Tuesday - 09/17/2019

Reimbursable Meal Total 500

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
001145 WG cheese bread, Tony's	each	500	290	3.50	570	*N/A*	10.00	0.00	15	29.00	3.00	21.00	300	400.0	0.00	1.80	\$0.000
990033 Marinara Sauce	1/2 cup	400	54	0.00	441	*N/A*	0.90	0.00	0	9.90	2.70	1.80	270	36.0	8.10	0.97	\$0.000
000687 Salad, Small Caesar	Serving	425	121	2.58	370	1	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58	\$0.000
000529 Fresh Vegetables	1/2 cup	350	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
000571 Fruit Choice	1/2 cup	250	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	250	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	475	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			720	*7.24	1536	*21	*22.67	*0.00	*29	94.11	19.66	38.04	17237	918.4	144.27	5.30	\$0.000
% of Calories				*9.05%		*11.7%	*28.3%	*0.0%		52.3%		21.1%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Wednesday - 09/18/2019

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
000306 Sandwich, Chicken crispy filet	Sandwich	400	360	2.50	620	*N/A*	11.50	0.00	50	42.00	4.00	26.00	0	100.0	0.00	2.88	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	200	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
000774 Vegetables Squash	1/2 cup	300	215	2.52	104	*16	8.78	*0.00	0	36.40	3.86	2.22	3151	85.4	27.93	1.50	\$0.000
001093 Beans, baked vegetarian, Bushs, Low Na	1/2 cup	350	140	0.00	370	12	0.00	0.00	0	30.00	5.00	5.00	60	40.0	0.00	1.80	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
000571 Fruit Choice	1/2 cup	300	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			837	*5.92	1164	*41	*20.81	*0.00	*60	129.44	14.20	40.98	4726	518.6	43.06	6.10	\$0.000
% of Calories				*6.37%		*19.6%	*22.4%	*0.0%		61.9%		19.6%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Thursday - 09/19/2019

Reimbursable Meal Total 350

	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
001235 Orange Chicken, Lings	3.6 oz	350	150	0.50	280	10	3.00	0.00	40	19.00	0.00	11.00	*N/A*	*N/A*	1.20	0.72	\$0.000
001258 pasta, lo mein WG	6 oz	350	204	0.03	337	*2	0.94	*0.00	0	40.28	6.08	8.54	1822	49.9	23.67	1.83	\$0.000
000529 Fresh Vegetables	1/2 cup	350	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
001243 Egg Roll, Veg WG	each	350	140	1.00	150	4	3.50	0.00	0	22.00	4.00	4.00	200	40.0	1.20	1.08	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals 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	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			890	*3.21	1148	*43	*10.82	*0.00	*50	162.00	30.42	39.01	*20987	*553.1	226.88	6.97	\$0.000
% of Calories				*3.25%		*19.3%	*10.9%	*0.0%		72.8%		17.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Friday - 09/20/2019

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
001042 Macaroni & Cheese, WG LOL	6 oz	400	290	9.01	981	6	16.01	0.50	30	31.02	2.00	17.01	800	420.2	0.00	1.08	\$0.000
001215 Shrimp Poppers, WG Rlch's	cup (LF.5 cup)	380	230	2.00	490	1	11.00	0.00	60	22.00	3.00	12.00	110	31.0	1.00	2.30	\$0.000
000567 Veg Medley	1/2 cup	300	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75	\$0.000
001022 Tomatoes, cherry	1/2 cup	350	27	0.00	7	*N/A*	0.00	0.00	0	6.67	0.00	0.00	1001	0.0	16.01	0.00	\$0.000
001023 Cucumbers, fresh sliced	serving(1/2c)	350	6	0.05	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13	\$0.000
000571 Fruit Choice	1/2 cup	400	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	400	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			783	*12.32	1604	*29	*29.07	*0.50	*96	105.97	11.69	38.66	6224	756.0	46.12	4.46	\$0.000
% of Calories				*14.16%		*14.8%	*33.4%	*0.6%		54.1%		19.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

Monday - 09/23/2019

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
001214 Burrito Bowl, chicken MS/E	-serving	400	532	*4.25	988	*1	*10.84	*0.20	*58	76.92	*10.00	*29.69	411	247.0	0.51	2.66	\$0.000
000699 Assorted Taco Toppings	1/2 cup	300	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92	\$0.000
000601 Brown Rice	1/2 cup	350	109	0.16	1	*N/A*	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52	\$0.000
990108 Bean, Tx Ranchero Pinto	1/2 cup	300	96	0.00	427	1	0.44	0.00	0	17.45	4.36	5.23	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000571 Fruit Choice	1/2 cup	300	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			1022	*9.83	1785	*20	*24.62	*0.20	*82	151.65	*20.71	*48.42	*2471	*651.3	*33.33	*4.19	\$0.000
% of Calories				*8.66%		*7.8%	*21.7%	*0.2%		59.4%		*19.0%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Tuesday - 09/24/2019

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)	Cost
001161 Pizza, WG Primo Cheese, 8ct	each	400	360	7.00	600	9	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
000723 Fresh Veggies and Dip	serving	325	361	3.12	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			785	*9.86	964	*32	*30.95	*0.00	*51	97.80	*20.12	*33.70	*16283	823.4	176.69	5.49	\$0.000
% of Calories				*11.30%		*16.3%	*35.5%	*0.0%		49.8%		*17.2%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Wednesday - 09/25/2019

Reimbursable Meal Total 375

	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
000668 Pasta w/Alfredo & Chicken Sec	serving	375	403	8.81	981	*N/A*	18.77	0.00	71	36.61	5.75	19.78	*36	*6.1	*0.40	*1.69	\$0.000
000920 Breadsticks Whole Wheat, New York	stick	300	80	0.00	160	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.70	\$0.000
000557 Carrot Coins	1/2 cup	300	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
000529 Fresh Vegetables	1/2 cup	325	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	375	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	375	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals 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)	Cost
000445 MILK (skim, 1% and NF Choc)	8 oz	375	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			861	*10.54	1493	*29	*23.26	*0.00	*81	129.18	27.36	37.12	*26565	*470.5	*179.46	*5.52	\$0.000
% of Calories				*11.02%		*13.5%	*24.3%	*0.0%		60.0%		17.2%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Thursday - 09/26/2019

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)	Cost
000549 Hot Dog, Thsnd Hills on a WG Bun	sandwich	450	250	4.00	630	4	11.50	0.00	35	22.00	2.00	14.00	0	40.0	0.00	1.44	\$0.000
001197 Coleslaw	1/2 cup	400	165	1.89	267	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58	\$0.000
000526 Corn	1/2 cup	425	67	0.08	1	3	0.55	0.00	0	15.92	1.98	2.10	164	2.5	2.89	0.39	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			706	*6.25	1156	*36	*20.83	*0.00	*52	104.15	13.09	27.34	1844	422.2	56.00	3.90	\$0.000
% of Calories				*7.97%		*20.4%	*26.6%	*0.0%		59.0%		15.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Friday - 09/27/2019

Reimbursable Meal Total 350

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
990071 Cheese Bites - Wild Mike's	4 each	350	280	4.00	540	0	12.00	0.00	20	28.00	4.00	16.00	400	240.0	0.00	1.44	\$0.000
990030 Marinara sauce, RG, NE *RESIZED*	2 oz	350	27	0.00	222	2	1.13	0.00	0	4.08	0.91	0.91	0	12.7	0.00	0.45	\$0.000
000040 Peas	1/2 Cup	350	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000
000573 SALAD SIDE	serving	350	244	3.11	277	8	19.47	0.00	15	15.11	*5.52	*2.63	*20015	85.0	44.66	1.88	\$0.000
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	300	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			813	*8.47	1221	*32	*35.21	*0.00	*44	96.53	*17.50	*31.50	*23574	633.6	79.86	5.51	\$0.000
% of Calories				*9.38%		*15.7%	*39.0%	*0.0%		47.5%		*15.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30										

Monday - 09/30/2019

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
001138 Chicken tenders, WG crispy	serving(3)	400	240	2.25	375	2	10.50	0.00	52	13.50	1.50	22.50	8	0.0	0.00	1.62	\$0.000
990029 Sauces Assorted *RESIZED*	2 oz	150	46	0.06	672	*3	1.25	0.00	0	8.48	0.28	1.33	500	23.8	0.00	0.57	\$0.000
990143 pasta, salad, Asian WG	6 oz	300	1936	24.29	4181	*129	129.25	0.00	0	199.32	6.96	3.14	1802	46.5	19.17	1.83	\$0.000
990028 Potato Crinkle Sweet Potato	1/2 cup	300	200	1.33	227	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 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)	Cost
000723 Fresh Veggies and Dip	serving	300	361	3.12	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88	\$0.000
001095 Bread, WG dinner roll	roll	350	70	0.00	125	3	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08	\$0.000
000571 Fruit Choice	1/2 cup	400	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	400	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
Weighted Daily Average			2393	*25.18	4474	*126	*131.94	*0.00	*72	270.04	*26.82	*41.83	*16195	459.0	187.90	8.81	\$0.000
% of Calories				*9.47%		*21.1%	*49.6%	*0.0%		45.1%		*7.0%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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.