

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

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

Site:

Use Alternate Menu Name: No

Monday - 03/03/2025

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	1 serving	200	466	*4.22	636	*7	*N/A*	12.07	0.36	45	65.52	13.10	29.14	4545	91.1	*54.00	5.17
000667 Pasta w/Sauce Sec	1 serving	200	293	*0.00	151	*7	*N/A*	1.80	0.00	0	62.80	11.73	11.73	4500	54.0	54.00	2.81
000258 Broccoli	1/2 cup	200	26	0.02	10	1	*N/A*	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000612 Garlic Breadstick 6"	1 stick	350	115	0.75	170	*N/A*	*N/A*	4.50	0.00	0	16.00	0.50	3.00	0	0.0	0.00	0.00
000571 Fruit Choice	1/2 cup	325	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	325	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			666	*3.96	*648	*26	*N/A*	*12.84	*0.16	*30	113.37	*17.16	*31.16	*7040	*383.2	*108.53	*4.62
% of Calories				*5.35%		*15.6%	*N/A*	*17.4%	*0.2%		68.1%		*18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Tuesday - 03/04/2025

Reimbursable Meal Total 440

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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(2)	300	230	2.00	400	2	*N/A*	11.00	0.00	45	12.00	1.00	20.00	0	0.0	0.00	1.60
990029 Sauces Assorted *RESIZED*	2 oz	300	46	0.06	672	*3	*N/A*	1.25	0.00	0	8.48	0.28	1.33	500	23.8	0.00	0.57
000704 Pasta Salad,Vegetarian	-serving(1/2c)	300	152	*0.16	406	*2	*N/A*	4.01	*0.00	*0	24.13	*1.44	*4.44	*376	*16.0	*23.51	*1.01
000977 Potato Crinkle Sweet Potato	oz	300	50	0.33	57	*N/A*	*N/A*	2.00	0.00	0	7.34	1.00	0.33	33	0.0	5.40	0.66
990074 Roll, Sister Shuber WG	1 each	200	160	0.00	200	5	*N/A*	2.00	0.00	5	30.00	3.00	5.00	0	0.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	325	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	325	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			616	*3.17	*1288	*27	*N/A*	*16.26	*0.00	*42	89.13	*8.12	*28.97	*3126	*330.6	*62.38	*4.17
% of Calories				*4.63%		*17.5%	*N/A*	*23.8%	*0.0%		57.9%		*18.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Wednesday - 03/05/2025

Reimbursable Meal Total 430

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	400	311	4.71	587	*0	*0	12.65	*0.01	57	29.94	3.29	22.89	*162	*128.8	*0.00	*3.53
000939 Veggie Burgers,Black Bean Spicy	Sandwich	5	306	1.67	615	*2	*1	7.35	0.00	6	46.73	8.85	20.39	0	150.2	0.00	2.96

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000845 Assorted Veggie Toppings	1/2 cup	400	8	0.01	2	1	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	400	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			641	*5.89	*967	*31	*0	*14.94	*0.01	*63	96.96	*12.05	*35.30	*4623	*471.9	*47.62	*5.65
% of Calories				*8.27%		*19.3%	*0%	*21.0%	*0.0%		60.5%		*22.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 03/06/2025

Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990208 Pancake, WG Bake Crafters	2 each	300	180	0.00	220	10	*N/A*	4.00	0.00	*N/A*	30.00	2.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
990209 syrup, No HFCS	each	200	80	*N/A*	10	12	*N/A*	*N/A*	*N/A*	*N/A*	21.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000541 Cheese Omelet	serving 2.1 oz	300	130	4.00	300	*N/A*	*N/A*	10.00	0.00	180	2.00	0.00	7.00	300	80.0	0.00	0.70
000558 Potato Choice	1/2 cup	350	128	0.45	186	*N/A*	*N/A*	4.62	*0.00	*0	19.97	2.07	2.00	*0	*4.8	*5.35	*0.40
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990126 Hummus, Grecin	2 oz	100	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	0	0.0	0.00	0.81
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			672	*5.17	*838	*35	*N/A*	*20.70	*0.00	*155	99.36	*8.36	*21.72	*2938	*384.8	*49.46	*1.90
% of Calories				*6.92%		*20.8%	*N/A*	*27.7%	*0.0%		59.1%		*12.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 03/07/2025

Reimbursable Meal Total 420

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000418 MAX Cheese Stick, WG	2 sticks	300	300	4.00	460	*N/A*	*N/A*	12.00	0.00	20	32.00	2.00	16.00	200	360.0	0.00	230.40
990030 Marinara sauce, RG, NE *RESIZED*	2 oz	200	27	0.00	222	2	0	1.13	0.00	0	4.08	0.91	0.91	0	12.7	0.00	0.45
000557 Carrot Coins	1/2 cup	150	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	400	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			468	*4.21	*586	*23	*0	*12.05	*0.00	*23	71.45	*7.23	*20.32	*6749	*554.2	*41.98	*165.72
% of Calories				*8.10%		*19.7%	*0%	*23.2%	*0.0%		61.1%		*17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 03/10/2025

Reimbursable Meal Total 460

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001214 Burrito Bowl, chicken or beef MS/E	serving	250	532	*4.25	988	*1	*N/A*	*10.84	*0.20	*58	76.92	*10.00	*29.69	411	247.0	0.51	2.66
000699 Assorted Taco Toppings	1/2 cup	200	105	0.98	346	*2	*N/A*	6.80	*0.00	0	11.02	4.40	1.24	838	17.0	15.49	0.90
990108 Bean, Tx Ranchero Pinto	1/2 cup	300	96	0.00	427	1	*N/A*	0.44	0.00	0	17.45	4.36	5.23	*N/A*	*N/A*	*N/A*	*N/A*
990237 Brown Rice with salsa	1/2 cup	100	124	0.16	177	*1	*0	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52
000571 Fruit Choice	1/2 cup	400	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			638	*4.14	*1135	*22	*0	*12.07	*0.11	*40	103.61	*14.17	*28.71	*1956	*427.9	*34.91	*2.55
% of Calories				*5.84%		*13.8%	*0%	*17.0%	*0.2%		65.0%		*18.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

Tuesday - 03/11/2025

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001092 Pasta, Alfredo & Chic, WG rot Sec	1 serving	350	493	*8.81	1005	*N/A*	*N/A*	19.82	0.00	71	59.41	13.40	22.93	*36	*26.8	*0.40	*2.22
000920 Breadsticks Whole Wheat, New York	1 stick	300	80	0.00	160	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.70
990034 PEAS & CARROTS: frozen, boiled *RESIZED*	1/2 CUP	250	38	0.06	54	3	*N/A*	0.34	0.00	0	8.10	2.48	2.47	7611	18.4	6.48	0.75
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			771	*9.40	*1204	*25	*N/A*	*21.97	*0.00	*72	115.79	*19.48	*33.98	*7427	*378.1	*50.34	*3.76
% of Calories				*10.97 %		*13.0%	*N/A*	*25.6%	*0.0%		60.1%		*17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Wednesday - 03/12/2025

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	1 slice	450	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000845 Assorted Veggie Toppings	1/2 cup	300	8	0.01	2	1	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000258 Broccoli	1/2 cup	350	26	0.02	10	1	*N/A*	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			561	*7.90	*703	*28	*N/A*	*17.78	*0.00	*41	73.50	*8.77	*29.99	*4191	*725.5	*61.27	*3.72
% of Calories				*12.67 %		*20.0%	*N/A*	*28.5%	*0.0%		52.4%		*21.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 03/13/2025

Reimbursable Meal Total 430

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	1 Sandwich	400	360	2.50	620	*N/A*	*N/A*	11.50	0.00	50	42.00	4.00	26.00	0	100.0	0.00	2.88
000845 Assorted Veggie Toppings	1/2 cup	300	8	0.01	2	1	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000774 Vegetables Squash	1/2 cup	200	215	2.52	104	*16	*N/A*	8.78	*0.00	0	36.40	3.86	2.22	3151	85.4	27.93	1.50
001093 Beans, baked vegetarian,Bushs, Low Na	1/2 cup	350	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	5.00	60	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	300	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	1/2cup portion	300	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			767	*4.97	*1079	*37	*N/A*	*17.78	*0.00	*56	120.15	*13.93	*38.51	*5261	*479.7	*53.33	*5.70
% of Calories				*5.83%		*19.3%	*N/A*	*20.9%	*0.0%		62.7%		*20.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 03/14/2025

Reimbursable Meal Total 470

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001215 Shrimp Poppers, WG Rich's	3/4c	400	230	2.00	490	1	*N/A*	11.00	0.00	60	22.00	3.00	12.00	110	31.0	1.00	2.30
990183 Three Cheese Mac (Cavatappi)	6 oz Serving	400	321	9.20	803	3	*N/A*	16.00	0.00	47	27.00	2.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
000557 Carrot Coins	1/2 cup	300	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	400	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	400	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			699	*10.78	*1256	*24	*N/A*	*25.79	*0.00	*99	86.61	*10.36	*31.77	*10446	*298.9	*46.35	*3.01
% of Calories				*13.88 %		*13.7%	*N/A*	*33.2%	*0.0%		49.6%		*18.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 03/17/2025

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001020 Chicken Parmesan, Secondary	Serving	400	290	4.46	875	*0	*N/A*	15.33	*0.00	51	19.43	2.35	21.27	8658	221.6	4.65	0.97
990177 Pasta Rotini, Secondary	6 oz scoop	350	243	0.00	0	*N/A*	*N/A*	1.22	0.00	0	48.60	1.22	8.50	0	0.0	0.00	1.75
000426 Veg Green Beans	1/2 cup	350	19	0.03	1	1	*N/A*	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000803 Fruit Fresh Choice	1/2cup portion	175	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000571 Fruit Choice	1/2 cup	175	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			697	*5.86	*1020	*17	*N/A*	*19.27	*0.00	*60	96.08	*8.38	*37.93	*11197	*533.4	*42.57	*3.44
% of Calories				*7.57%		*9.8%	*N/A*	*24.9%	*0.0%		55.1%		*21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

Tuesday - 03/18/2025

Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990288 Tacos, Turkey Barbacoa	2 each	350	271	3.01	926	*0	*0	7.55	0.00	51	32.03	4.00	19.18	*0	*160.0	*0.00	2.56
000699 Assorted Taco Toppings	1/2 cup	350	105	0.98	346	*2	*N/A*	6.80	*0.00	0	11.02	4.40	1.24	838	17.0	15.49	0.90
990237 Brown Rice with salsa	1/2 cup	100	124	0.16	177	*1	*0	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			623	*5.31	*1394	*24	*0	*16.86	*0.00	*57	91.33	*12.38	*28.78	*2281	*479.5	*45.00	*4.07
% of Calories				*7.67%		*15.4%	*0%	*24.4%	*0.0%		58.6%		*18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Wednesday - 03/19/2025

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000187 CINNAMON ROLLS	2 oz	250	211	0.76	294	*11	*N/A*	4.75	*0.01	1	37.77	1.73	4.66	9	39.0	0.28	1.71
990260 Egg Bite, Pork Bacon and Cheese	2 each	250	220	7.00	620	2	0	16.00	0.00	230	4.00	0.00	16.00	*N/A*	140.0	*N/A*	1.20
000558 Potato Choice	1/2 cup	350	128	0.45	186	*N/A*	*N/A*	4.62	*0.00	*0	19.97	2.07	2.00	*0	*4.8	*5.35	*0.40

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	250	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			583	*6.63	*880	*26	*0	*19.84	*0.01	*153	79.97	*6.81	*23.23	*2499	*407.8	*45.93	*2.85
% of Calories				*10.23 %		*17.8%	*0%	*30.6%	*0.0%		54.9%		*15.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 03/20/2025

Reimbursable Meal Total 310

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990261 Pretzel Dog, WG (Beef)	1 each	300	290	6.00	530	7	6	14.00	0.00	30	31.00	3.00	11.00	*N/A*	*N/A*	*N/A*	*N/A*
000505 Baked Beans, Veg LS	1/2 Cup	200	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
990272 Onion Rings, WG	4 each	200	180	1.00	100	3	1	7.00	0.00	0	28.00	3.00	3.00	*N/A*	20.0	*N/A*	1.20
990269 Broccoli Slaw, Asian	serving(1/2c)	200	88	1.09	194	*6	*N/A*	5.78	0.00	0	9.07	0.80	0.62	109	13.1	17.26	0.18
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			815	*8.94	*1122	*46	*6	*25.48	*0.00	*40	123.42	*13.61	*27.82	*2833	*422.4	*60.61	*2.93
% of Calories				*9.87%		*22.6%	*2.9%	*28.1%	*0.0%		60.6%		*13.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 03/21/2025

Reimbursable Meal Total 470

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001145 WG cheese bread, Tony's	each	300	290	3.50	570	*N/A*	*N/A*	10.00	0.00	15	29.00	3.00	21.00	300	400.0	0.00	1.80
990033 Marinara Sauce	1/2 cup	300	54	0.00	441	*N/A*	*N/A*	0.90	0.00	0	9.90	2.70	1.80	270	36.0	8.10	0.97
000687 Salad, Small Caesar	Serving	200	121	2.58	370	1	*N/A*	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	1/2cup portion	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	400	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 21, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			482	*4.68	*944	*19	*N/A*	*14.20	*0.00	*20	65.47	*8.28	*24.44	*4534	*610.9	*47.53	*2.74
% of Calories				*8.74%		*15.8%	*N/A*	*26.5%	*0.0%		54.3%		*20.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
Weighted Averages	647	*6.07	*1004	*27	*0	*17.86	*0.02	*63	95.08	*11.27	*29.51	*5140	*459.3	*53.19	*14.46
% of Calories		*8.44%		*16.7%	*0%	*24.8%	*0.0%		58.8%		*18.2%				

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.