

**Base Menu Spreadsheet**

Portion Values

May 1, 2024 thru May 31, 2024

**Menu Name:** NORTHFIELD MIDDLE SCHOOL LUNCH      **Include Cost:** Yes  
**Site:**      **Report Style:** Detailed  
**Use Alternate Menu Name:** No

**Wednesday - 05/01/2024      Reimbursable Meal Total 450**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990133 Teriyaki Chicken, Yang	3 oz	300	144	1.25	413	8	*N/A*	4.38	0.00	88	7.50	0.00	18.76	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000557 Carrot Coins	1/2 cup	200	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
000607 Oriental Vegetables	1/2 cup	200	17	0.00	10	0	*N/A*	0.00	0.00	0	2.66	1.33	0.66	155	11.3	8.33	0.17	\$0.000
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	390	137	0.00	341	*N/A*	*N/A*	1.00	0.00	0	28.00	1.00	4.00	1150	30.0	1.20	1.08	\$0.000
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	\$0.000
990226 Egg Roll, Chicken, WG; Minh	each	250	160	1.00	390	2	1	5.00	0.00	35	19.00	3.00	10.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			531	*2.67	*944	*26	*1	*9.36	*0.00	*86	83.06	*8.53	*29.90	*9012	*307.2	*48.59	*1.94	\$0.000
% of Calories				*4.53%		*19.6%	*0.8%	*15.9%	*0.0%		62.6%		*22.5%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

**Thursday - 05/02/2024      Reimbursable Meal Total 390**

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990189 Taco Soft, 2 Chicken or Beef	Serving	350	431	*7.72	885	*0	*N/A*	*18.93	*0.00	*87	31.50	*4.00	*33.90	458	196.0	2.40	1.93	\$0.000
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	\$0.000
000515 Beans Refried	1/4 CUP	300	144	*N/A*	144	*N/A*	*N/A*	0.51	*N/A*	*N/A*	24.63	9.24	9.24	0	51.3	0.00	2.16	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			805	*9.25	*1353	*21	*0	*26.79	*0.00	*87	95.47	*17.69	*47.05	*2438	*523.0	*41.04	*4.74	\$0.000
% of Calories				*10.34 %		*10.4%	*0%	*30.0%	*0.0%		47.4%		*23.4%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Friday - 05/03/2024

Reimbursable Meal Total 430

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000692 Hamburger/Cheeseburger/Veggie	sandwich	400	308	4.66	606	*0	*N/A*	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	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000

**Base Menu Spreadsheet**

Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			634	*5.82	*977	*31	*0	*14.60	*0.00	*63	96.57	*11.81	*34.54	*4623	*471.5	*47.62	*5.54	\$0.000
% of Calories				*8.26%		*19.6%	*0%	*20.7%	*0.0%		60.9%		*21.8%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

**Monday - 05/06/2024**

**Reimbursable Meal Total 390**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990231 Pupusa, Beef and Cheese, WG	each	350	240	2.50	700	1	0	10.00	0.00	20	29.00	0.00	10.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000515 Beans Refried	1/4 CUP	300	144	*N/A*	144	*N/A*	*N/A*	0.51	*N/A*	*N/A*	24.63	9.24	9.24	0	51.3	0.00	2.16	\$0.000
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	\$0.000
990232 Coleslaw, Veggie Slaw (Curtido)	1/2 cup	1	39	0.01	24	*0	*N/A*	0.02	*0.00	0	7.35	3.43	1.70	633	52.8	36.82	0.66	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000

**Base Menu Spreadsheet**

Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
Weighted Daily Average			633	*4.57	*1187	*22	*0	*18.77	*0.00	*27	93.24	*14.11	*25.60	*2029	*347.3	*38.98	*3.01	\$0.000
% of Calories				*6.50%		*13.9%	*0%	*26.7%	*0.0%		58.9%		*16.2%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

**Tuesday - 05/07/2024**

**Reimbursable Meal Total 440**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001008 Turkey & Gravy, White, Jennieo	serving (4 oz)	300	120	2.00	460	*N/A*	*N/A*	6.00	0.00	55	2.00	0.00	15.00	0	20.0	0.00	0.72	\$0.000
000417 Potatoes Mashed	1/2 cup	300	79	0.30	219	*0	*N/A*	1.06	0.00	0	14.46	1.45	1.88	33	16.1	21.86	0.26	\$0.000
000557 Carrot Coins	1/2 cup	250	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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
Weighted Daily Average			442	*3.05	*729	*24	*0	*8.90	*0.00	*49	68.14	*7.94	*22.92	*9550	*342.6	*58.53	*2.44	\$0.000
% of Calories				*6.21%		*21.7%	*0%	*18.1%	*0.0%		61.7%		*20.7%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

Wednesday - 05/08/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000532 Pasta w/Meatsauce Sec	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	\$0.000
000667 Pasta w/Sauce Sec	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	\$0.000
000426 Veg Green Beans	1/2 cup	200	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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
Weighted Daily Average			663	*3.97	*644	*26	*0	*12.84	*0.16	*30	113.11	*16.83	*30.33	*6746	*382.3	*93.02	*4.56	\$0.000
% of Calories				*5.39%		*15.7%	*0%	*17.4%	*0.2%		68.2%		*18.3%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

Thursday - 05/09/2024

Reimbursable Meal Total 420

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001138 Chicken tenders, WG crispy	serving(2)	400	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	\$0.000
990029 Sauces Assorted *RESIZED*	2 oz	250	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	\$0.000
000557 Carrot Coins	1/2 cup	250	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	\$0.000
000704 Pasta Salad, Vegetarian	serving(1/2c)	200	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	\$0.000
001095 Bread, WG dinner roll	roll	300	70	0.00	125	3	*N/A*	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
Weighted Daily Average			616	*3.39	*1225	*30	*0	*16.90	*0.00	*51	85.96	*8.46	*32.66	*10025	*333.2	*53.57	*4.14	\$0.000
% of Calories				*4.95%		*19.5%	*0%	*24.7%	*0.0%		55.8%		*21.2%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Friday - 05/10/2024

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990196 Quesadilla, Pizza, WG, Cheese	each	300	300	3.00	670	3	*N/A*	10.00	0.00	10	39.00	4.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000699 Assorted Taco Toppings	1/2 cup	300	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	\$0.000
000567 Veg Medley	1/2 cup	300	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75	\$0.000
001032 Ranch dressing, Light Ken's	serving(2T)	350	80	1.00	340	1	*N/A*	7.00	0.00	5	2.00	0.00	1.00	5	20.0	0.00	1.44	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
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	\$0.000
Weighted Daily Average			576	*4.86	*1056	*27	*0	*18.86	*0.00	*20	81.42	*11.00	*22.58	*4376	*374.3	*38.74	*2.66	\$0.000
% of Calories				*7.59%		*18.8%	*0%	*29.5%	*0.0%		56.5%		*15.7%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

### Monday - 05/13/2024

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001259 Sampler Platter, Mini	portion	450	360	4.25	808	*4	*N/A*	15.83	0.00	39	35.67	4.17	18.17	*200	*160.0	*0.00	*1.26	\$0.000
990028 Potato Crinkle Sweet Potato	1/2 cup	350	200	1.33	227	*N/A*	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64	\$0.000
000567 Veg Medley	1/2 cup	300	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75	\$0.000
000529 Fresh Vegetables	1/2 cup	400	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28	\$0.000
001032 Ranch dressing, Light Ken's	serving(2T)	350	80	1.00	340	1	*N/A*	7.00	0.00	5	2.00	0.00	1.00	5	20.0	0.00	1.44	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
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	\$0.000
Weighted Daily Average			823	*7.34	*1361	*29	*0	*29.10	*0.00	*51	108.71	*13.97	*30.45	*5455	*524.8	*64.26	*5.44	\$0.000
% of Calories				*8.03%		*14.1%	*0%	*31.8%	*0.0%		52.8%		*14.8%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Tuesday - 05/14/2024

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001092 Pasta, Alfredo & Chic, WG rot Sec	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	\$0.000



# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000920 Breadsticks Whole Wheat, New York	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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			771	*9.40	*1204	*25	*0	*21.97	*0.00	*72	115.79	*19.48	*33.98	*7427	*378.1	*50.34	*3.76	\$0.000
% of Calories				*10.97 %		*13.0%	*0%	*25.6%	*0.0%		60.1%		*17.6%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Wednesday - 05/15/2024

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001161 Pizza, WG Primo Cheese, 8ct	each	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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			561	*7.90	*703	*28	*0	*17.78	*0.00	*41	73.50	*8.77	*29.99	*4191	*725.5	*61.27	*3.72	\$0.000
% of Calories				*12.67 %		*20.0%	*0%	*28.5%	*0.0%		52.4%		*21.4%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Thursday - 05/16/2024

Reimbursable Meal Total 430

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000306 Sandwich, Chicken crispy filet	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	\$0.000
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	\$0.000
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	\$0.000
990193 Cucumber Ranch Salad	1/4 CUP	200	188	3.00	171	*1	*N/A*	19.00	0.00	15	3.00	*0.00	*0.00	*50	20.6	1.34	0.24	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
Weighted Daily Average			755	*5.19	*1110	*30	*0	*22.53	*0.00	*63	104.62	*12.14	*37.48	*3818	*449.6	*40.96	*5.11	\$0.000
% of Calories				*6.19%		*15.9%	*0%	*26.9%	*0.0%		55.4%		*19.9%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Friday - 05/17/2024

Reimbursable Meal Total 470

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001145 WG cheese bread, Tony's	each	350	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	\$0.000
990033 Marinara Sauce	1/2 cup	350	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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			518	*5.05	*1052	*19	*0	*15.36	*0.00	*22	69.61	*8.88	*26.86	*4595	*657.3	*48.39	*3.04	\$0.000
% of Calories				*8.77%		*14.7%	*0%	*26.7%	*0.0%		53.8%		*20.7%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

### Monday - 05/20/2024

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
990177 Pasta Rotini, Secondary	6 oz Serving	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	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			697	*5.86	*1020	*17	*0	*19.27	*0.00	*60	96.08	*8.38	*37.93	*11197	*533.4	*42.57	*3.44	\$0.000
% of Calories				*7.57%		*9.8%	*0%	*24.9%	*0.0%		55.1%		*21.8%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Tuesday - 05/21/2024

Reimbursable Meal Total 370

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001182 Hotdog, all beef on WG bun	each	350	302	6.48	788	1	*N/A*	18.11	0.99	30	23.62	1.16	9.62	*0	*59.8	*0.00	*1.36	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
001197 Coleslaw	1/2 cup	100	165	1.89	267	*N/A*	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			683	*8.16	*1276	*33	*0	*23.36	*0.94	*43	94.74	*11.22	*24.12	*4446	*428.1	*58.78	*3.92	\$0.000
% of Calories				*10.75 %		*19.3%	*0%	*30.8%	*1.2%		55.5%		*14.1%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Wednesday - 05/22/2024

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000187 CINNAMON ROLLS	2 oz	300	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	\$0.000
000541 Cheese Omelet	serving 2.1 oz	400	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	\$0.000
000558 Potato Choice	1/2 cup	350	127	0.44	183	*N/A*	*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	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	\$0.000
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	\$0.000

**Base Menu Spreadsheet**

Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			600	*6.34	*827	*26	*0	*20.39	*0.01	*189	84.04	*7.01	*20.80	*2800	*405.1	*45.93	*3.01	\$0.000
% of Calories				*9.51%		*17.3%	*0%	*30.6%	*0.0%		56.0%		*13.9%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

**Thursday - 05/23/2024**

**Reimbursable Meal Total 390**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001257 Pork Nachos w/Tostitos	Serving	300	310	6.75	500	*0	*N/A*	14.00	0.00	65	20.50	2.00	18.00	350	230.0	0.00	0.90	\$0.000
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	\$0.000
990125 Black beans, Taco Fiesta	serving(1/2c)	250	110	0.00	470	2	*N/A*	1.00	0.00	0	20.00	4.00	5.00	0	40.0	0.00	1.80	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000299 PB & J Jamwiche 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	\$0.000
Weighted Daily Average			576	*7.14	*1001	*22	*0	*18.19	*0.00	*59	72.60	*9.40	*26.09	*1974	*503.7	*32.93	*2.85	\$0.000
% of Calories				*11.16 %		*15.3%	*0%	*28.4%	*0.0%		50.4%		*18.1%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Friday - 05/24/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Monday - 05/27/2024

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000145 No School																		
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		0%	0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

**Base Menu Spreadsheet**

Portion Values

May 1, 2024 thru May 31, 2024

**Tuesday - 05/28/2024**

**Reimbursable Meal Total 480**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
001161 Pizza, WG Primo Cheese, 8ct	each	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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			561	*7.90	*703	*28	*0	*17.78	*0.00	*41	73.50	*8.77	*29.99	*4191	*725.5	*61.27	*3.72	\$0.000
% of Calories				*12.67 %		*20.0%	*0%	*28.5%	*0.0%		52.4%		*21.4%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

**Wednesday - 05/29/2024**

**Reimbursable Meal Total 450**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
990133 Teriyaki Chicken, Yang	3 oz	300	144	1.25	413	8	*N/A*	4.38	0.00	88	7.50	0.00	18.76	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000557 Carrot Coins	1/2 cup	200	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000



# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000607 Oriental Vegetables	1/2 cup	200	17	0.00	10	0	*N/A*	0.00	0.00	0	2.66	1.33	0.66	155	11.3	8.33	0.17	\$0.000
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	390	137	0.00	341	*N/A*	*N/A*	1.00	0.00	0	28.00	1.00	4.00	1150	30.0	1.20	1.08	\$0.000
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	\$0.000
990226 Egg Roll, Chicken, WG; Minh	each	250	160	1.00	390	2	1	5.00	0.00	35	19.00	3.00	10.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			531	*2.67	*944	*26	*1	*9.36	*0.00	*86	83.06	*8.53	*29.90	*9012	*307.2	*48.59	*1.94	\$0.000
% of Calories				*4.53%		*19.6%	*0.8%	*15.9%	*0.0%		62.6%		*22.5%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

### Thursday - 05/30/2024

Reimbursable Meal Total 390

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990189 Taco Soft, 2 Chicken or Beef	Serving	300	431	*7.72	885	*0	*N/A*	*18.93	*0.00	*87	31.50	*4.00	*33.90	458	196.0	2.40	1.93	\$0.000
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	\$0.000
000515 Beans Refried	1/4 CUP	300	144	*N/A*	144	*N/A*	*N/A*	0.51	*N/A*	*N/A*	24.63	9.24	9.24	0	51.3	0.00	2.16	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			749	*8.26	*1239	*21	*0	*24.36	*0.00	*76	91.43	*17.17	*42.70	*2379	*497.9	*40.73	*4.49	\$0.000
% of Calories				*9.93%		*11.2%	*0%	*29.3%	*0.0%		48.8%		*22.8%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

## Friday - 05/31/2024

Reimbursable Meal Total 430

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000692 Hamburger/Cheeseburger/Veggie	sandwich	400	308	4.66	606	*0	*N/A*	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	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000803 Fruit Fresh Choice	Serving 1/2cup	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	\$0.000
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	\$0.000

# Base Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
Weighted Daily Average			634	*5.82	*977	*31	*0	*14.60	*0.00	*63	96.57	*11.81	*34.54	*4623	*471.5	*47.62	*5.54	\$0.000
% of Calories				*8.26%		*19.6%	*0%	*20.7%	*0.0%		60.9%		*21.8%					
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	636	*5.93	*1025	*26	*0	*18.15	*0.05	*61	89.58	*11.52	*30.97	*5472	*461.4	*50.65	*3.76	\$0.000
% of Calories		*8.39%		*16.4%	*0%	*25.7%	*0.1%		56.3%		*19.5%					

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* - denotes combined nutrient totals with either missing or incomplete nutrient data
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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