

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: NORTHFIELD ELEMENTARY LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 440

	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)
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	13.00	0.00	35	27.00	3.00	17.00	400	450.0	0.00	2.70
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000258 Broccoli	1/2 cup	300	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000723 Fresh Veggies and Dip	serving	300	361	3.15	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88
000571 Fruit Choice	1/2 cup	410	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	410	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			796	*9.91	974	*35	*31.50	*0.00	*55	99.22	*19.80	*33.32	*14778	860.9	*169.49	*5.32
% of Calories				*11.20%		*17.6%	*35.6%	*0.0%		49.9%		*16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Tuesday - 11/02/2021

Reimbursable Meal Total 440

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001182 Hotdog, all beef on WG bun	each	1	302	6.48	788	1	18.11	0.99	30	23.62	1.16	9.62	*0	*59.8	*0.00	*1.36
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
001197 Coleslaw	1/2 cup	100	165	1.89	267	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
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
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000634 Chef Salad	serving	30	435	5.89	1269	*4	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			388	*3.01	605	*26	*9.16	*0.00	*28	60.91	7.58	16.84	*2073	*349.6	*30.98	*2.15
% of Calories				*6.98%		*26.8%	*21.2%	*0.0%		62.8%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Wednesday - 11/03/2021

Reimbursable Meal Total 505

	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)
001036 Pasta, Alfredo & Chic, WG rot Elem	cup	350	412	9.08	985	*N/A*	19.20	0.00	71	42.38	10.28	16.13	*36	*25.6	*0.40	*2.13
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
001115 PBJ, meal elem	entree	65	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000557 Carrot Coins	1/2 cup	100	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
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
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990109 Salad, Taco - Chicken or Beef entree	Serving	30	343	4.68	541	*1	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			698	*8.97	1174	*22	*20.77	*0.00	*64	101.98	22.09	28.54	*14391	*414.4	*123.54	*4.40
% of Calories				*11.57%		*12.6%	*26.8%	*0.0%		58.4%		16.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Thursday - 11/04/2021

Reimbursable Meal Total 410

	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)
000637 Taco in a Bag	serving	300	404	*7.25	884	*1	*19.12	*0.00	*41	33.57	*2.00	*20.62	579	306.6	1.20	1.89
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
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
000756 Beans Vegetarian Refried, Bushs	1/4 Cup	200	62	0.00	264	*N/A*	0.00	0.00	0	13.94	2.40	3.36	0	19.2	0.00	0.86

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
990110 Salad, Crispy Chicken	salad	30	278	2.92	488	*3	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			782	*12.74	1450	*24	*32.51	*0.00	*63	87.56	*10.30	*35.69	3632	729.4	*39.21	*3.42
% of Calories				*14.66%		*12.3%	*37.4%	*0.0%		44.8%		*18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Friday - 11/05/2021

Reimbursable Meal Total 440

	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)
990158 pizza cruncher wg	4 each	350	420	9.00	790	3	20.00	0.00	30	41.00	5.00	20.00	480	426.0	1.87	2.15
000040 Peas	1/2 Cup	300	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000687 Salad, Small Caesar	Serving	100	121	2.58	370	1	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

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Nov 1, 2021 thru Nov 30, 2021

	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)
001252 Salad, Mandarin Chicken	serving	30	381	3.51	*637	*12	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			679	*10.38	*1018	*25	*25.29	*0.00	*41	82.82	10.26	32.13	*4250	*709.4	*31.64	*3.47
% of Calories				*13.76%		*14.7%	*33.5%	*0.0%		48.8%		18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Monday - 11/08/2021

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)
000145 No School																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Tuesday - 11/09/2021

Reimbursable Meal Total 160

	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)
001030 Mini pancakes, WG maple	serving	100	170	0.50	200	*N/A*	5.00	0.00	5	30.00	2.00	4.00	0	40.0	0.00	0.72
000541 Cheese Omelet	serving 2.1 oz	100	130	4.00	300	*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	100	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
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000858 Mixed Peppers	Each 1/2 cup	100	11	0.03	2	2	0.11	0.00	0	2.45	0.87	0.43	805	3.9	47.86	0.18
000571 Fruit Choice	1/2 cup	100	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	100	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	100	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000634 Chef Salad	serving	30	435	5.89	1269	*4	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			662	*7.77	1004	*19	*26.04	*0.00	*164	81.02	7.74	28.40	*3922	*438.8	*53.51	*2.67
% of Calories				*10.56%		*11.5%	*35.4%	*0.0%		49.0%		17.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Wednesday - 11/10/2021

Reimbursable Meal Total 425

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000695 Sandwich, Turkey or Combo Sub	sandwich	350	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000845 Assorted Veggie Toppings	1/2 cup	350	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000426 Veg Green Beans	1/2 cup	300	19	0.03	1	1	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
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
990109 Salad, Taco - Chicken or Beef entree	Serving	1	343	4.68	541	*1	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			476	*4.24	740	*25	*11.11	*0.00	*37	68.97	8.60	26.62	3533	489.2	26.33	2.16
% of Calories				*8.02%		*21.0%	*21.0%	*0.0%		58.0%		22.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Thursday - 11/11/2021

Reimbursable Meal Total 440

	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)
000763 Beef Nachos w/Tostitos	Serving	350	354	*8.97	699	*0	*18.43	*0.00	*55	25.00	*2.00	*18.90	700	220.0	1.20	1.81
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
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000756 Beans Vegetarian Refried, Bushs	1/4 Cup	100	62	0.00	264	*N/A*	0.00	0.00	0	13.94	2.40	3.36	0	19.2	0.00	0.86
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
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
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

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	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)
990110 Salad, Crispy Chicken	salad	30	278	2.92	488	*3	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			671	*13.23	1171	*19	*29.98	*0.00	*71	69.07	*8.39	*31.50	3232	580.2	*31.69	*2.98
% of Calories				*17.75%		*11.3%	*40.2%	*0.0%		41.2%		*18.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Friday - 11/12/2021

Reimbursable Meal Total 440

	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)
990174 Pasta w/red sauce only Elem	serving	175	212	0.27	131	*7	1.18	0.00	0	45.78	8.62	4.93	4500	52.9	54.00	2.72
001035 Pasta w/Meatballs, WG Rot Elem	Serving	250	364	5.07	307	*7	12.38	0.00	28	48.98	9.42	16.13	4580	84.9	54.96	3.87
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000258 Broccoli	1/2 cup	200	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	100	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000612 Garlic Breadstick 6"	1 stick	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
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001252 Salad, Mandarin Chicken	-serving	30	381	3.51	*637	*12	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			711	*6.24	*686	*29	*18.10	*0.00	*32	111.99	17.83	28.90	*10551	*448.0	*133.15	*4.97
% of Calories				*7.90%		*16.3%	*22.9%	*0.0%		63.0%		16.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Monday - 11/15/2021

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000692 Hamburger/Cheeseburger/Veggie	sandwich	350	308	4.66	606	*0	12.38	*0.00	58	30.10	3.15	22.32	162	130.2	0.00	3.45
000845 Assorted Veggie Toppings	1/2 cup	100	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
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
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			636	*6.54	1071	*29	*17.31	*0.00	*62	89.13	10.20	34.39	2405	484.7	*22.86	*5.00
% of Calories				*9.25%		*18.2%	*24.5%	*0.0%		56.1%		21.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Tuesday - 11/16/2021

Reimbursable Meal Total 440

	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)
000523 Corn Dogs,Mini WG	4 each	350	200	2.50	450	*N/A*	9.00	0.00	25	22.00	3.00	7.00	0	80.0	0.00	1.08
000977 Potato Crinkle Sweet Potato	oz	200	50	0.33	57	*N/A*	2.00	0.00	0	7.34	1.00	0.33	33	0.0	5.40	0.66
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
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
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000634 Chef Salad	-serving	30	435	5.89	1269	*4	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			576	*5.01	855	*23	*15.37	*0.00	*44	88.37	17.73	23.52	13903	512.5	*141.20	*3.85
% of Calories				*7.83%		*16.0%	*24.0%	*0.0%		61.4%		16.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Wednesday - 11/17/2021

Reimbursable Meal Total 390

	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)
990175 Chicken Parmesan, Elementary	Serving	300	290	4.46	875	*0	15.33	*0.00	51	19.43	2.35	21.27	8658	221.6	4.65	0.97
000534 Pasta Rotini, Elem	4 oz Serving	300	162	0.00	0	*N/A*	0.81	0.00	0	32.40	0.81	5.67	0	0.0	0.00	1.17
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
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
000571 Fruit Choice	1/2 cup	150	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	150	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	300	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
990109 Salad, Taco - Chicken or Beef entree	Serving	30	343	4.68	541	*1	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			584	*6.05	924	*15	*18.96	*0.00	*55	72.79	6.31	33.04	8225	484.6	*18.04	*2.64
% of Calories				*9.32%		*10.3%	*29.2%	*0.0%		49.9%		22.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Thursday - 11/18/2021

Reimbursable Meal Total 390

	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)
990036 Turkey Roast, Ferndale Farms *RESIZED*	2 oz	300	90	1.00	265	0	4.00	0.00	35	0.00	0.00	11.50	*N/A*	*N/A*	*N/A*	0.72
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000417 Potatoes Mashed	1/2 cup	300	79	0.30	219	*0	1.06	0.00	0	14.46	1.45	1.88	33	16.1	21.86	0.26
000706 Corn on the Cob	med ear	300	88	0.11	4	3	0.70	0.00	0	21.15	2.52	2.95	220	3.6	6.48	0.61
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
000571 Fruit Choice	1/2 cup	150	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	150	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	300	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
990110 Salad, Crispy Chicken	salad	30	278	2.92	488	*3	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			515	*4.31	807	*20	*13.73	*0.00	*49	73.87	7.69	26.73	*1888	*299.7	*34.36	*4.92
% of Calories				*7.53%		*15.5%	*24.0%	*0.0%		57.4%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Friday - 11/19/2021

Reimbursable Meal Total 435

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001145 WG cheese bread, Tony's	each	350	290	3.50	570	*N/A*	10.00	0.00	15	29.00	3.00	21.00	300	400.0	0.00	1.80
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
990033 Marinara Sauce	1/2 cup	300	54	0.00	441	*N/A*	0.90	0.00	0	9.90	2.70	1.80	270	36.0	8.10	0.97
000687 Salad, Small Caesar	Serving	150	121	2.58	370	1	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
001252 Salad, Mandarin Chicken	-serving	25	381	3.51	*637	*12	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			571	*6.10	*1134	*19	*18.67	*0.00	*28	71.28	8.23	30.72	*3515	*679.0	*30.18	*3.09
% of Calories				*9.61%		*13.3%	*29.4%	*0.0%		49.9%		21.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Monday - 11/22/2021

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001202 Loaded Oven Fries/Tater Totchos	-serving	350	379	*5.90	1222	*N/A*	*20.52	*0.24	*38	31.40	*3.58	*17.77	*166	124.7	*8.26	2.93
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000845 Assorted Veggie Toppings	1/2 cup	350	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000519 Black Bean & Corn Salsa	1/4 CUP (SFSP)	200	63	0.20	97	*1	2.42	*0.01	*0	9.28	2.37	2.16	210	15.0	4.64	0.81
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
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			701	*7.76	1314	*20	*25.57	*0.19	*46	89.67	*9.40	*29.80	*3619	468.7	*32.46	*4.07
% of Calories				*9.96%		*11.4%	*32.8%	*0.2%		51.2%		*17.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Tuesday - 11/23/2021

Reimbursable Meal Total 440

	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)
000997 WG Macaroni and cheese, ELEM	4 oz serving	350	193	4.00	653	*N/A*	7.33	0.00	20	20.67	1.33	11.33	500	266.7	0.00	0.72
990179 Chicken, Popcorn WG FC	about 12 each	300	227	2.47	346	1	12.86	0.00	20	13.85	2.97	13.84	99	0.0	0.00	1.78
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000567 Veg Medley	1/2 cup	350	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
001022 Tomatoes, cherry	1/2 cup	100	27	0.00	7	*N/A*	0.00	0.00	0	6.67	0.00	0.00	1001	0.0	16.01	0.00
001023 Cucumbers, fresh sliced	serving(1/2c)	100	6	0.05	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13
000571 Fruit Choice	1/2 cup	350	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000634 Chef Salad	-serving	30	435	5.89	1269	*4	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			642	*7.68	1092	*23	*21.62	*0.00	*54	78.67	10.03	34.08	5922	584.8	*29.78	*3.23
% of Calories				*10.77%		*14.3%	*30.3%	*0.0%		49.0%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Wednesday - 11/24/2021

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)
000145 No School																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Thursday - 11/25/2021

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)
000145 No School																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Friday - 11/26/2021

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)
000145 No School																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Monday - 11/29/2021

Reimbursable Meal Total 440

	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)
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	13.00	0.00	35	27.00	3.00	17.00	400	450.0	0.00	2.70
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000258 Broccoli	1/2 cup	300	26	0.02	10	1	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000723 Fresh Veggies and Dip	serving	300	361	3.15	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88
000571 Fruit Choice	1/2 cup	410	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	410	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			796	*9.91	974	*35	*31.50	*0.00	*55	99.22	*19.80	*33.32	*14778	860.9	*169.49	*5.32
% of Calories				*11.20%		*17.6%	*35.6%	*0.0%		49.9%		*16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

Tuesday - 11/30/2021

Reimbursable Meal Total 440

	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)
001182 Hotdog, all beef on WG bun	each	1	302	6.48	788	1	18.11	0.99	30	23.62	1.16	9.62	*0	*59.8	*0.00	*1.36
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.28	623	*2	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
001197 Coleslaw	1/2 cup	100	165	1.89	267	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
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
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	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)
000634 Chef Salad	serving	30	435	5.89	1269	*4	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			388	*3.01	605	*26	*9.16	*0.00	*28	60.91	7.58	16.84	*2073	*349.6	*30.98	*2.15
% of Calories				*6.98%		*26.8%	*21.2%	*0.0%		62.8%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=30									

	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)
Weighted Averages	626	*7.38	*978	*24	*20.91	*0.01	*54	82.64	*11.64	*29.13	*6483	*541.4	*63.83	*3.66
% of Calories		*10.61%		*15.3%	*30.1%	*0.0%		52.8%		*18.6%				

- *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.