

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: NORTHFIELD HIGH SCHOOL LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 570

	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)
001161 Pizza, WG Primo Cheese, 8ct	each	450	360	7.00	600	9	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	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000258 Broccoli	1/2 cup	400	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	500	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	500	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	500	110	1.50	135	12	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*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18

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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)
990110 Salad, Crispy Chicken	salad	20	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			746	*9.13	*956	*31	*27.74	*0.00	*50	94.89	*17.37	*33.73	*13613	*774.2	*143.59	*5.05
% of Calories				*11.01%		*16.6%	*33.5%	*0.0%		50.9%		*18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 11/02/2021

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001182 Hotdog, all beef on WG bun	each	350	302	6.48	788	1	18.11	0.99	30	23.62	1.16	9.62	*0	*59.8	*0.00	*1.36
000526 Corn	1/2 cup	200	67	0.08	1	3	0.55	0.00	0	15.92	1.98	2.10	164	2.5	2.89	0.39
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18

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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)
990132 Salad,Caesar Chicken	Serving	20	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			582	*6.95	*1115	*26	*19.27	*0.77	*38	80.58	*8.43	*23.26	*2131	*355.0	*23.74	*3.26
% of Calories				*10.75%		*17.9%	*29.8%	*1.2%		55.4%		*16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 11/03/2021

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001092 Pasta,Alfredo&Chic,WG rot Sec	serving	350	491	9.22	987	*N/A*	19.79	0.00	71	60.27	12.93	16.93	*36	*35.4	*0.40	*2.89
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
000567 Veg Medley	1/2 cup	300	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18

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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)
000885 Salad, Buffalo Chicken	serving	20	401	7.25	868	*5	29.86	*0.57	75	12.02	3.64	21.96	10570	145.1	12.75	1.38
Weighted Daily Average			842	*9.38	*1320	*24	*21.99	*0.03	*72	131.43	*28.83	*33.08	*16566	*454.5	*141.18	*5.91
% of Calories				*10.03%		*11.4%	*23.5%	*0.0%		62.4%		*15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 11/04/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000637 Taco in a Bag	serving	450	404	*7.25	884	*1	*19.12	*0.00	*41	33.57	*2.00	*20.62	579	306.6	1.20	1.89
000699 Assorted Taco Toppings	1/2 cup	450	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92
000515 Beans Refried	1/4 CUP	350	140	*N/A*	490	*N/A*	1.50	*N/A*	*N/A*	25.00	6.00	8.00	0	40.0	2.40	1.80
000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	550	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74

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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)
990109 Salad, Taco - Chicken or Beef entree	Serving	20	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			853	*12.54	*1673	*24	*32.88	*0.00	*65	100.30	*13.17	*39.73	*3442	*756.5	*43.71	*4.23
% of Calories				*13.23%		*11.3%	*34.7%	*0.0%		47.0%		*18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 11/05/2021

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (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	350	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
000687 Salad, Small Caesar	Serving	300	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

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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)
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			685	*10.52	*1133	*23	*26.88	*0.00	*41	81.07	*10.82	*31.97	*6312	*729.8	*31.81	*3.76
% of Calories				*13.82%		*13.4%	*35.3%	*0.0%		47.3%		*18.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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			750 - 850	<10	1420		<=30									

Tuesday - 11/09/2021

Reimbursable Meal Total 570

	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)
000983 Omlt Colby Cheese Skillete 2.	each	450	110	3.50	215	*N/A*	8.00	0.00	195	1.00	0.00	8.00	405	35.0	2.00	0.60
000187 CINNAMON ROLLS	2 oz	500	211	0.76	294	*11	4.75	*0.01	1	37.77	1.73	4.66	9	39.0	0.28	1.71
000558 Potato Choice	1/2 cup	450	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
990032 Fresh Vegetables *RESIZED*	cup	300	52	0.04	68	*2	0.18	0.00	0	11.70	4.82	1.85	4976	41.1	49.48	0.81

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000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
990132 Salad,Caesar Chicken	Serving	20	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			663	*5.87	*888	*30	*19.47	*0.01	*170	99.39	*9.78	*24.72	*5264	*405.8	*59.55	*3.63
% of Calories				*7.97%		*18.1%	*26.4%	*0.0%		60.0%		*14.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 11/10/2021

Reimbursable Meal Total 470

	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)
001136 Sandwich, shredded pork	each	350	251	3.03	426	*3	9.16	*0.00	65	19.38	1.63	23.67	0	51.0	0.00	3.16
001197 Coleslaw	1/2 cup	300	165	1.89	267	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58
000426 Veg Green Beans	1/2 cup	350	19	0.03	1	1	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45

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000529 Fresh Vegetables	1/2 cup	350	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000571 Fruit Choice	1/2 cup	550	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	550	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	550	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
000885 Salad, Buffalo Chicken	serving	20	401	7.25	868	*5	29.86	*0.57	75	12.02	3.64	21.96	10570	145.1	12.75	1.38
Weighted Daily Average			771	*6.28	*1012	*32	*21.43	*0.02	*81	110.42	*22.33	*39.30	*16329	*610.2	*187.99	*6.24
% of Calories				*7.33%		*16.6%	*25.0%	*0.0%		57.3%		*20.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 11/11/2021

Reimbursable Meal Total 570

	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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001135 Burrito Bowl, chicken HS	serving	450	787	*4.25	988	*1	*13.09	*0.20	*58	129.42	*13.00	*35.69	411	247.0	0.51	3.74
000699 Assorted Taco Toppings	1/2 cup	450	197	5.47	467	*2	13.84	*0.00	20	13.51	4.40	6.77	1114	158.2	15.74	0.92

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)
990051 Brown Rice *RESIZED*	1 cup	300	218	0.32	2	*N/A*	1.62	*N/A*	0	45.84	3.51	4.52	0	19.5	0.00	1.03
990108 Bean, Tx Ranchero Pinto	1/2 cup	400	96	0.00	427	1	0.44	0.00	0	17.45	4.36	5.23	*N/A*	*N/A*	*N/A*	*N/A*
000571 Fruit Choice	1/2 cup	400	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
000803 Fruit Fresh Choice	Serving 1/2cup	400	65	*0.03	4	*8	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	500	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
990109 Salad, Taco - Chicken or Beef entree	Serving	20	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			1192	*9.83	*1710	*20	*27.13	*0.16	*77	186.19	*21.88	*51.15	*3263	*641.5	*33.94	*5.02
% of Calories				*7.42%		*6.7%	*20.5%	*0.1%		62.5%		*17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 11/12/2021

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000532 Pasta w/Meatsauce Sec	serving	400	464	4.63	618	*7	12.04	0.36	45	66.38	12.63	23.14	4545	99.7	*54.00	5.84

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)
000667 Pasta w/Sauce Sec	serving	50	180	0.10	369	*N/A*	1.31	*0.00	*0	35.44	*0.75	6.00	210	12.5	2.45	1.64
001248 Vegetable, Zucchini	1/2 cup	400	16	0.10	8	2	0.30	0.00	0	3.00	1.00	1.20	175	15.0	17.40	0.27
000529 Fresh Vegetables	1/2 cup	450	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	450	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	500	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	500	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	500	110	1.50	135	12	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*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			857	*6.08	*1074	*31	*17.78	*0.26	*47	142.28	*27.99	*37.26	*19779	*520.9	*219.94	*7.73
% of Calories				*6.39%		*14.5%	*18.7%	*0.3%		66.4%		*17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Monday - 11/15/2021

Reimbursable Meal Total 570

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)
000692 Hamburger/Cheeseburger/Veggie	sandwich	450	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	450	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000529 Fresh Vegetables	1/2 cup	450	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
001093 Beans, baked vegetarian,Bushs, Low Na	1/2 cup	400	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	400	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	400	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	500	110	1.50	135	12	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*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
990110 Salad, Crispy Chicken	salad	20	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			721	*5.72	*1185	*31	*14.95	*0.00	*60	115.39	*23.05	*37.91	*17752	*559.9	*159.21	*7.20
% of Calories				*7.14%		*17.2%	*18.7%	*0.0%		64.0%		*21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 11/16/2021

Reimbursable Meal Total 545

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)
990044 Corn Dogs,Mini WG *RESIZED*	6 each	400	300	3.75	675	*N/A*	13.50	0.00	38	33.00	4.50	10.50	0	120.0	0.00	1.62
990028 Potato Crinkle Sweet Potato	1/2 cup	250	200	1.33	227	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64
000723 Fresh Veggies and Dip	serving	350	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	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	400	110	1.50	135	12	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	25	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	25	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	25	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	25	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	25	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
990132 Salad,Caesar Chicken	Serving	20	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			774	*7.38	*1157	*20	*31.67	*0.00	*52	99.57	*19.16	*23.74	*13361	*465.3	*140.53	*5.10
% of Calories				*8.58%		*10.3%	*36.8%	*0.0%		51.5%		*12.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 11/17/2021

Reimbursable Meal Total 495

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)
001020 Chicken Parmesan, Secondary	Serving	350	290	4.46	875	*0	15.33	*0.00	51	19.43	2.35	21.27	8658	221.6	4.65	0.97
990177 Pasta Rotini, Secondary	6 oz Serving	350	243	0.00	0	*N/A*	1.22	0.00	0	48.60	1.22	8.50	0	0.0	0.00	1.75
990055 BRUSSELS SPROUTS,FRZ,CKD,BLD, DRND,WO/SALT	1/2 cup	300	33	0.06	12	2	0.30	0.00	0	6.45	3.18	2.82	718	20.2	35.42	0.37
000803 Fruit Fresh Choice	Serving 1/2cup	175	65	*0.03	4	*8	*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	41	0.00	4	*0	0.04	*0.00	0	10.17	1.02	0.12	83	2.9	1.12	0.11
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	25	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	25	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	25	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	25	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	25	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
000885 Salad, Buffalo Chicken	serving	20	401	7.25	868	*5	29.86	*0.57	75	12.02	3.64	21.96	10570	145.1	12.75	1.38
Weighted Daily Average			601	*5.25	*927	*13	*17.70	*0.02	*53	79.27	*6.73	*33.94	*8637	*433.1	*37.24	*2.88
% of Calories				*7.86%		*8.7%	*26.5%	*0.0%		52.8%		*22.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Thursday - 11/18/2021

Reimbursable Meal Total 570

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)
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
000417 Potatoes Mashed	1/2 cup	350	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	350	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	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
000443 Milk	1 CUP	350	127	0.69	179	18	0.96	0.00	7	20.39	0.00	8.82	551	303.1	2.65	0.00
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
990109 Salad, Taco - Chicken or Beef entree	Serving	20	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			428	*2.47	*675	*21	*8.68	*0.00	*35	69.27	*6.99	*21.10	*2002	*244.4	*35.25	*4.08
% of Calories				*5.19%		*19.6%	*18.3%	*0.0%		64.7%		*19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Friday - 11/19/2021

Reimbursable Meal Total 550

Base Menu Spreadsheet

Northfield Public Schools ISD 659

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)
001145 WG cheese bread, Tony's	each	450	290	3.50	570	*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	450	54	0.00	441	*N/A*	0.90	0.00	0	9.90	2.70	1.80	270	36.0	8.10	0.97
000529 Fresh Vegetables	1/2 cup	200	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82
000687 Salad, Small Caesar	Serving	450	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	500	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	500	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	500	110	1.50	135	12	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*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich, Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
Weighted Daily Average			695	*6.92	*1468	*22	*22.30	*0.00	*31	91.41	*15.53	*35.12	*12275	*818.5	*97.29	*4.59
% of Calories				*8.96%		*12.7%	*28.9%	*0.0%		52.6%		*20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Monday - 11/22/2021

Reimbursable Meal Total 570

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)
001202 Loaded Oven Fries/Tater Totchos	serving	450	379	*5.90	1222	*N/A*	*20.52	*0.24	*38	31.40	*3.58	*17.77	*166	124.7	*8.26	2.93
000845 Assorted Veggie Toppings	1/2 cup	450	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)	375	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	300	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	450	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	450	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	500	110	1.50	135	12	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*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
990110 Salad, Crispy Chicken	salad	20	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			644	*6.81	*1290	*19	*22.91	*0.19	*44	83.56	*9.36	*28.40	*4194	*430.7	*34.26	*4.15
% of Calories				*9.52%		*11.8%	*32.0%	*0.3%		51.9%		*17.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 11/23/2021

Reimbursable Meal Total 570

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)
001042 Macaroni & Cheese, WG LOL	4 oz	400	290	9.01	981	6	16.01	0.50	30	31.02	2.00	17.01	800	420.2	0.00	1.08
990178 Chicken Chunks, MWWM, FC, WG Proview	4 pieces	400	180	1.00	530	0	6.00	0.00	45	15.00	1.00	17.00	0	13.0	0.00	2.00
000567 Veg Medley	1/2 cup	400	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	400	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)	400	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	550	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	550	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	550	110	1.50	135	12	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*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
990132 Salad,Caesar Chicken	Serving	20	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			668	*9.27	*1380	*27	*21.11	*0.35	*69	91.06	*9.32	*38.42	*6387	*670.7	*42.31	*3.69
% of Calories				*12.49%		*16.2%	*28.4%	*0.5%		54.5%		*23.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Wednesday - 11/24/2021

Reimbursable Meal Total 1

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)
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			750 - 850	<10	1420		<=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			750 - 850	<10	1420		<=30									

Friday - 11/26/2021

Reimbursable Meal Total 1

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)
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			750 - 850	<10	1420		<=30									

Monday - 11/29/2021

Reimbursable Meal Total 570

	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)
001161 Pizza, WG Primo Cheese, 8ct	each	450	360	7.00	600	9	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	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000258 Broccoli	1/2 cup	400	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	500	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	500	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	500	110	1.50	135	12	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*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000737 Sandwich,Chicken Caesar Wrap	wrap	20	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74

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)
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18
990110 Salad, Crispy Chicken	salad	20	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			746	*9.13	*956	*31	*27.74	*0.00	*50	94.89	*17.37	*33.73	*13613	*774.2	*143.59	*5.05
% of Calories				*11.01%		*16.6%	*33.5%	*0.0%		50.9%		*18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30									

Tuesday - 11/30/2021

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001182 Hotdog, all beef on WG bun	each	350	302	6.48	788	1	18.11	0.99	30	23.62	1.16	9.62	*0	*59.8	*0.00	*1.36
000526 Corn	1/2 cup	200	67	0.08	1	3	0.55	0.00	0	15.92	1.98	2.10	164	2.5	2.89	0.39
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
001118 Sub sandwich, MS/HS	sandwich	20	267	2.92	620	*1	7.49	0.00	30	31.81	4.43	18.88	1727	109.9	6.64	1.37
000695 Sandwich, Turkey or Combo Sub	sandwich	20	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
001120 Salad entree, MS/HS	salad	20	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18

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	20	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			582	*6.95	*1115	*26	*19.27	*0.77	*38	80.58	*8.43	*23.26	*2131	*355.0	*23.74	*3.26
% of Calories				*10.75%		*17.9%	*29.8%	*1.2%		55.4%		*16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	725	*7.58	*1169	*25	*22.27	*0.14	*60	101.75	*15.36	*32.77	*9281	*555.6	*88.83	*4.71
% of Calories		*9.41%		*13.8%	*27.6%	*0.2%		56.1%		*18.1%				

- *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.