

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: NORTHFIELD MIDDLE SCHOOL LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 500

	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	350	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	325	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
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			771	*9.84	*975	*30	*30.44	*0.00	*52	94.65	*18.80	*34.06	*15187	*797.3	*159.68	*5.36
% of Calories				*11.49%		*15.6%	*35.5%	*0.0%		49.1%		*17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

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
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
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
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
000692 Hamburger/Cheeseburger/Veggie	sandwich	20	308	4.66	606	*0	12.38	*0.00	58	30.10	3.15	22.32	162	130.2	0.00	3.45
Weighted Daily Average			592	*7.45	*1166	*25	*21.82	*0.77	*43	76.60	*8.18	*22.75	*1601	*365.0	*29.65	*3.14
% of Calories				*11.33%		*16.9%	*33.2%	*1.2%		51.8%		*15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Wednesday - 11/03/2021

Reimbursable Meal Total 450

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)
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
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
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
000634 Chef Salad	-serving	20	435	5.89	1269	*4	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
001214 Burrito Bowl, chicken MS/E	-serving	20	532	*4.25	988	*1	*10.84	*0.20	*58	76.92	*10.00	*29.69	411	247.0	0.51	2.66
Weighted Daily Average			824	*9.42	*1335	*23	*21.73	*0.01	*77	127.84	*26.98	*32.50	*16281	*459.6	*138.98	*5.45
% of Calories				*10.29%		*11.2%	*23.7%	*0.0%		62.1%		*15.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Thursday - 11/04/2021

Reimbursable Meal Total 450

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)
000637 Taco in a Bag	serving	350	404	*7.25	884	*1	*19.12	*0.00	*41	33.57	*2.00	*20.62	579	306.6	1.20	1.89
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
000515 Beans Refried	1/4 CUP	300	140	*N/A*	490	*N/A*	1.50	*N/A*	*N/A*	25.00	6.00	8.00	0	40.0	2.40	1.80
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
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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
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
000547 Quesadilla, WG Cheese	serving	30	360	4.00	810	*N/A*	14.00	0.00	15	42.00	5.00	18.00	300	350.0	0.00	2.70
Weighted Daily Average			781	*11.74	*1601	*18	*31.27	*0.00	*60	88.41	*12.09	*36.92	*2774	*676.5	*34.06	*4.10
% of Calories				*13.53%		*9.2%	*36.0%	*0.0%		45.3%		*18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	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

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)
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
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
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
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
001138 Chicken tenders, WG crispy	serving(3)	20	240	2.25	375	2	10.50	0.00	52	13.50	1.50	22.50	8	0.0	0.00	1.62
Weighted Daily Average			637	*9.51	*966	*23	*22.76	*0.00	*40	79.23	*9.97	*30.90	*4282	*677.5	*29.85	*3.32
% of Calories				*13.44%		*14.4%	*32.2%	*0.0%		49.8%		*19.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Monday - 11/08/2021

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)	Calcm (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			600 - 700	<10	1360		<=30									

Tuesday - 11/09/2021

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)
000983 Omlet Colby Cheese Skillete 2.	each	350	110	3.50	215	*N/A*	8.00	0.00	195	1.00	0.00	8.00	405	35.0	2.00	0.60
990106 French Toast Sticks WG Farm Rich, 37720	3 each	350	255	1.50	300	8	9.00	0.00	0	36.00	3.00	6.00	300	150.0	4.80	1.80
000558 Potato Choice	1/2 cup	350	127	0.44	183	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39
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
990126 Hummus, Grecin	2.5 oz	50	152	1.27	291	3	11.39	0.00	0	10.12	2.53	5.06	0	0.0	0.00	1.01
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	250	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

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)
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
000306 Sandwich, Chicken crispy filet	Sandwich	50	360	2.50	620	*N/A*	11.50	0.00	50	42.00	4.00	26.00	0	100.0	0.00	2.88
Weighted Daily Average			761	*6.40	*1016	*25	*23.76	*0.00	*169	109.95	*20.09	*29.70	*15392	*534.3	*160.28	*5.24
% of Calories				*7.57%		*13.1%	*28.1%	*0.0%		57.8%		*15.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Wednesday - 11/10/2021

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)
000696 Sandwich,Italian Sub	sandwich	350	315	4.52	1071	7	12.16	*0.01	34	32.66	4.37	18.37	446	189.4	0.88	1.74
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
000426 Veg Green Beans	1/2 cup	250	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	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	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	300	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000634 Chef Salad	serving	20	435	5.89	1269	*4	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80

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)
990163 Chicken Teriyaki Bowl	bowl	50	239	1.16	561	*N/A*	4.31	*0.00	35	31.92	1.76	17.26	100	49.8	0.00	1.96
Weighted Daily Average			579	*5.19	*1237	*24	*13.76	*0.00	*46	87.56	*18.61	*29.65	*13710	*500.3	*136.83	*4.22
% of Calories				*8.07%		*16.6%	*21.4%	*0.0%		60.5%		*20.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Thursday - 11/11/2021

Reimbursable Meal Total 500

	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)
000763 Beef Nachos w/Tostitos	Serving	400	354	*8.97	699	*0	*18.43	*0.00	*55	25.00	*2.00	*18.90	700	220.0	1.20	1.81
000781 Assorted Nacho Toppings	Serving	450	46	*0.02	234	*2	2.50	*0.00	*0	4.72	*1.12	*0.94	*434	*12.2	*5.77	*0.80
000756 Beans Vegetarian Refried,Bushs	1/4 Cup	400	62	0.00	264	*N/A*	0.00	0.00	0	13.94	2.40	3.36	0	19.2	0.00	0.86
000601 Brown Rice	1/2 cup	450	109	0.16	1	*N/A*	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52
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	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
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

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)
001016 Sandwich, meatball sub	-serving	50	384	6.55	761	*6	16.65	0.00	36	37.65	6.15	21.60	265	221.0	5.01	2.96
Weighted Daily Average			768	*10.00	*1265	*24	*23.49	*0.00	*62	104.11	*10.59	*34.51	*2890	*597.9	*35.05	*4.31
% of Calories				*11.72%		*12.5%	*27.5%	*0.0%		54.2%		*18.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Friday - 11/12/2021

Reimbursable Meal Total 500

	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)
000785 Pasta w/Meatballs Sec	Serving	200	332	3.02	312	*7	8.69	0.48	30	43.97	4.88	18.90	4506	63.5	54.79	3.87
000667 Pasta w/Sauce Sec	-serving	200	180	0.10	369	*N/A*	1.31	*0.00	*0	35.44	*0.75	6.00	210	12.5	2.45	1.64
000258 Broccoli	1/2 cup	100	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	350	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	325	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	325	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

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)
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
990044 Corn Dogs, Mini WG *RESIZED*	6 each	50	300	3.75	675	*N/A*	13.50	0.00	38	33.00	4.50	10.50	0	120.0	0.00	1.62
Weighted Daily Average			631	*3.72	*789	*23	*12.11	*0.19	*26	106.94	*18.06	*26.89	*15838	*412.9	*170.48	*4.94
% of Calories				*5.31%		*14.6%	*17.3%	*0.3%		67.8%		*17.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Monday - 11/15/2021

Reimbursable Meal Total 500

	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	400	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	400	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	300	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	325	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	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

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)
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
001161 Pizza, WG Primo Cheese, 8ct	each	50	360	7.00	600	9	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
Weighted Daily Average			688	*6.00	*1092	*30	*15.12	*0.00	*60	107.89	*19.88	*36.22	*14029	*536.1	*127.95	*6.66
% of Calories				*7.85%		*17.4%	*19.8%	*0.0%		62.7%		*21.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Tuesday - 11/16/2021

Reimbursable Meal Total 500

	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
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

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	50	308	4.66	606	*0	12.38	*0.00	58	30.10	3.15	22.32	162	130.2	0.00	3.45
Weighted Daily Average			819	*7.96	*1183	*21	*33.63	*0.00	*57	105.43	*20.50	*24.73	*13702	*488.3	*151.96	*5.48
% of Calories				*8.75%		*10.3%	*37.0%	*0.0%		51.5%		*12.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Wednesday - 11/17/2021

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)
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
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
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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000634 Chef Salad	serving	20	435	5.89	1269	*4	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80

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)
001214 Burrito Bowl, chicken MS/E	-serving	50	532	*4.25	988	*1	*10.84	*0.20	*58	76.92	*10.00	*29.69	411	247.0	0.51	2.66
Weighted Daily Average			652	*5.55	*987	*14	*17.71	*0.02	*63	88.89	*7.26	*36.43	*8357	*486.1	*18.36	*3.15
% of Calories				*7.66%		*8.6%	*24.4%	*0.0%		54.5%		*22.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Thursday - 11/18/2021

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)
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	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	350	88	0.11	4	3	0.70	0.00	0	21.15	2.52	2.95	220	3.6	6.48	0.61
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
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	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
000443 Milk	1 CUP	300	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

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)
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
000547 Quesadilla, WG Cheese	serving	50	360	4.00	810	*N/A*	14.00	0.00	15	42.00	5.00	18.00	300	350.0	0.00	2.70
Weighted Daily Average			631	*3.11	*942	*28	*11.04	*0.00	*41	110.20	*19.80	*29.25	*13252	*380.3	*154.26	*6.96
% of Calories				*4.44%		*17.7%	*15.7%	*0.0%		69.9%		*18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Friday - 11/19/2021

Reimbursable Meal Total 600

	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	500	290	3.50	570	*N/A*	10.00	0.00	15	29.00	3.00	21.00	300	400.0	0.00	1.80
990033 Marinara Sauce	1/2 cup	400	54	0.00	441	*N/A*	0.90	0.00	0	9.90	2.70	1.80	270	36.0	8.10	0.97
000687 Salad, Small Caesar	Serving	425	121	2.58	370	1	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58
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	250	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	475	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
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

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001138 Chicken tenders, WG crispy	-serving(3)	50	240	2.25	375	2	10.50	0.00	52	13.50	1.50	22.50	8	0.0	0.00	1.62
Weighted Daily Average			537	*6.34	*1213	*14	*20.21	*0.00	*31	58.36	*7.01	*31.15	*4616	*690.8	*19.74	*3.03
% of Calories				*10.63%		*10.4%	*33.9%	*0.0%		43.5%		*23.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Monday - 11/22/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001202 Loaded Oven Fries/Tater Totchos	-serving	400	379	*5.90	1222	*N/A*	*20.52	*0.24	*38	31.40	*3.58	*17.77	*166	124.7	*8.26	2.93
000845 Assorted Veggie Toppings	1/2 cup	400	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000519 Black Bean & Corn Salsa	1/4 CUP (SFSP)	350	63	0.20	97	*1	2.42	*0.01	*0	9.28	2.37	2.16	210	15.0	4.64	0.81
000566 Rice,brown	-serving(1/2c)	400	128	0.00	1	*N/A*	1.12	*0.00	0	26.25	1.50	3.00	0	0.6	0.00	0.54
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	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
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

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)
001145 WG cheese bread, Tony's	each	50	290	3.50	570	*N/A*	10.00	0.00	15	29.00	3.00	21.00	300	400.0	0.00	1.80
Weighted Daily Average			855	*8.38	*1585	*22	*29.06	*0.25	*53	114.82	*12.14	*36.71	*4600	*531.7	*42.37	*5.36
% of Calories				*8.82%		*10.3%	*30.6%	*0.3%		53.7%		*17.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=30									

Tuesday - 11/23/2021

Reimbursable Meal Total 500

	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	300	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	350	27	0.00	7	*N/A*	0.00	0.00	0	6.67	0.00	0.00	1001	0.0	16.01	0.00
001023 Cucumbers, fresh sliced	serving(1/2c)	350	6	0.05	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13
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	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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25

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)
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
000306 Sandwich, Chicken crispy filet	Sandwich	50	360	2.50	620	*N/A*	11.50	0.00	50	42.00	4.00	26.00	0	100.0	0.00	2.88
Weighted Daily Average			665	*9.78	*1467	*22	*22.53	*0.40	*75	87.10	*8.62	*39.81	*5189	*619.3	*36.39	*3.85
% of Calories				*13.24%		*13.2%	*30.5%	*0.5%		52.4%		*23.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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			600 - 700	<10	1360		<=30									

Thursday - 11/25/2021

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			600 - 700	<10	1360		<=30									

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			600 - 700	<10	1360		<=30									

Monday - 11/29/2021

Reimbursable Meal Total 500

	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	350	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	325	361	3.15	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88

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)
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	10	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	10	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	10	250	2.25	635	5	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
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			771	*9.84	*975	*30	*30.44	*0.00	*52	94.65	*18.80	*34.06	*15187	*797.3	*159.68	*5.36
% of Calories				*11.49%		*15.6%	*35.5%	*0.0%		49.1%		*17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
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

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)
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
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
000692 Hamburger/Cheeseburger/Veggie	sandwich	20	308	4.66	606	*0	12.38	*0.00	58	30.10	3.15	22.32	162	130.2	0.00	3.45
Weighted Daily Average			592	*7.45	*1166	*25	*21.82	*0.77	*43	76.60	*8.18	*22.75	*1601	*365.0	*29.65	*3.14
% of Calories				*11.33%		*16.9%	*33.2%	*1.2%		51.8%		*15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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	697	*7.65	*1164	*23	*22.37	*0.13	*58	95.51	*14.75	*31.61	*9360	*550.9	*90.85	*4.62
% of Calories		*9.88%		*13.2%	*28.9%	*0.2%		54.8%		*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.