

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

Menu Name: NORTHFIELD HIGH SCHOOL LUNCH

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 09/02/2019

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)	Cost
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	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Tuesday - 09/03/2019

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)	Cost
001257 Pork Nachos w/Tostitos	Serving	450	400	7.50	700	*0	16.50	0.00	100	21.00	2.00	27.00	400	240.0	0.00	1.44	\$0.000
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	\$0.000
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	\$0.000
990140 Cowboy Caviar	1/2 cup	300	76	0.28	187	*3	1.80	*0.00	*0	13.89	3.64	3.00	910	18.9	44.56	0.91	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			800	*8.47	*1323	*23	*21.90	*0.00	*97	100.70	*11.54	*40.78	*3301	*584.6	*55.33	*4.21	\$0.000
% of Calories				*9.53%		*11.5%	*24.6%	*0.0%		50.4%		*20.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Wednesday - 09/04/2019

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)	Cost
990144 Sandwich, Bahn Mi	3 oz	300	405	3.50	798	11	17.00	0.00	52	38.00	3.00	23.25	*0	*0.0	*0.00	*1.08	\$0.000
990145 Coleslaw, Cilantro Lime Veggie Slaw	1/2 cup	300	48	0.11	23	*0	1.42	*0.01	0	7.21	3.44	1.75	370	52.0	37.77	0.65	\$0.000
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	\$0.000
001245 Jonny Pop StrawBanana	each	300	51	0.40	34	10	0.70	0.00	3	11.00	0.50	1.00	1	20.0	15.00	0.10	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			555	*4.23	*731	*33	*15.24	*0.00	*45	79.05	*9.20	*26.90	*2601	*405.1	*59.14	*2.16	\$0.000
% of Calories				*6.86%		*23.8%	*24.7%	*0.0%		57.0%		*19.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Thursday - 09/05/2019

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)	Cost
000983 Omlet 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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
990141 Hummus, Un-Beetable	2.5 oz	400	345	1.27	645	*3	11.39	0.00	0	53.48	15.87	11.73	167	66.7	22.01	4.62	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			922	*6.75	*1351	*33	*27.49	*0.01	*174	141.07	*21.54	*33.29	*5348	*459.4	*77.62	*7.04	\$0.000
% of Calories				*6.59%		*14.3%	*26.8%	*0.0%		61.2%		*14.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Friday - 09/06/2019

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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
% of Calories				*6.39%		*14.5%	*18.7%	*0.3%		66.4%		*17.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Monday - 09/09/2019

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)	Cost
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	\$0.000
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	\$0.000
000515 Beans Refried	1/2 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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			849	*12.44	*1682	*24	*32.65	*0.00	*64	100.05	*13.18	*39.57	*3604	*753.5	*43.99	*4.31	\$0.000
% of Calories				*13.19%		*11.3%	*34.6%	*0.0%		47.1%		*18.6%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Tuesday - 09/10/2019

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)	Cost
001259 Sampler Platter, Mini	portion	450	365	6.37	745	*2	17.75	0.00	34	35.00	4.50	16.25	240	273.0	0.94	1.98	\$0.000
990028 Potato Crinkle Sweet Potato	1/2 cup	400	200	1.33	227	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64	\$0.000
000529 Fresh Vegetables	1/2 cup	400	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
001095 Bread,WG dinner roll	roll	400	70	0.00	125	3	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08	\$0.000
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	\$0.000

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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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			856	*8.18	*1288	*26	*25.97	*0.00	*42	127.08	*22.76	*32.24	*14846	*657.6	*163.94	*7.11	\$0.000
% of Calories				*8.60%		*12.1%	*27.3%	*0.0%		59.4%		*15.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Wednesday - 09/11/2019

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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			737	*5.83	*1211	*32	*15.15	*0.00	*61	118.40	*23.71	*38.59	*17987	*576.5	*164.52	*7.38	\$0.000
% of Calories				*7.12%		*17.4%	*18.5%	*0.0%		64.3%		*20.9%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Thursday - 09/12/2019

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990113 Chicken Wings, Bone-In	5 each	500	221	4.42	696	0	14.37	0.00	127	0.00	0.00	22.10	0	0.0	0.00	0.80	\$0.000
000526 Corn	1/2 cup	450	67	0.08	1	3	0.55	0.00	0	15.92	1.98	2.10	164	2.5	2.89	0.39	\$0.000
000783 Potatoes Roasted Baby Bakers S	serving(1/2c)	350	90	0.00	170	*N/A*	2.00	0.00	0	15.00	0.00	3.00	0	20.0	0.00	0.72	\$0.000
000573 SALAD SIDE	serving	350	244	3.11	277	8	19.47	0.00	15	15.11	*5.52	*2.63	*20015	85.0	44.66	1.88	\$0.000
990124 Roll, WG Sweet Yeast Dinner	each	300	140	1.00	180	6	2.50	0.00	0	27.00	2.00	5.00	0	20.0	0.00	1.10	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			692	*7.66	*1149	*24	*30.01	*0.00	*127	73.74	*8.33	*35.19	*13399	*335.4	*45.63	*3.65	\$0.000
% of Calories				*9.96%		*13.9%	*39.0%	*0.0%		42.6%		*20.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Friday - 09/13/2019

Reimbursable Meal Total 460

	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)	Cost
000547 Quesadilla, WG Cheese	serving	400	360	4.00	810	*N/A*	14.00	0.00	15	42.00	5.00	18.00	300	350.0	0.00	2.70	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	320	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
000557 Carrot Coins	1/2 cup	300	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	425	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
000737 Sandwich,Chicken Caesar Wrap	wrap	10	398	5.11	1127	*1	18.14	*0.00	*29	38.36	2.84	21.27	*5077	304.1	*2.34	1.74	\$0.000
001120 Salad entree, MS/HS	salad	10	227	1.94	788	*2	6.10	0.00	44	25.92	5.14	20.67	11247	123.6	17.95	5.18	\$0.000
Weighted Daily Average			566	*5.31	*952	*21	*16.40	*0.00	*26	80.77	*9.87	*26.69	*11526	*642.4	*26.94	*3.47	\$0.000
% of Calories				*8.44%		*14.8%	*26.1%	*0.0%		57.1%		*18.9%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Monday - 09/16/2019

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)	Cost
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	\$0.000
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	\$0.000
000519 Black Bean & Corn Salsa	1/2 cup	375	78	0.25	121	*1	3.02	*0.01	*0	11.60	2.96	2.71	262	18.8	5.80	1.01	\$0.000
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	\$0.000
001095 Bread,WG dinner roll	roll	400	70	0.00	125	3	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			719	*6.99	*1427	*22	*24.54	*0.20	*45	97.18	*10.66	*31.29	*3971	*459.7	*35.82	*5.14	\$0.000
% of Calories				*8.75%		*12.2%	*30.7%	*0.3%		54.1%		*17.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Tuesday - 09/17/2019

Reimbursable Meal Total 501

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
000625 Vegetable Choice	.5 cup	350	44	0.06	26	3	0.34	0.00	0	9.31	2.50	1.91	3621	18.9	3.81	0.61	\$0.000

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			721	*7.58	*1534	*23	*24.47	*0.00	*34	90.51	*12.07	*37.31	*9052	*854.4	*40.33	*4.34	\$0.000
% of Calories				*9.46%		*12.8%	*30.5%	*0.0%		50.2%		*20.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Wednesday - 09/18/2019

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)	Cost
000306 Sandwich, Chicken crispy filet	Sandwich	450	360	2.50	620	*N/A*	11.50	0.00	50	42.00	4.00	26.00	0	100.0	0.00	2.88	\$0.000
000845 Assorted Veggie Toppings	1/2 cup	450	8	0.01	2	1	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25	\$0.000
000774 Vegetables Squash	1/2 cup	450	215	2.52	104	*16	8.78	*0.00	0	36.40	3.86	2.22	3151	85.4	27.93	1.50	\$0.000
000505 Baked Beans, Veg LS	1/2 Cup	400	140	0.00	370	12	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			847	*6.15	*1128	*43	*21.39	*0.00	*56	132.91	*14.72	*39.84	*6471	*536.6	*52.76	*5.97	\$0.000
% of Calories				*6.53%		*20.3%	*22.7%	*0.0%		62.8%		*18.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Thursday - 09/19/2019

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)	Cost
001178 General Tso Spicy Chicken	serving(2.8oz)	450	140	1.50	310	7	5.00	0.00	65	8.00	0.00	15.00	35	0.0	0.00	1.08	\$0.000
001258 pasta, lo mein WG	6 oz	450	204	0.03	337	*2	0.94	*0.00	0	40.28	6.08	8.54	1822	49.9	23.67	1.83	\$0.000
000529 Fresh Vegetables	1/2 cup	500	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
001243 Egg Roll, Veg WG	each	400	140	1.00	150	4	3.50	0.00	0	22.00	4.00	4.00	200	40.0	1.20	1.08	\$0.000

Base Menu Spreadsheet

Northfield Public Schools ISD 659

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
000445 MILK (skim, 1% and NF Choc)	8 oz	425	110	1.50	135	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			791	*3.80	*1089	*34	*12.15	*0.00	*66	135.39	*27.34	*38.32	*19602	*480.2	*205.73	*6.61	\$0.000
% of Calories				*4.32%		*17.2%	*13.8%	*0.0%		68.5%		*19.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Friday - 09/20/2019

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)	Cost
001042 Macaroni & Cheese, WG LOL	6 oz	450	290	9.01	981	6	16.01	0.50	30	31.02	2.00	17.01	800	420.2	0.00	1.08	\$0.000
001215 Shrimp Poppers, WG Rich's	cup (LF.5 cup)	450	230	2.00	490	1	11.00	0.00	60	22.00	3.00	12.00	110	31.0	1.00	2.30	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			761	*11.09	*1497	*29	*27.00	*0.41	*88	103.45	*11.43	*37.96	*6553	*739.6	*44.56	*4.28	\$0.000
% of Calories				*13.12%		*15.2%	*31.9%	*0.5%		54.4%		*20.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Monday - 09/23/2019

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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			1223	*10.01	*1753	*21	*27.67	*0.16	*78	191.77	*22.50	*52.09	*3134	*657.3	*34.80	*5.10	\$0.000
% of Calories				*7.37%		*6.9%	*20.4%	*0.1%		62.7%		*17.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Tuesday - 09/24/2019

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)	Cost
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	\$0.000
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	\$0.000
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	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000723 Fresh Veggies and Dip	serving	300	361	3.12	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			763	*9.34	*973	*32	*28.41	*0.00	*51	97.16	*17.82	*34.26	*13697	*798.5	*148.34	*5.15	\$0.000
% of Calories				*11.02%		*16.8%	*33.5%	*0.0%		50.9%		*18.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Wednesday - 09/25/2019

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)	Cost
000668 Pasta w/Alfredo & Chicken Sec	serving	450	403	8.81	981	*N/A*	18.77	0.00	71	36.61	5.75	19.78	*36	*6.1	*0.40	*1.69	\$0.000
000920 Breadsticks Whole Wheat, New York	stick	500	80	0.00	160	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.70	\$0.000
000557 Carrot Coins	1/2 cup	450	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
000723 Fresh Veggies and Dip	serving	400	361	3.12	408	*8	19.63	0.00	15	41.94	*16.86	*6.48	*17416	154.3	173.33	2.88	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			945	*11.58	*1543	*28	*35.66	*0.00	*84	122.80	*24.56	*35.95	*24929	*484.1	*154.07	*5.26	\$0.000
% of Calories				*11.03%		*11.9%	*34.0%	*0.0%		52.0%		*15.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Thursday - 09/26/2019

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)	Cost
000549 Hot Dog, Thsnd Hills on a WG Bun	sandwich	450	250	4.00	630	4	11.50	0.00	35	22.00	2.00	14.00	0	40.0	0.00	1.44	\$0.000
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	\$0.000
000706 Corn on the Cob	med ear	400	88	0.11	4	3	0.70	0.00	0	21.15	2.52	2.95	220	3.6	6.48	0.61	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
001093 Beans, baked vegetarian,Bushs, Low Na	1/2 cup	300	140	0.00	370	12	0.00	0.00	0	30.00	5.00	5.00	60	40.0	0.00	1.80	\$0.000
000304 SUN CHIPS HARVEST CHEDDAR	1 OZ	450	140	1.00	160	*N/A*	6.00	0.00	0	19.00	2.00	2.00	0	0.0	0.00	0.36	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			818	*7.23	*1261	*33	*25.75	*0.00	*54	118.06	*13.73	*30.92	*2499	*431.4	*52.92	*4.09	\$0.000
% of Calories				*7.95%		*16.1%	*28.3%	*0.0%		57.7%		*15.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Friday - 09/27/2019

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)	Cost
990071 Cheese Bites - Wild Mike's	4 each	350	280	4.00	540	0	12.00	0.00	20	28.00	4.00	16.00	400	240.0	0.00	1.44	\$0.000
990030 Marinara sauce, RG, NE *RESIZED*	2 oz	350	27	0.00	222	2	1.13	0.00	0	4.08	0.91	0.91	0	12.7	0.00	0.45	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost
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	\$0.000
000573 SALAD SIDE	serving	350	244	3.11	277	8	19.47	0.00	15	15.11	*5.52	*2.63	*20015	85.0	44.66	1.88	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695 Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average			758	*8.02	*1173	*32	*31.21	*0.00	*45	89.44	*14.41	*32.72	*19430	*694.0	*64.64	*4.72	\$0.000
% of Calories				*9.52%		*16.9%	*37.1%	*0.0%		47.2%		*17.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=30										

Monday - 09/30/2019

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)	Cost
001138 Chicken tenders, WG crispy	serving(3)	450	240	2.25	375	2	10.50	0.00	52	13.50	1.50	22.50	8	0.0	0.00	1.62	\$0.000
990029 Sauces Assorted *RESIZED*	2 oz	400	46	0.06	672	*3	1.25	0.00	0	8.48	0.28	1.33	500	23.8	0.00	0.57	\$0.000

Base Menu Spreadsheet

Portion Values

Sep 1, 2019 thru Sep 30, 2019

	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)	Cost	
990143	pasta, salad, Asian WG	6 oz	400	1936	24.29	4181	*129	129.25	0.00	0	199.32	6.96	3.14	1802	46.5	19.17	1.83	\$0.000
990028	Potato Crinkle Sweet Potato	1/2 cup	450	200	1.33	227	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64	\$0.000
000529	Fresh Vegetables	1/2 cup	400	181	0.15	238	*7	0.63	0.00	0	40.94	16.86	6.48	17416	143.7	173.19	2.82	\$0.000
001095	Bread, WG dinner roll	roll	350	70	0.00	125	3	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
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	\$0.000
000695	Sandwich Turkey 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	\$0.000
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	\$0.000
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	\$0.000
Weighted Daily Average				2207	*22.63	*4524	*121	*115.59	*0.00	*57	262.01	*25.85	*40.45	*16342	*483.5	*179.08	*8.70	\$0.000
% of Calories					*9.23%		*21.9%	*47.1%	*0.0%		47.5%		*7.3%					
Weekly Nutrient Guideline				750 - 850	<10	1420		<=30										

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.