

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

Menu Name: NORTHFIELD ELEMENTARY LUNCH
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 09/02/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	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%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Tuesday - 09/03/2024 Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	*N/A*	13.00	0.00	35	27.00	3.00	17.00	400	450.0	0.00	2.70
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000258 Broccoli	1/2 cup	300	26	0.02	10	1	*N/A*	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	410	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	410	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000634 Chef Salad	serving	30	435	5.55	1289	*4	*N/A*	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			586	*7.68	*729	*33	*N/A*	*17.64	*0.00	*53	79.44	9.91	30.52	*4366	*775.4	*72.27	*3.77
% of Calories				*11.80 %		*22.5%	*N/A*	*27.1%	*0.0%		54.2%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Wednesday - 09/04/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990133 Teriyaki Chicken, Yang	3 oz	300	144	1.25	413	8	*N/A*	4.38	0.00	88	7.50	0.00	18.76	*N/A*	*N/A*	*N/A*	*N/A*
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	300	137	0.00	341	*N/A*	*N/A*	1.00	0.00	0	28.00	1.00	4.00	1150	30.0	1.20	1.08
000433 Mixed Vegetables	1/2 cup	200	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
001095 Bread, WG dinner roll	roll	100	70	0.00	125	3	*N/A*	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	410	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	410	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990109 Salad, Taco - Chicken or Beef entree	Serving	30	343	4.68	541	*1	*N/A*	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			566	*3.71	*846	*32	*N/A*	*10.75	*0.00	*77	87.54	8.34	31.64	*5640	*422.3	*48.87	*2.56
% of Calories				*5.90%		*22.6%	*N/A*	*17.1%	*0.0%		61.9%		22.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Thursday - 09/05/2024

Reimbursable Meal Total 410

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000637 Taco in a Bag	serving	300	476	*7.25	940	*1	*N/A*	*21.12	*0.00	*83	33.57	*2.00	*32.61	579	306.6	2.40	2.24
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000699 Assorted Taco Toppings	1/2 cup	350	105	0.98	346	*2	*N/A*	6.80	*0.00	0	11.02	4.40	1.24	838	17.0	15.49	0.90
000515 Beans Refried	1/2 CUP	100	144	*N/A*	144	*N/A*	*N/A*	0.51	*N/A*	*N/A*	24.63	9.24	9.24	0	51.3	0.00	2.16
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	30	278	2.92	488	*3	*N/A*	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			780	*8.90	1296	*26	*N/A*	*28.12	*0.00	*77	89.43	*11.71	*40.53	3417	616.6	*43.68	*3.92
% of Calories				*10.27 %		*13.3%	*N/A*	*32.4%	*0.0%		45.9%		*20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Friday - 09/06/2024

Reimbursable Meal Total 435

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000695 Sandwich, Turkey or Combo Sub	sandwich	250	250	2.00	650	5	*N/A*	6.50	0.00	30	30.00	4.00	18.00	325	161.5	0.00	1.25
000304 SUN CHIPS HARVEST CHEDDAR	1 OZ	150	140	1.00	160	*N/A*	*N/A*	6.00	0.00	0	19.00	2.00	2.00	0	0.0	0.00	0.36
000354 SUN CHIPS ORIGINAL 1 OZ	1 PKG 1 OZ	100	142	0.51	111	*N/A*	*N/A*	6.07	0.00	0	19.24	2.02	2.02	101	10.1	0.00	0.61
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000426 Veg Green Beans	1/2 cup	200	19	0.03	1	1	*N/A*	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001252 Salad, Mandarin Chicken	-serving	25	381	3.51	*637	*12	*N/A*	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			534	*4.16	*718	*26	*N/A*	*13.85	*0.00	*32	78.90	9.32	24.69	*3170	*451.5	*45.21	*2.25
% of Calories				*7.01%		*19.5%	*N/A*	*23.3%	*0.0%		59.1%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Monday - 09/09/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000692 Hamburger/Cheeseburger/Veggie	sandwich	350	309	4.64	586	*0	*0	12.47	*0.00	57	29.94	3.29	22.74	162	128.8	0.00	3.53
000939 Veggie Burgers,Black Bean Spicy	Sandwich	5	306	1.67	615	*2	*1	7.35	0.00	6	46.73	8.85	20.39	0	150.2	0.00	2.96
000845 Assorted Veggie Toppings	1/2 cup	100	8	0.01	2	1	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000505 Baked Beans, Veg LS	1/2 Cup	200	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	250	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

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Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	30	423	6.75	1048	*1	*N/A*	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			622	*6.55	*950	*28	*0	*17.52	*0.00	*61	86.31	9.96	34.31	*3275	*483.5	*39.67	*4.77
% of Calories				*9.48%		*18.0%	*0%	*25.4%	*0.0%		55.5%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Tuesday - 09/10/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990206 Chicken Drumstick, WG	piece	300	219	2.99	527	0	*N/A*	12.94	0.00	60	5.97	1.00	18.91	*N/A*	*N/A*	*N/A*	*N/A*
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000860 Potatoes OR Rosemary Garlic R	Serving 3 oz	300	100	0.00	330	*N/A*	*N/A*	3.00	0.00	0	15.00	2.00	2.00	0	0.0	2.40	0.36
000706 Corn on the Cob	med ear	200	88	0.11	4	3	*N/A*	0.70	0.00	0	21.15	2.52	2.95	220	3.6	6.48	0.61
001095 Bread,WG dinner roll	roll	200	70	0.00	125	3	*N/A*	1.00	0.00	0	14.00	1.00	3.00	0	20.0	0.00	1.08
000573 SALAD SIDE	serving	100	244	3.11	277	8	*N/A*	19.47	0.00	15	15.11	*5.52	*2.63	*20015	85.0	44.66	1.88
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	300	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

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Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000634 Chef Salad	serving	30	435	5.55	1289	*4	*N/A*	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			617	*5.33	*1004	*24	*N/A*	*22.63	*0.00	*67	75.24	*8.81	*30.15	*6961	*346.4	*43.28	*2.38
% of Calories				*7.77%		*15.6%	*N/A*	*33.0%	*0.0%		48.8%		*19.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Wednesday - 09/11/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990174 Pasta w/red sauce only Elem	serving	75	213	*0.00	143	*7	*N/A*	1.20	0.00	0	45.20	8.93	8.93	4500	47.1	54.00	2.27
000673 Pasta w/Meatsauce Elem	serving	300	386	*4.22	628	*7	*N/A*	11.47	0.36	45	47.92	10.30	26.34	4545	84.2	*54.00	4.63
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000426 Veg Green Beans	1/2 cup	250	19	0.03	1	1	*N/A*	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000612 Garlic Breadstick 6"	1 stick	350	115	0.75	170	*N/A*	*N/A*	4.50	0.00	0	16.00	0.50	3.00	0	0.0	0.00	0.00
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990109 Salad, Taco - Chicken or Beef entree	Serving	30	343	4.68	541	*1	*N/A*	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			697	*6.19	*855	*28	*N/A*	*18.17	*0.24	*47	102.68	14.41	35.46	*6202	*431.8	*79.45	*4.82
% of Calories				*7.99%		*16.1%	*N/A*	*23.5%	*0.3%		58.9%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Thursday - 09/12/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990208 Pancake, WG Bake Crafters	2 each	350	180	0.00	220	10	*N/A*	4.00	0.00	*N/A*	30.00	2.00	4.00	*N/A*	*N/A*	*N/A*	*N/A*
990209 syrup, No HFCS	each	350	80	*N/A*	10	12	*N/A*	*N/A*	*N/A*	*N/A*	21.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000548 Yogurt	4 oz	300	90	0.00	50	14	*N/A*	0.00	0.00	3	19.00	0.00	3.00	0	300.0	1.20	0.00
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000558 Potato Choice	1/2 cup	325	127	0.44	183	*N/A*	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	250	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	25	278	2.92	488	*3	*N/A*	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			617	*2.66	*600	*45	*N/A*	*12.37	*0.00	*15	108.27	*7.46	*18.17	*2941	*511.3	*42.82	*1.24
% of Calories				*3.88%		*29.2%	*N/A*	*18.0%	*0.0%		70.2%		*11.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Friday - 09/13/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001138 Chicken tenders, WG crispy	-serving(2)	350	230	2.00	400	2	*N/A*	11.00	0.00	45	12.00	1.00	20.00	0	0.0	0.00	1.60
990029 Sauces Assorted *RESIZED*	2 oz	150	46	0.06	672	*3	*N/A*	1.25	0.00	0	8.48	0.28	1.33	500	23.8	0.00	0.57
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000704 Pasta Salad, Vegetarian	-serving(1/2c)	250	152	*0.16	406	*2	*N/A*	4.01	*0.00	*0	24.13	*1.44	*4.44	*376	*16.0	*23.51	*1.01
000977 Potato Crinkle Sweet Potato	oz	100	50	0.33	57	*N/A*	*N/A*	2.00	0.00	0	7.34	1.00	0.33	33	0.0	5.40	0.66
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	250	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001252 Salad, Mandarin Chicken	-serving	25	381	3.51	*637	*12	*N/A*	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			561	*4.34	*1054	*24	*N/A*	*18.50	*0.00	*51	67.23	*5.27	*31.37	*2230	*350.5	*40.67	*3.00
% of Calories				*6.96%		*17.1%	*N/A*	*29.7%	*0.0%		47.9%		*22.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Monday - 09/16/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	300	426	*8.97	755	*0	*N/A*	*20.43	*0.00	*97	25.00	*2.00	*30.90	700	220.0	2.40	2.17
000699 Assorted Taco Toppings	1/2 cup	300	105	0.98	346	*2	*N/A*	6.80	*0.00	0	11.02	4.40	1.24	838	17.0	15.49	0.90
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
990237 Brown Rice with salsa	1/2 cup	200	124	0.16	177	*1	*0	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52
000519 Black Bean & Corn Salsa	1/2 CUP	100	63	0.20	97	*1	*N/A*	2.42	*0.01	*0	9.28	2.37	2.16	210	15.0	4.64	0.81
000571 Fruit Choice	1/2 cup	300	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	30	423	6.75	1048	*1	*N/A*	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			699	*9.52	1130	*21	*0	*26.58	*0.00	*81	77.97	*9.59	*34.94	*2688	*477.1	*35.60	*3.33
% of Calories				*12.26 %		*12.0%	*0%	*34.2%	*0.0%		44.6%		*20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Tuesday - 09/17/2024

Reimbursable Meal Total 505

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001036 Pasta,Alfredo&Chic,WG rot Elem	cup	350	413	*8.81	997	*N/A*	*N/A*	19.22	0.00	71	41.81	10.60	20.13	*36	*19.9	*0.40	*1.68
000920 Breadsticks Whole Wheat, New York	stick	300	80	0.00	160	*N/A*	*N/A*	1.00	0.00	0	16.00	2.00	3.00	0	0.0	0.00	0.70
001115 PBJ, meal elem	entree	65	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
990034 PEAS & CARROTS: frozen,boiled *RESIZED*	1/2 CUP	250	38	0.06	54	3	*N/A*	0.34	0.00	0	8.10	2.48	2.47	7611	18.4	6.48	0.75
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000634 Chef Salad	serving	25	435	5.55	1289	*4	*N/A*	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			634	*8.71	*1105	*21	*N/A*	*20.72	*0.00	*69	86.27	14.29	29.53	*6492	*345.8	*40.67	*2.96
% of Calories				*12.36 %		*13.2%	*N/A*	*29.4%	*0.0%		54.4%		18.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Wednesday - 09/18/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001229 Pizza, WG Primo Cheese, 10 ct	each	350	290	6.00	480	9	*N/A*	13.00	0.00	35	27.00	3.00	17.00	400	450.0	0.00	2.70
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000258 Broccoli	1/2 cup	300	26	0.02	10	1	*N/A*	0.11	0.00	0	4.92	2.76	2.85	930	30.4	36.89	0.56
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	410	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	410	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	450	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	30	343	4.68	541	*1	*N/A*	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			580	*7.62	*678	*33	*N/A*	*17.21	*0.00	*45	79.57	9.88	29.73	*4039	*765.6	*71.88	*3.77
% of Calories				*11.82 %		*22.8%	*N/A*	*26.7%	*0.0%		54.9%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Thursday - 09/19/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000306 Sandwich, Chicken crispy filet	Sandwich	350	360	2.50	620	*N/A*	*N/A*	11.50	0.00	50	42.00	4.00	26.00	0	100.0	0.00	2.88
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000845 Assorted Veggie Toppings	1/2 cup	100	8	0.01	2	1	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000505 Baked Beans, Veg LS	1/2 Cup	250	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	30	278	2.92	488	*3	*N/A*	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			668	*4.57	*976	*29	*N/A*	*15.48	*0.00	*55	99.95	11.26	37.15	*3666	*453.9	*43.02	*4.48
% of Calories				*6.16%		*17.4%	*N/A*	*20.9%	*0.0%		59.9%		22.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Friday - 09/20/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001215 Shrimp Poppers, WG Rlch's	3/4c	350	230	2.00	490	1	*N/A*	11.00	0.00	60	22.00	3.00	12.00	110	31.0	1.00	2.30
000487 French Fries	4 oz serving	300	101	0.00	12	*N/A*	*N/A*	0.00	0.00	0	23.81	2.24	3.40	*N/A*	20.9	14.62	1.19
000557 Carrot Coins	1/2 cup	200	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
990193 Cucumber Ranch Salad	1/4 CUP	250	188	3.00	171	*1	*N/A*	19.00	0.00	15	3.00	*0.00	*0.00	*50	20.6	1.34	0.24
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001252 Salad, Mandarin Chicken	-serving	25	381	3.51	*637	*12	*N/A*	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			674	*5.91	*790	*25	*N/A*	*26.46	*0.00	*72	86.81	*9.98	*25.09	*8535	*407.3	*55.73	*4.05
% of Calories				*7.89%		*14.8%	*N/A*	*35.3%	*0.0%		51.5%		*14.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Monday - 09/23/2024

Reimbursable Meal Total 390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990175 Chicken Parmesan, Elementary	Serving	300	290	4.46	875	*0	*N/A*	15.33	*0.00	51	19.43	2.35	21.27	8658	221.6	4.65	0.97
000534 Pasta Rotini, Elem	4 oz Serving	300	162	0.00	0	*N/A*	*N/A*	0.81	0.00	0	32.40	0.81	5.67	0	0.0	0.00	1.17
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000426 Veg Green Beans	1/2 cup	300	19	0.03	1	1	*N/A*	0.11	0.00	0	4.35	2.02	1.01	283	28.4	2.77	0.45
000529 Fresh Vegetables	1/2 cup	300	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	150	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	150	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	300	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	30	423	6.75	1048	*1	*N/A*	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			615	*6.22	*980	*17	*N/A*	*20.13	*0.00	*55	77.62	7.67	33.59	*9413	*501.6	*37.15	*2.85
% of Calories				*9.10%		*11.1%	*N/A*	*29.5%	*0.0%		50.5%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Tuesday - 09/24/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990233 Burrito Soft, Chicken or Beef	Serving	300	411	*7.72	835	*1	*N/A*	*17.93	*0.00	*87	25.50	*3.00	*33.90	458	136.0	2.40	1.93
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH,TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000699 Assorted Taco Toppings	1/2 cup	300	105	0.98	346	*2	*N/A*	6.80	*0.00	0	11.02	4.40	1.24	838	17.0	15.49	0.90
000519 Black Bean & Corn Salsa	1/2 CUP	100	63	0.20	97	*1	*N/A*	2.42	*0.01	*0	9.28	2.37	2.16	210	15.0	4.64	0.81
990237 Brown Rice with salsa	1/2 cup	100	124	0.16	177	*1	*0	0.81	*0.00	0	24.92	2.76	2.26	*0	*9.8	*0.00	*0.52
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000634 Chef Salad	-serving	25	435	5.55	1289	*4	*N/A*	18.77	*0.00	176	30.84	5.28	36.80	11588	349.2	16.10	2.80
Weighted Daily Average			686	*8.70	1166	*24	*0	*24.30	*0.00	*82	78.30	*10.12	*38.19	*2942	*463.0	*40.01	*3.15
% of Calories				*11.41 %		*14.0%	*0%	*31.9%	*0.0%		45.7%		*22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Wednesday - 09/25/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001198 French Toast Sticks WG Farm Ri	4 each	300	258	1.49	298	9	*8	9.94	0.00	0	37.76	2.98	5.96	428	233.5	0.00	1.99
990114 Sausage Link, Chkn, Jones	2 each	300	80	2.00	270	0	*N/A*	5.00	0.00	40	0.00	0.00	8.00	0	0.0	0.00	0.00
990209 syrup, No HFCS	each	200	80	*N/A*	10	12	*N/A*	*N/A*	*N/A*	*N/A*	21.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000558 Potato Choice	1/2 cup	325	127	0.44	183	*N/A*	*N/A*	4.57	*0.00	*0	19.79	2.05	1.99	*N/A*	*4.8	*5.31	*0.39
000529 Fresh Vegetables	1/2 cup	350	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	250	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	30	343	4.68	541	*1	*N/A*	12.37	*0.00	58	32.66	4.75	25.14	6798	206.0	10.29	2.85
Weighted Daily Average			623	*5.19	*784	*30	*5	*19.69	*0.00	*42	90.42	*7.94	*23.08	*3055	*474.0	*41.96	*2.66
% of Calories				*7.50%		*19.3%	*3.2%	*28.4%	*0.0%		58.1%		*14.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Thursday - 09/26/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*N/A*	18.11	0.99	30	23.62	1.16	9.62	*0	*59.8	*0.00	*1.36
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000505 Baked Beans, Veg LS	1/2 Cup	300	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	6.00	0	40.0	0.00	1.80
001197 Coleslaw	1/2 cup	100	165	1.89	267	*N/A*	*N/A*	11.34	0.00	19	13.09	3.24	1.62	162	48.6	35.96	0.58
000529 Fresh Vegetables	1/2 cup	150	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	250	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	30	278	2.92	488	*3	*N/A*	9.31	0.00	35	32.48	4.88	19.29	11291	104.5	13.18	2.32
Weighted Daily Average			637	*7.95	*1185	*29	*N/A*	*22.92	*0.79	*42	84.46	9.27	23.66	*2606	*387.9	*41.28	*3.40
% of Calories				*11.23 %		*18.2%	*N/A*	*32.4%	*1.1%		53.0%		14.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Friday - 09/27/2024

Reimbursable Meal Total 435

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990042 Bosco WG Cheese Breadstick *RESIZED*	2 each	350	300	5.00	440	2	*N/A*	10.00	0.00	30	34.00	4.00	20.00	600	400.0	0.00	2.16
990030 Marinara sauce, RG, NE *RESIZED*	2 oz	300	27	0.00	222	2	*N/A*	1.13	0.00	0	4.08	0.91	0.91	0	12.7	0.00	0.45
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000687 Salad, Small Caesar	Serving	300	121	2.58	370	1	*N/A*	10.60	*0.00	5	3.29	1.14	3.49	4153	110.9	1.96	0.58
000529 Fresh Vegetables	1/2 cup	100	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
000571 Fruit Choice	1/2 cup	350	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	350	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	410	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001252 Salad, Mandarin Chicken	-serving	30	381	3.51	*637	*12	*N/A*	17.68	0.00	50	33.40	3.81	24.19	*6524	*48.6	*29.58	*2.50
Weighted Daily Average			645	*8.44	*1039	*26	*N/A*	*23.07	*0.00	*44	80.14	8.93	32.23	*5529	*750.5	*34.90	*3.45
% of Calories				*11.78 %		*16.1%	*N/A*	*32.2%	*0.0%		49.7%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

Monday - 09/30/2024

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001259 Sampler Platter, Mini	portion	350	360	4.25	808	*4	*N/A*	15.83	0.00	39	35.67	4.17	18.17	*200	*160.0	*0.00	*1.26
990028 Potato Crinkle Sweet Potato	1/2 cup	100	200	1.33	227	*N/A*	*N/A*	8.00	0.00	0	29.35	4.00	1.33	133	0.0	21.61	2.64
000529 Fresh Vegetables	1/2 cup	200	20	0.02	*20	*1	*N/A*	0.07	0.00	0	4.46	1.68	0.77	*1582	*13.4	*23.33	*0.28
990126 Hummus, Grecin	2 oz	200	142	0.00	283	2	*N/A*	7.09	0.00	0	14.17	2.02	6.08	0	0.0	0.00	0.81
001115 PBJ, meal elem	entree	50	502	7.68	670	*13	*N/A*	25.76	*0.00	21	46.71	4.00	20.08	248	248.7	0.00	1.52
000572 SANDWICH, TURKEY & CHEESE WG	SANDWICH	10	246	3.03	638	*2	*N/A*	7.30	0.00	38	30.02	4.00	19.59	202	248.1	*0.00	*1.64
000571 Fruit Choice	1/2 cup	300	63	0.00	7	*2	*N/A*	0.06	*0.00	0	15.79	1.40	0.32	107	8.3	5.59	0.28
000803 Fruit Fresh Choice	Serving 1/2cup	300	65	*0.03	4	*8	*N/A*	*0.20	*0.00	*0	16.60	2.45	0.87	967	16.5	24.09	0.42
000445 MILK (skim, 1% and NF Choc)	8 oz	350	110	1.50	135	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990132 Salad,Caesar Chicken	Serving	30	423	6.75	1048	*1	*N/A*	26.77	*0.00	49	22.82	3.78	23.52	6295	266.4	2.97	1.98
Weighted Daily Average			672	*6.31	*1110	*23	*N/A*	*24.76	*0.00	*46	83.48	9.34	29.37	*2500	*441.0	*37.87	*2.91
% of Calories				*8.45%		*13.7%	*N/A*	*33.2%	*0.0%		49.7%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=30									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	636	*6.43	*950	*27	*0	*20.04	*0.05	*56	85.00	*9.67	*30.67	*4483	*492.8	*46.80	*3.29
% of Calories		*9.10%		*17.0%	*0%	*28.4%	*0.1%		53.5%		*19.3%				

- *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.