

Base Menu Spreadsheet

Portion Values

Sep 3, 2024 thru Sep 30, 2024

Menu Name: NORTHFIELD HIGH SCHOOL LUNCH
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Tuesday - 09/03/2024

Reimbursable Meal Total 500

	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)
001161 Pizza, WG Primo Cheese, 8ct	each	450	360	7.00	600	9	*N/A*	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	*N/A*	0.08	0.00	0	1.61	0.65	0.39	2047	9.8	1.61	0.25
000258 Broccoli	1/2 cup	400	26	0.02	10	1	*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	500	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	500	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	500	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
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			657	*8.57	*761	*33	*N/A*	*20.55	*0.00	*42	89.07	10.66	32.87	*4855	*772.0	*76.56	*4.16
% of Calories				*11.74 %		*20.1%	*N/A*	*28.2%	*0.0%		54.2%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Wednesday - 09/04/2024

Reimbursable Meal Total 450

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
990133 Teriyaki Chicken, Yang	3 oz	200	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*
000782 Chicken FC Mandarin Orange Yang's	Serving 3.6 oz	200	150	0.50	280	10	*N/A*	3.00	0.00	40	19.00	0.00	11.00	100	0.0	1.20	0.70
000607 Oriental Vegetables	1/2 cup	380	17	0.00	10	0	*N/A*	0.00	0.00	0	2.66	1.33	0.66	155	11.3	8.33	0.17
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	400	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
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
001243 Egg Roll, Veg WG	each	200	140	1.00	240	3	*N/A*	4.50	0.00	0	21.00	3.00	4.00	600	30.0	11.00	1.10
000571 Fruit Choice	1/2 cup	380	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	320	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			772	*6.65	*1205	*34	*N/A*	*19.56	*0.00	*82	109.59	8.91	39.69	*3623	*578.7	*48.15	*4.06
% of Calories				*7.75%		*17.6%	*N/A*	*22.8%	*0.0%		56.8%		20.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Thursday - 09/05/2024

Reimbursable Meal Total 450

Base Menu Spreadsheet

Portion Values

Sep 3, 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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000637 Taco in a Bag	-serving	200	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
000699 Assorted Taco Toppings	1/2 cup	200	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	350	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
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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			866	*9.10	*1163	*31	*N/A*	*26.32	*0.00	*62	113.78	*17.00	*43.19	*2971	*721.5	*51.82	*5.48
% of Calories				*9.46%		*14.3%	*N/A*	*27.4%	*0.0%		52.6%		*19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Friday - 09/06/2024

Reimbursable Meal Total 450

	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001136 Sandwich, shredded pork	each	200	333	4.05	646	*4	*N/A*	11.62	0.00	51	39.22	3.00	20.20	0	40.0	0.00	2.25
001197 Coleslaw	1/2 cup	300	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

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
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
000304 SUN CHIPS HARVEST CHEDDAR	1 OZ	100	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
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	550	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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			864	*9.20	*1046	*35	*N/A*	*29.59	*0.00	*63	117.73	13.64	34.79	*3651	*683.2	*83.18	*4.46
% of Calories				*9.58%		*16.2%	*N/A*	*30.8%	*0.0%		54.5%		16.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Monday - 09/09/2024

Reimbursable Meal Total 450

	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	200	309	4.64	586	*0	*0	12.47	*0.00	57	29.94	3.29	22.74	162	128.8	0.00	3.53
000845 Assorted Veggie Toppings	1/2 cup	200	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

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
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
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	400	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	400	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			698	*7.50	*995	*35	*0	*19.04	*0.00	*51	100.50	11.71	35.27	*3845	*625.2	*47.65	*5.21
% of Calories				*9.67%		*20.1%	*0%	*24.6%	*0.0%		57.6%		20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Tuesday - 09/10/2024

Reimbursable Meal Total 450

	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)
990113 Chicken Wings, Bone-In	4 each	200	285	6.12	336	0	*N/A*	22.43	0.00	127	1.02	0.00	18.35	0	0.0	0.00	0.73
000942 Sauces Assorted	1 oz	200	23	0.03	336	*2	*N/A*	0.62	0.00	0	4.24	0.14	0.67	250	11.9	0.00	0.28
000775 Potatoes OR Lightly Seasoned P	Serving 5-6Pot	200	90	0.00	370	*N/A*	*N/A*	2.00	0.00	0	16.00	2.00	2.00	*N/A*	*N/A*	9.00	1.08
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

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
990074 Roll, Sister Shuber WG	1 each	200	160	0.00	200	5	*N/A*	2.00	0.00	5	30.00	3.00	5.00	0	0.0	0.00	1.80
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	400	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	400	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			752	*8.21	*1041	*31	*N/A*	*25.79	*0.00	*84	98.67	10.03	33.87	*3071	*543.8	*53.81	*4.34
% of Calories				*9.83%		*16.5%	*N/A*	*30.9%	*0.0%		52.5%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Wednesday - 09/11/2024

Reimbursable Meal Total 500

	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)
000532 Pasta w/Meatsauce Sec	serving	200	466	*4.22	636	*7	*N/A*	12.07	0.36	45	65.52	13.10	29.14	4545	91.1	*54.00	5.17
000667 Pasta w/Sauce Sec	serving	50	293	*0.00	151	*7	*N/A*	1.80	0.00	0	62.80	11.73	11.73	4500	54.0	54.00	2.81
001248 Vegetable, Zucchini	1/2 cup	200	16	0.10	8	2	*N/A*	0.30	0.00	0	3.00	1.00	1.20	175	15.0	17.40	0.27
000529 Fresh Vegetables	1/2 cup	450	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

Base Menu Spreadsheet

Portion Values

Sep 3, 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)	
000612	Garlic Breadstick 6"	1 stick	450	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	500	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	500	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
001161	Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491	SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410	UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average				773	*7.31	*870	*30	*N/A*	*21.36	*0.14	*41	115.29	14.33	35.30	*5446	*538.7	*86.80	*4.75
% of Calories					*8.51%		*15.5%	*N/A*	*24.9%	*0.2%		59.7%		18.3%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=30									

Thursday - 09/12/2024

Reimbursable Meal Total 450

	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)	
990240	Egg Roll in a Bowl	8 oz scoop	200	240	1.50	702	*15	*0	6.03	0.00	50	30.28	6.86	15.37	*2621	*101.7	*72.74	*1.21
990221	Naan Bread, WG; 1 oz	each	200	70	0.00	100	1	*N/A*	1.00	0.00	0	12.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
000601	Brown Rice	1/2 cup	200	109	0.16	1	*N/A*	*N/A*	0.81	*N/A*	0	22.92	1.76	2.26	0	9.8	0.00	0.52
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
990126	Hummus, Grecin	2 oz	100	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

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000571 Fruit Choice	1/2 cup	450	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	450	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			694	*6.18	*906	*35	*0	*18.54	*0.00	*48	101.71	12.03	31.11	*3971	*587.7	*79.97	*3.33
% of Calories				*8.01%		*20.2%	*0%	*24.0%	*0.0%		58.6%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Friday - 09/13/2024

Reimbursable Meal Total 450

	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)	200	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	200	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
000704 Pasta Salad, Vegetarian	serving(1/2c)	300	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
990028 Potato Crinkle Sweet Potato	1/2 cup	200	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
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
000529 Fresh Vegetables	1/2 cup	400	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

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000571 Fruit Choice	1/2 cup	400	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	400	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	500	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			823	*7.22	*1408	*33	*N/A*	*25.86	*0.00	*47	112.88	*10.56	*36.33	*3626	*601.8	*75.07	*5.65
% of Calories				*7.90%		*16.0%	*N/A*	*28.3%	*0.0%		54.9%		*17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Monday - 09/16/2024

Reimbursable Meal Total 450

	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)
001202 Loaded Oven Fries/Tater Totchos	serving	200	379	*5.90	1222	*N/A*	*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	200	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
990108 Bean, Tx Ranchero Pinto	1/2 cup	100	96	0.00	427	1	*N/A*	0.44	0.00	0	17.45	4.36	5.23	*N/A*	*N/A*	*N/A*	*N/A*
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
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
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

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000571 Fruit Choice	1/2 cup	450	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	450	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	500	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			763	*8.30	*1270	*31	*0	*23.80	*0.11	*43	105.89	*11.01	*33.33	*3494	*641.5	*47.11	*4.44
% of Calories				*9.79%		*16.3%	*0%	*28.1%	*0.1%		55.5%		*17.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Tuesday - 09/17/2024

Reimbursable Meal Total 450

	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)
001092 Pasta,Alfredo&Chic,WG rot Sec	serving	200	493	*8.81	1005	*N/A*	*N/A*	19.82	0.00	71	59.41	13.40	22.93	*36	*26.8	*0.40	*2.22
000920 Breadsticks Whole Wheat, New York	stick	200	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
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

Base Menu Spreadsheet

Portion Values

Sep 3, 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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			724	*9.38	*1032	*27	*N/A*	*22.86	*0.00	*57	100.40	14.23	33.67	*6812	*554.8	*44.82	*3.94
% of Calories				*11.66 %		*14.9%	*N/A*	*28.4%	*0.0%		55.5%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Wednesday - 09/18/2024

Reimbursable Meal Total 450

	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)
990234 Calzone, Cheeseburger WG	each	200	310	4.00	690	7	3	10.00	0.00	25	37.00	4.00	16.00	*N/A*	176.0	*N/A*	3.00
000845 Assorted Veggie Toppings	1/2 cup	300	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
000258 Broccoli	1/2 cup	400	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	500	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	500	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			656	*7.24	*804	*33	*1	*18.11	*0.00	*37	95.08	11.95	31.08	*5117	*652.7	*84.80	*4.45
% of Calories				*9.93%		*20.1%	*0.6%	*24.8%	*0.0%		58.0%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Thursday - 09/19/2024

Reimbursable Meal Total 450

	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)
990228 Turkey Patty, Dill, WG Sandwich	each	200	360	2.00	930	*1	*N/A*	10.50	0.00	35	46.00	4.00	22.00	*0	*80.0	*0.00	*1.44
000306 Sandwich, Chicken crispy filet	Sandwich	200	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
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
000774 Vegetables Squash	1/2 cup	150	215	2.52	104	*16	*N/A*	8.78	*0.00	0	36.40	3.86	2.22	3151	85.4	27.93	1.50
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	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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			960	*8.29	*1377	*41	*N/A*	*26.26	*0.00	*63	141.72	14.93	46.13	*4550	*672.1	*63.90	*5.81
% of Calories				*7.77%		*17.1%	*N/A*	*24.6%	*0.0%		59.0%		19.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Friday - 09/20/2024

Reimbursable Meal Total 450

	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	200	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
990183 Three Cheese Mac (Cavatappi)	6 oz Serving	200	321	9.20	803	3	*N/A*	16.00	0.00	47	27.00	2.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
000557 Carrot Coins	1/2 cup	300	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
990193 Cucumber Ranch Salad	1/4 CUP	100	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	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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SANDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			811	*11.15	*1132	*34	*N/A*	*30.10	*0.00	*76	103.49	*11.74	*34.12	*11519	*580.6	*58.69	*3.90
% of Calories				*12.37 %		*16.8%	*N/A*	*33.4%	*0.0%		51.0%		*16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Monday - 09/23/2024

Reimbursable Meal Total 450

	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)
001020 Chicken Parmesan, Secondary	Serving	200	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
990177 Pasta Rotini, Secondary	6 oz Serving	200	243	0.00	0	*N/A*	*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	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
000803 Fruit Fresh Choice	Serving 1/2cup	175	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
000571 Fruit Choice	1/2 cup	175	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
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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SANDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			647	*7.42	*869	*22	*N/A*	*20.74	*0.00	*48	82.93	7.44	34.21	*6186	*640.4	*33.41	*3.46
% of Calories				*10.32 %		*13.6%	*N/A*	*28.9%	*0.0%		51.3%		21.1%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Tuesday - 09/24/2024

Reimbursable Meal Total 450

	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000851 Chicken Fajita	serving(2)	200	281	3.85	837	*0	*N/A*	11.28	0.00	64	27.00	4.00	21.99	143	128.4	2.40	0.77
001218 Fajita Peppers and Onions	1/2 cup	100	30	0.02	3	*2	*N/A*	0.06	0.00	0	7.05	1.71	1.00	451	16.8	44.47	0.25
000699 Assorted Taco Toppings	1/2 cup	200	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	300	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
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
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
000571 Fruit Choice	1/2 cup	400	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	400	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			787	*7.65	*1181	*28	*0	*22.18	*0.00	*54	110.96	17.56	38.45	*2871	*639.3	*56.99	*4.70
% of Calories				*8.75%		*14.2%	*0%	*25.4%	*0.0%		56.4%		19.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Wednesday - 09/25/2024

Reimbursable Meal Total 450

	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)
000983 Omlet Colby Cheese Skillete 2.	each	200	110	3.50	215	*N/A*	*N/A*	8.00	0.00	195	1.00	0.00	8.00	405	35.0	2.00	0.60
000187 CINNAMON ROLLS	2 oz	200	211	0.76	294	*11	*N/A*	4.75	*0.01	1	37.77	1.73	4.66	9	39.0	0.28	1.71
000558 Potato Choice	1/2 cup	200	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	550	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	550	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SANDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			706	*7.54	*798	*35	*N/A*	*21.24	*0.00	*113	103.31	9.59	27.90	*3405	*580.2	*60.20	*3.77
% of Calories				*9.61%		*19.8%	*N/A*	*27.1%	*0.0%		58.5%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Thursday - 09/26/2024

Reimbursable Meal Total 450

	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	200	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
000845 Assorted Veggie Toppings	1/2 cup	200	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	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	200	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	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
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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SANDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			709	*8.82	*1164	*30	*N/A*	*25.96	*0.44	*45	92.03	10.90	27.92	*3063	*540.4	*50.78	*4.28
% of Calories				*11.20 %		*16.9%	*N/A*	*33.0%	*0.6%		51.9%		15.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Friday - 09/27/2024

Reimbursable Meal Total 450

	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001145 WG cheese bread, Tony's	each	200	290	3.50	570	*N/A*	*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	200	54	0.00	441	*N/A*	*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	400	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	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	500	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	500	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SNDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			751	*9.29	*1266	*29	*N/A*	*27.78	*0.00	*37	93.40	10.84	34.41	*6870	*833.3	*56.28	*4.20
% of Calories				*11.13 %		*15.4%	*N/A*	*33.3%	*0.0%		49.7%		18.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=30									

Monday - 09/30/2024

Reimbursable Meal Total 450

	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	200	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
000567 Veg Medley	1/2 cup	300	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
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
990126 Hummus, Grecin	2 oz	100	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
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	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
001161 Pizza, WG Primo Cheese, 8ct	each	200	360	7.00	600	9	*N/A*	16.00	0.00	35	34.00	3.00	21.00	400	450.0	0.00	2.70
000491 SANDWICH UNCRUST PB STWBR LG	4.8 OZ SANDWICH	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	*N/A*	2.70

Base Menu Spreadsheet

Portion Values

Sep 3, 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)
000410 UNCRUSTABLE PB&J GR WHEAT SMUC	1 SANDWICH 4.8OZ	25	580	7.00	540	*N/A*	*N/A*	32.00	0.00	0	55.00	5.00	18.00	0	40.0	0.00	2.70
Weighted Daily Average			681	*7.34	*929	*29	*N/A*	*22.13	*0.00	*43	89.83	11.17	32.02	*5427	*620.4	*45.58	*3.49
% of Calories				*9.70%		*17.0%	*N/A*	*29.2%	*0.0%		52.8%		18.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	755	*8.12	*1061	*32	*0	*23.39	*0.03	*57	103.91	*12.01	*34.78	*4719	*630.4	*60.28	*4.39
% of Calories		*9.68%		*17.0%	*0%	*27.9%	*0.0%		55.1%		*18.4%				

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.