

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

Menu Name: NORTHFIELD MIDDLE SCHOOL 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			600 - 700	<10	1225			<=30									

Tuesday - 09/03/2024 Reimbursable Meal Total 480

	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	350	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	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	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	400	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)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			561	*7.90	*703	*28	*N/A*	*17.78	*0.00	*41	73.50	*8.77	*29.99	*4191	*725.5	*61.27	*3.72
% of Calories				*12.67 %		*20.0%	*N/A*	*28.5%	*0.0%		52.4%		*21.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Wednesday - 09/04/2024

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)
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*
000919 Rice Vegetable Fried Brown Asi	Serving 4oz	390	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
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
000607 Oriental Vegetables	1/2 cup	200	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
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
001095 Bread, WG dinner roll	roll	300	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
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	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)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			489	*2.11	*810	*27	*N/A*	*7.25	*0.00	*66	81.84	*7.53	*26.34	*9012	*320.5	*48.59	*2.66
% of Calories				*3.88%		*22.1%	*N/A*	*13.3%	*0.0%		66.9%		*21.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 09/05/2024

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)
000637 Taco in a Bag	serving	350	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	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	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
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			845	*8.83	*1403	*22	*N/A*	*28.75	*0.00	*83	97.32	*15.89	*45.89	*2547	*622.2	*41.04	*5.02
% of Calories				*9.40%		*10.4%	*N/A*	*30.6%	*0.0%		46.1%		*21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 09/06/2024

Reimbursable Meal Total 420

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)
001136 Sandwich, shredded pork	each	300	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
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
000354 SUN CHIPS ORIGINAL 1 OZ	1 PKG 1 OZ	150	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
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
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
001032 Ranch dressing, Light Ken's	serving(2T)	350	80	1.00	340	1	*N/A*	7.00	0.00	5	2.00	0.00	1.00	5	20.0	0.00	1.44
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			806	*7.50	*1219	*30	*N/A*	*30.28	*0.00	*66	105.09	*11.81	*29.72	*2884	*491.1	*72.35	*4.66
% of Calories				*8.37%		*14.9%	*N/A*	*33.8%	*0.0%		52.2%		*14.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 09/09/2024

Reimbursable Meal Total 430

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)
000692 Hamburger/Cheeseburger/Veggie	sandwich	400	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	1	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	400	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
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	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	400	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			636	*5.81	*960	*31	*0	*14.70	*0.00	*62	96.53	*11.97	*34.97	*4623	*470.5	*47.62	*5.62
% of Calories				*8.22%		*19.5%	*0%	*20.8%	*0.0%		60.7%		*22.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=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)
990113 Chicken Wings, Bone-In	4 each	350	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	100	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	300	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

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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)	
000706	Corn on the Cob	med ear	300	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
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
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
000571	Fruit Choice	1/2 cup	325	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	325	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	400	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
000299	PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average				587	*6.38	*778	*23	*N/A*	*22.95	*0.00	*110	70.36	*7.56	*27.71	*2713	*313.2	*53.22	*2.78
% of Calories					*9.78%		*15.7%	*N/A*	*35.2%	*0.0%		47.9%		*18.9%				
Weekly Nutrient Guideline				600 - 700	<10	1225			<=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)	
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	200	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	300	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	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
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

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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)
000571 Fruit Choice	1/2 cup	325	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	325	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	400	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			666	*4.02	*649	*27	*N/A*	*12.99	*0.16	*30	113.18	*16.59	*30.69	*6737	*379.7	*103.62	*4.55
% of Calories				*5.43%		*16.2%	*N/A*	*17.6%	*0.2%		68.0%		*18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 09/12/2024

Reimbursable Meal Total 370

	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)
990208 Pancake, WG Bake Crafters	2 each	300	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	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*
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
000558 Potato Choice	1/2 cup	350	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)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			600	*1.91	*556	*46	*N/A*	*10.62	*0.00	*12	109.14	*7.80	*16.82	*2695	*563.1	*50.40	*1.11
% of Calories				*2.86%		*30.7%	*N/A*	*15.9%	*0.0%		72.8%		*11.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 09/13/2024

Reimbursable Meal Total 420

	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)	400	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
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	300	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
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	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)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			718	*4.32	*1209	*26	*N/A*	*22.26	*0.00	*51	97.29	*9.45	*31.96	*2735	*301.8	*73.61	*5.13
% of Calories				*5.42%		*14.5%	*N/A*	*27.9%	*0.0%		54.2%		*17.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 09/16/2024

Reimbursable Meal Total 460

	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	400	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
990192 Cheese Sauce	1.82 oz	250	112	4.90	414	1	*N/A*	9.00	0.00	26	2.00	0.00	6.00	*N/A*	204.0	*N/A*	0.00
000845 Assorted Veggie Toppings	1/2 cup	400	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	300	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	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	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	400	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)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			700	*9.21	*1737	*22	*0	*26.03	*0.21	*56	86.81	*10.50	*31.08	*3293	*514.1	*36.48	*3.48
% of Calories				*11.84 %		*12.6%	*0%	*33.5%	*0.3%		49.6%		*17.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Tuesday - 09/17/2024

Reimbursable Meal Total 400

	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	350	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	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
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	20	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			771	*9.40	*1204	*25	*N/A*	*21.97	*0.00	*72	115.79	*19.48	*33.98	*7427	*378.1	*50.34	*3.76
% of Calories				*10.97 %		*13.0%	*N/A*	*25.6%	*0.0%		60.1%		*17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

Wednesday - 09/18/2024

Reimbursable Meal Total 480

	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	350	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	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	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	400	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			561	*7.90	*703	*28	*N/A*	*17.78	*0.00	*41	73.50	*8.77	*29.99	*4191	*725.5	*61.27	*3.72
% of Calories				*12.67 %		*20.0%	*N/A*	*28.5%	*0.0%		52.4%		*21.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Thursday - 09/19/2024

Reimbursable Meal Total 430

	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	400	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	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

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)
000774 Vegetables Squash	1/2 cup	200	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
001093 Beans, baked vegetarian,Bushs, Low Na	1/2 cup	350	140	0.00	370	12	*N/A*	0.00	0.00	0	30.00	5.00	5.00	60	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	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	400	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			767	*4.97	*1079	*37	*N/A*	*17.78	*0.00	*56	120.15	*13.93	*38.51	*5261	*479.7	*53.33	*5.70
% of Calories				*5.83%		*19.3%	*N/A*	*20.9%	*0.0%		62.7%		*20.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 09/20/2024

Reimbursable Meal Total 470

	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	400	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	400	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	300	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

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)
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	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			819	*12.69	*1365	*25	*N/A*	*37.92	*0.00	*108	88.52	*10.36	*31.77	*10478	*312.0	*47.20	*3.16
% of Calories				*13.95 %		*12.2%	*N/A*	*41.7%	*0.0%		43.2%		*15.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 09/23/2024

Reimbursable Meal Total 400

	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	400	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	350	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	350	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	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
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	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)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			697	*5.86	*1020	*17	*N/A*	*19.27	*0.00	*60	96.08	*8.38	*37.93	*11197	*533.4	*42.57	*3.44
% of Calories				*7.57%		*9.8%	*N/A*	*24.9%	*0.0%		55.1%		*21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Tuesday - 09/24/2024

Reimbursable Meal Total 370

	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)
000851 Chicken Fajita	serving(2)	350	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
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
001218 Fajita Peppers and Onions	1/2 cup	300	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
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
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	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)
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			696	*6.12	*1351	*26	*0	*20.57	*0.00	*70	98.94	*16.26	*34.75	*2782	*477.0	*83.33	*3.17
% of Calories				*7.91%		*14.9%	*0%	*26.6%	*0.0%		56.9%		*20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Wednesday - 09/25/2024

Reimbursable Meal Total 400

	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)
000187 CINNAMON ROLLS	2 oz	300	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
000541 Cheese Omelet	serving 2.1 oz	400	130	4.00	300	*N/A*	*N/A*	10.00	0.00	180	2.00	0.00	7.00	300	80.0	0.00	0.70
000558 Potato Choice	1/2 cup	350	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			600	*6.34	*827	*26	*N/A*	*20.39	*0.01	*189	84.04	*7.01	*20.80	*2800	*405.1	*45.93	*3.01
% of Calories				*9.51%		*17.3%	*N/A*	*30.6%	*0.0%		56.0%		*13.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Base Menu Spreadsheet

Portion Values

Sep 2, 2024 thru Sep 30, 2024

Thursday - 09/26/2024

Reimbursable Meal Total 370

	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)
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
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
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	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	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			683	*8.16	*1276	*33	*N/A*	*23.36	*0.94	*43	94.74	*11.22	*24.12	*4446	*428.1	*58.78	*3.92
% of Calories				*10.75 %		*19.3%	*N/A*	*30.8%	*1.2%		55.5%		*14.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Friday - 09/27/2024

Reimbursable Meal Total 470

	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)
990211 Breadstick, Twisted Mozz WG	2 each	350	298	5.97	438	2	*N/A*	11.94	0.00	20	29.84	0.00	17.90	*N/A*	282.5	*N/A*	1.99

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)
990033 Marinara Sauce	1/2 cup	350	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	200	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	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	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	400	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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			525	*6.89	*953	*21	*N/A*	*16.80	*0.00	*26	70.24	*6.65	*24.56	*4372	*569.8	*48.39	*3.18
% of Calories				*11.81 %		*16.0%	*N/A*	*28.8%	*0.0%		53.5%		*18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=30									

Monday - 09/30/2024

Reimbursable Meal Total 480

	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	450	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	300	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
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	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
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 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)
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
000299 PB & J Jamwich Wheat	2.8 OZ SANDWICH	10	308	*1.35	*154	*N/A*	*N/A*	16.50	*0.00	*N/A*	34.65	*1.50	*6.00	*7	*79.2	*0.01	*0.18
Weighted Daily Average			774	*6.47	*1148	*28	*N/A*	*24.64	*0.00	*47	107.15	*13.98	*30.85	*5437	*510.2	*62.01	*4.28
% of Calories				*7.52%		*14.5%	*N/A*	*28.7%	*0.0%		55.4%		*15.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=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	675	*6.64	*1048	*27	*0	*20.70	*0.07	*64	94.01	*11.20	*30.62	*4991	*476.0	*57.07	*3.80
% of Calories		*8.85%		*16.0%	*0%	*27.6%	*0.1%		55.7%		*18.1%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.