

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: DINNER K-12 18-19

Include Cost: No

Site:

Report Style: Detailed

Friday - 02/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001756 BLANK	EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0	0	0	0	0	0	0	0
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 02/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000504 MEAT BALL SUB, RTH, w/SWISS	1 SANDWICH	1	506	11.90	1720	*N/A*	30.76	*0.00	*74	37.05	2.11	20.43	675	287.4	21.19	3.80
001549 TATER TOTS, ROUNDS: 1/2 CUP/8ea	1/2 CUP	1	122	1.52	251	*N/A*	6.10	0.00	0	15.24	1.52	1.52	8	0.0	2.74	0.55
001742 PEAS, SEASONED 1/3 CUP	1/3 CUP	1	116	0.07	109	*N/A*	0.42	0.00	0	21.35	8.23	7.71	3143	35.6	14.79	2.36
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			913	13.53	2262	*4	37.40	*0.00	*79	105.78	13.41	38.16	4446	636.0	56.26	7.18
% of Calories				13.34%		*1.8%	36.9%	*0.0%		46.3%		16.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 02/06/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001808 CHICKEN BACON RANCH FLATBREAD	SERVING	1	601	12.34	1094	*1	36.22	*0.00	77	30.77	4.06	35.90	426	473.7	1.70	4.44
900040 MACARONI AND CHEESE	2/3 CUP	1	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
001733 CAL VEGETABLE BLEND, 1/3 Cup	1/3 CUP	1	53	*N/A*	44	*N/A*	*N/A*	*N/A*	*N/A*	8.79	3.52	3.52	5276	35.2	52.76	0.63
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			1144	*19.27	2281	*15	*48.55	*0.00	*115	102.23	9.92	70.86	7987	1437.3	72.92	6.40
% of Calories				*15.16%		*5.2%	*38.2%	*0.0%		35.7%		24.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 02/07/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001595 GREEN CHILE PORK TACOS: 2EA.	2 EACH	1	463	8.76	756	*1	23.10	*1.00	78	31.18	*4.72	32.82	*717	*437.1	*14.75	*2.64
001406 PINTO BEANS, 1/3 cup	.33	1	89	0.06	10	*1	0.32	*0.00	0	16.10	3.99	5.51	0	33.6	1.62	1.33
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			721	8.86	948	*6	23.54	*1.00	83	79.42	*10.25	46.83	*1337	*783.7	*33.90	*4.43
% of Calories				11.06%		*3.3%	29.4%	*1.2%		44.1%		26.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 02/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001756 BLANK	EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0	0	0	0	0	0	0	0
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 02/11/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001767 CHICKEN STRIPS	2 PIECES	1	190	2.50	410	0	9.00	*N/A*	35	13.00	0.00	13.00	0	20.0	0.00	1.08
001744 MASHED POTATOES,IDAHO, 1/3 CUP	.33 cup	1	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13
001177 GRAVY MIX, COUNTRY, .25 CUP	.25 CUP	1	43	0.94	276	*N/A*	1.89	*0.00	0	5.67	0.00	0.00	0	1.1	0.00	0.35
001732 BROCCOLI: Seasoned 1/3 CUP	1/3 CUP	1	17	0.01	7	1	0.07	0.00	0	3.28	1.84	1.90	619	20.2	24.57	0.37
001357 ROLL, HONEY WHEAT, 2 OZ./57g/S	ROLL	1	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			586	3.49	1225	*5	13.44	*0.00	40	87.01	6.72	29.08	1277	382.2	43.39	3.83
% of Calories				5.36%		*3.4%	20.6%	*0.0%		59.4%		19.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 02/12/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000783 ENCHILADA, CHEESE ROLLED	SERVING-2	1	330	10.00	290	*N/A*	17.00	*N/A*	50	29.00	2.00	15.00	500	450.0	0.00	1.08
900060 REFRIED BEANS	1/3 CUP	1	160	0.86	482	*2	3.62	*0.00	2	23.49	7.07	9.09	16	105.2	1.08	2.30
001739 SPANISH RICE-BrownRice,1/3cup	1/3 Cup	1	83	0.20	69	*0	1.27	*0.00	0	15.64	1.07	1.79	195	*14.3	7.26	0.58
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			741	11.10	1023	*6	22.02	*0.00	57	100.27	11.68	34.38	1331	*882.6	25.87	4.43
% of Calories				13.48%		*3.2%	26.7%	*0.0%		54.1%		18.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 02/13/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001777 CALZONE	SERVING	1	331	6.85	389	*1	15.81	*0.00	64	31.93	*1.49	14.15	1813	253.7	0.00	4.70
001079 CHIPS, BAKED, ORIGINAL, LAY'S,	BAG, 1-1/8 oz	1	130	0.00	200	*N/A*	2.00	0.00	0	26.00	2.00	2.00	0	20.0	2.40	0.36
000671 PICKLE SPEARS, KOSHER DILL	SPEAR	1	0	0.00	220	*N/A*	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			630	6.89	992	*5	17.94	*0.00	69	91.07	*5.03	24.64	2433	586.7	19.94	5.52
% of Calories				9.84%		*3.2%	25.6%	*0.0%		57.8%		15.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 02/14/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001578 STEAKFINGERS	4 Pieces	1	359	9.80	801	*N/A*	26.28	*N/A*	56	16.27	0.64	17.31	65	10.2	0.03	2.23
001771 FRIES, STEAK .25 CUP (5 FRIES)	.25 CUP	1	67	0.00	240	1	2.00	0.00	0	12.01	1.33	1.33	0	0.0	4.00	0.24
001736 CARROTS, STEAMED 1/3 CUP	.33 CUP	1	77	0.37	121	*7	2.00	0.34	0	14.52	*4.23	1.41	25342	50.1	*8.92	0.46
000330 BUTTERED TEXAS TOAST	1 SLICE	1	128	0.78	253	*2	4.50	*0.00	0	18.20	0.77	3.80	163	19.6	0.01	1.37
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			798	10.99	1598	*14	34.91	*0.35	61	93.14	*8.52	32.35	26190	392.9	*30.50	4.76
% of Calories				12.39%		*7.0%	39.4%	*0.4%		46.7%		16.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 02/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001756 BLANK	EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0	0	0	0	0	0	0	0
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 02/19/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001638 FISH SANDWICH ON BUN	EACH	1	408	2.39	662	*N/A*	13.57	*N/A*	20	51.93	*1.00	20.27	0	0.0	2.40	3.56
001549 TATER TOTS, ROUNDS: 1/2 CUP/8ea	1/2 CUP	1	122	1.52	251	*N/A*	6.10	0.00	0	15.24	1.52	1.52	8	0.0	2.74	0.55
000116 VEG BLND, MIXED VEGETABLES	SERVING-1/3 CUP	1	35	0.00	45	*N/A*	0.00	*N/A*	0	6.56	1.51	1.51	505	0.0	2.42	0.18
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			733	3.95	1141	*4	19.79	*0.00	25	105.88	*5.58	31.80	1132	313.1	25.10	4.75
% of Calories				4.85%		*2.2%	24.3%	*0.0%		57.8%		17.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 02/20/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001802 PIZZA, VARIETY	1 SLICE	1	435	*6.30	1082	*0	*13.11	*0.00	*38	57.43	*2.80	22.01	*562	*15.7	*25.46	*0.80
001425 CORN, YELLOW, .25 CUP	.25 CUP	1	50	0.00	6	*N/A*	0.63	*0.00	0	11.97	0.63	1.89	0	0.1	1.51	0.00
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			653	*6.34	1271	*5	*13.87	*0.00	*44	101.55	*4.97	32.40	*1183	*328.9	*44.50	*1.27
% of Calories				*8.74%		*3.1%	*19.1%	*0.0%		62.2%		19.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 02/21/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000392 SALISBURY STEAK	2.7oz.	1	179	4.97	268	1	12.92	0.00	94	3.98	0.99	12.92	99	19.9	1.19	1.43
001744 MASHED POTATOES,IDAHO, 1/3 CUP	.33 cup	1	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13
990034 CAULIFLOWER: frozen, steamed	1/3 CUP	1	11	0.02	11	1	0.13	0.00	0	2.25	1.62	0.96	6	10.2	18.76	0.25
001357 ROLL, HONEY WHEAT, 2 OZ./57g/S	ROLL	1	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			527	5.03	812	*6	15.53	*0.00	99	71.28	7.49	28.07	763	371.0	38.77	3.71
% of Calories				8.59%		*4.6%	26.5%	*0.0%		54.1%		21.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 02/22/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001756 BLANK	EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0	0	0	0	0	0	0	0
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 02/25/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001578 STEAKFINGERS	4 Pieces	1	359	9.80	801	*N/A*	26.28	*N/A*	56	16.27	0.64	17.31	65	10.2	0.03	2.23
990035 BAKED POTATO, SIDE	EACH	1	248	3.07	70	*2	5.26	0.00	20	44.72	4.44	6.05	220	70.3	19.39	2.18
001742 PEAS, SEASONED 1/3 CUP	1/3 CUP	1	116	0.07	109	*N/A*	0.42	0.00	0	21.35	8.23	7.71	3143	35.6	14.79	2.36
001357 ROLL, HONEY WHEAT, 2 OZ./57g/S	ROLL	1	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			1030	12.98	1401	*7	34.08	*0.00	81	141.34	17.84	44.54	4049	449.0	51.75	8.68
% of Calories				11.34%		*2.7%	29.8%	*0.0%		54.9%		17.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Tuesday - 02/26/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990046 BEEF FAJITAS	serving (2ea)	1	136	1.73	466	*6	4.26	*0.00	30	12.41	*2.73	12.20	*1341	25.1	*85.18	7.12
000204 CHICKEN FAJITAS	serving (2ea)	1	123	1.06	413	*6	2.92	0.00	30	12.41	2.73	12.20	1341	23.7	85.18	0.69
001406 PINTO BEANS, 1/3 cup	.33	1	89	0.06	10	*1	0.32	*0.00	0	16.10	3.99	5.51	0	33.6	1.62	1.33
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			517	2.89	1071	*16	7.63	*0.00	65	73.07	*10.98	38.42	*3303	395.4	*189.53	9.61
% of Calories				5.03%		*12.4%	13.3%	*0.0%		56.5%		29.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 02/27/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001767 CHICKEN STRIPS	2 PIECES	1	190	2.50	410	0	9.00	*N/A*	35	13.00	0.00	13.00	0	20.0	0.00	1.08
001744 MASHED POTATOES, IDAHO, 1/3 CUP	.33 cup	1	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13
001177 GRAVY MIX, COUNTRY, .25 CUP	.25 CUP	1	43	0.94	276	*N/A*	1.89	*0.00	0	5.67	0.00	0.00	0	1.1	0.00	0.35
000116 VEG BLND, MIXED VEGETABLES	SERVING-1/3 CUP	1	35	0.00	45	*N/A*	0.00	*N/A*	0	6.56	1.51	1.51	505	0.0	2.42	0.18

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000330 BUTTERED TEXAS TOAST	1 SLICE	1	128	0.78	253	*2	4.50	*0.00	0	18.20	0.77	3.80	163	19.6	0.01	1.37
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			593	4.26	1278	*6	15.88	*0.00	40	81.63	4.18	27.52	1325	361.7	21.25	3.58
% of Calories				6.47%		*4.0%	24.1%	*0.0%		55.1%		18.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 02/28/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000595 Ribs, Pork, BBQ, AustinBlues	3 OZ	1	378	8.39	612	*N/A*	22.57	*N/A*	80	21.93	*N/A*	24.27	*0	*0.0	*0.00	3.20
001771 FRIES, STEAK .25 CUP (5 FRIES)	.25 CUP	1	67	0.00	240	1	2.00	0.00	0	12.01	1.33	1.33	0	0.0	4.00	0.24
001548 TOMATO:4 slice, .25	4 slc.	1	9	0.01	2	1	0.10	0.00	0	1.91	0.59	0.43	410	4.9	6.74	0.13
001704 FRUIT, CHOICE	1/2 CUP	1	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	1	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36
Weighted Daily Average			622	8.44	1036	*6	24.80	*0.00	85	68.00	*3.46	34.53	*1030	*318.0	*28.28	4.03
% of Calories				12.21%		*3.9%	35.9%	*0.0%		43.7%		22.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

- *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.