

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: LUNCH K-12 18-19  
 Site:

Include Cost: No  
 Report Style: Detailed

### Tuesday - 02/05/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990040 CHICKEN SALAD NUTS & GRAPES,LL	EACH	1	219	2.47	224	*4	13.43	*0.00	57	7.62	0.85	17.33	196	20.1	1.36	0.94
001023 CLUB SAND,WHEAT, 3oz M/MA	SANDWICH	1	320	3.20	1096	*1	11.04	0.00	33	33.26	*4.36	25.07	666	155.2	3.49	*1.92
001807 FRIES, WAFFLE FRIES, SWEET POT	3 OZ.	1	140	1.00	80	0	5.00	0.00	0	22.00	3.00	2.00	0	0.0	3.60	0.72
001745 COLESLAW - BASIC, 1/3 CUP	CUP	1	50	0.62	74	*2	3.69	0.00	3	4.46	1.29	0.62	1431	19.7	15.98	0.22
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			898	7.32	1656	*11	33.29	*0.00	97	99.50	*11.04	53.52	2913	508.0	41.97	*4.27
% of Calories				7.34%		*4.9%	33.4%	*0.0%		44.3%		23.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Wednesday - 02/06/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900039 LASAGNA WITH GROUND BEEF	SERVINGS	1	380	8.69	348	*3	18.48	*0.75	64	27.87	2.60	24.06	853	308.4	9.43	3.58

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900063 SPAGHETTI AND MEAT SAUCE	1 CUP	1	348	4.56	501	*4	12.37	*0.66	52	37.37	2.58	20.93	264	55.4	5.46	4.22
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
990037 CAPRI BLEND VEGETABLE	1/3 CUP	1	7	0.00	6	1	0.00	0.00	0	1.10	0.28	*N/A*	*N/A*	*N/A*	*N/A*	6.61
001072 BREADSTICKS, PARBAKED	1 STICK	1	120	0.00	220	1	0.50	0.00	0	25.00	1.00	5.00	0	20.0	0.00	*N/A*
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			1040	13.30	1263	*14	31.55	*1.41	121	126.77	9.83	*60.39	*2357	*717.1	*56.99	*15.25
% of Calories				11.51%		*5.4%	27.3%	*1.2%		48.8%		*23.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Thursday - 02/07/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001806 PANINI, HAM AND CHEESE	HALF SANDWICH	1	221	2.15	466	*0	7.96	*0.00	*13	29.17	*0.27	8.82	*287	*77.2	*5.26	*10.90
001805 PANINI, TURKEY AND CHEESE	HALF SANDWICH	1	283	3.44	732	*0	10.54	*0.00	*29	30.76	*0.27	15.28	*387	*152.2	*5.26	*11.04
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
000957 CARROTS, GLAZED 1/4 CUP	.25 CUP	1	44	0.41	163	*4	2.27	*0.00	0	5.95	1.19	0.30	6743	14.4	1.68	0.16
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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,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			839	7.57	1794	*9	27.00	*0.00	*46	113.27	*4.79	34.43	*8046	*557.0	*32.47	*23.11
% of Calories				8.12%		*4.3%	29.0%	*0.0%		54.0%		16.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 02/08/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900067 TACO SALAD	SERVINGS	1	173	4.00	326	*2	10.27	*0.50	42	4.65	1.23	15.35	594	86.4	5.00	*1.91
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
000967 SOUR CREAM, GRADE A, 18%,PAST/OZ	PACKET-1 OZ	1	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	0.00	0.00
001383 Guacamole, Southwestern,.25cup	.25 cup	1	24	0.24	57	*N/A*	2.13	0.00	0	1.42	0.47	0.47	0	0.0	1.13	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,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

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000177 SALSA-TERI'S	OZ	1	5	0.00	174	*0	0.02	*0.00	0	1.24	0.31	0.14	126	10.0	8.58	0.35
Weighted Daily Average			481	7.27	795	*7	18.18	*0.50	67	53.42	4.18	27.34	1540	449.5	33.76	*2.73
% of Calories				13.60%		*5.8%	34.0%	*0.9%		44.4%		22.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 02/11/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000891 CORN DOG ON STICK	EACH	1	280	4.50	570	*N/A*	14.00	0.00	50	32.00	1.00	10.00	0	80.0	1.20	1.80
000162 HOT DOG ON A BUN:turkey hot	SERVING	1	258	3.34	979	*N/A*	12.04	*N/A*	61	25.84	*0.00	13.10	0	80.1	0.00	2.48
001556 CHILI CON CARNE W/ BEANS-1/4 C	1/4 CUP	1	98	1.87	114	*1	5.09	*0.27	22	6.20	1.73	7.54	503	28.5	6.26	1.73
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
001729 GREEN BEANS:Seasoned 1/3 CUP	1/3 CUP	1	11	0.00	5	*0	0.00	0.00	0	1.78	0.89	0.44	89	9.0	0.53	0.16
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			883	9.75	2089	*6	33.25	*0.27	137	109.98	*6.49	40.91	1212	510.7	29.53	6.88
% of Calories				9.94%		*2.7%	33.9%	*0.3%		49.8%		18.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

# Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

## Tuesday - 02/12/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000669 ASIAN BARBECUE TURKEY-2OZ	2-OZ	1	107	*0.01	1164	*0	*0.85	*0.00	*16	9.84	*0.26	*14.80	*104	*5.3	*1.61	*0.84
001592 ORANGE CHICKEN	3 oz.	1	283	2.00	720	*8	13.00	*0.00	25	24.41	2.03	16.03	*4	20.8	*2.06	1.09
001748 FRIED RICE-1/3 Cup	1/3 CUP	1	303	0.79	186	*1	2.92	*0.01	64	59.21	1.54	8.08	1201	35.6	1.62	3.58
000976 EGG ROLL, PORK & VEGETABLE	ROLL	1	180	2.00	450	*N/A*	9.00	0.00	15	19.00	2.00	7.00	500	20.0	1.20	1.08
001719 FORTUNE COOKIE	EACH	1	30	0.05	2	4	0.22	*N/A*	0	6.72	0.13	0.34	0	1.0	0.00	0.12
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			1071	*4.89	2705	*17	*26.12	*0.01	*126	151.33	*7.49	*54.74	*2429	*395.7	*24.02	*7.16
% of Calories				*4.11%		*6.3%	*21.9%	*0.0%		56.5%		*20.4%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Wednesday - 02/13/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001607 TUNA SALAD SANDWICH	SERVINGS	1	349	1.28	819	*3	14.15	*0.04	32	35.40	4.56	24.36	152	21.4	1.28	2.19
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

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000920 MANGO/PEACH SALSA	1 oz	1	20	0.08	18	*2	0.52	*0.00	0	4.02	0.32	0.14	223	4.4	8.15	0.11
000980 Tartar Sauce, Ss, Shelf Stable	PACKET	1	35	0.50	110	*N/A*	3.50	*N/A*	5	2.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000967 SOUR CREAM, GRADE A, 18%, PAST/	PACKET-1 OZ	1	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	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			1197	8.80	2138	*10	42.96	*0.04	82	149.30	*10.46	57.30	*1707	*378.8	*34.53	*7.05
% of Calories				6.62%		*3.3%	32.3%	*0.0%		49.9%		19.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 02/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990051 CHICKEN CORDON BLEU	EACH	1	430	7.00	1080	1	26.00	*N/A*	110	16.00	1.00	34.00	300	200.0	1.20	1.44
990052 DIJON CREAM SAUCE	EACH	1	186	5.68	328	*N/A*	10.08	*0.00	26	11.85	*0.19	5.95	572	178.5	*1.20	0.30
990048 ANGEL HAIR PASTA	1/2 CUP	1	50	*0.00	*5	0	0.25	*0.00	*0	10.50	0.75	1.75	*0	*4.6	*0.00	*0.00
001687 ASPARAGUS SPEARS, ROASTED	4 spears	1	83	1.00	16	*1	6.91	*0.00	0	4.11	1.68	2.32	573	29.0	4.40	1.74

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## Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
001224 CHEESECAKE	SERVING	1	179	3.48	320	*N/A*	3.48	0.00	1	31.85	0.00	5.23	125	224.2	0.60	0.00
Weighted Daily Average			1067	*17.16	*1987	*3	48.71	*0.00	*138	101.16	*6.60	54.23	*1570	*656.1	*7.40	*4.92
% of Calories				*14.47%		*1.1%	41.1%	*0.0%		37.9%		20.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 02/15/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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
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
001729 GREEN BEANS:Seasoned 1/3 CUP	1/3 CUP	1	11	0.00	5	*0	0.00	0.00	0	1.78	0.89	0.44	89	9.0	0.53	0.16
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			816	11.93	2107	*4	32.89	*0.00	*79	96.97	6.54	31.37	1384	629.5	41.66	4.79
% of Calories				13.16%		*2.0%	36.3%	*0.0%		47.5%		15.4%				
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990029 FRIED CHICKEN	SERVING	1	280	4.50	720	*N/A*	20.00	0.00	60	7.00	0.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
001757 CHICKEN, BBQ (RAW, BONELESS)	PORTIONS	1	185	2.21	337	*9	7.98	0.00	50	11.56	0.26	14.23	194	17.4	0.17	0.98
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
001385 GRAVY MIX, COUNTRY, .125 CUP	.125 CUP	1	21	0.47	138	*N/A*	0.94	*0.00	0	2.84	0.00	0.00	0	0.5	0.00	0.17
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, 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			839	7.23	1734	*15	31.47	*0.00	115	89.73	6.97	46.31	*1471	*379.1	*43.56	*3.56
% of Calories				7.76%		*7.2%	33.8%	*0.0%		42.8%		22.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Wednesday - 02/20/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990028 BRISKET, BEEF	2 OZ.	1	170	5.00	440	*N/A*	13.00	1.00	45	*N/A*	*N/A*	14.00	*N/A*	*N/A*	*N/A*	0.72
001589 SAUSAGE, SMOKED	EACH	1	140	3.50	460	0	11.00	0.00	45	2.00	0.00	8.00	200	40.0	1.20	0.72



# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001494 RANCH BEANS	1/3 CUP	1	2	0.01	10	0	0.04	*N/A*	*N/A*	0.38	0.13	0.11	*N/A*	0.7	*N/A*	0.03
001531 MACARONI SALAD, .25 CUP	.25 CUP	1	70	0.26	283	*1	2.56	*0.01	2	10.31	0.53	1.74	202	9.2	0.23	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			679	9.59	1628	*7	31.23	*1.01	*97	*63.03	*2.96	36.14	*1185	*382.6	*18.97	3.76
% of Calories				12.71%		*4.1%	41.4%	*1.3%		*37.1%		21.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 02/21/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000960 CHICKEN ALFREDO	SERVING	1	394	4.40	564	*2	10.54	*0.00	105	46.48	2.11	27.02	313	362.8	13.02	2.53
001579 CHICKEN MANICOTTI	2 EA	1	382	7.90	972	*N/A*	16.58	*N/A*	*105	36.65	1.60	22.37	1068	228.4	13.90	1.94
001687 ASPARAGUS SPEARS, ROASTED	4 spears	1	83	1.00	16	*1	6.91	*0.00	0	4.11	1.68	2.32	573	29.0	4.40	1.74
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
001072 BREADSTICKS, PARBAKED	1 STICK	1	120	0.00	220	1	0.50	0.00	0	25.00	1.00	5.00	0	20.0	0.00	*N/A*
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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,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			1224	13.71	2075	*17	36.67	*0.34	*216	158.91	*12.17	66.62	27917	1003.4	*57.78	*7.13
% of Calories				10.08%		*5.6%	27.0%	*0.2%		51.9%		21.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 02/22/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990027 CHIMICHANGA	EACH	1	340	4.50	560	*N/A*	14.00	0.00	25	40.00	2.00	12.00	200	100.0	4.80	2.70
000831 CHEESE SAUCE	SERV/ 2 OZ	1	50	1.51	323	*N/A*	2.55	*0.00	5	5.03	0.00	2.01	101	61.3	*0.00	0.00
001434 REFRIED BEANS, .25 CUP	.25 CUP	1	65	0.25	180	*N/A*	1.00	0.00	0	12.00	3.00	3.00	0	20.0	0.00	0.90
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
000967 SOUR CREAM, GRADE A, 18%,PAST/	PACKET-1 OZ	1	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	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,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

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000177 SALSA-TERI'S	OZ	1	5	0.00	174	*0	0.02	*0.00	0	1.24	0.31	0.14	126	10.0	8.58	0.35
Weighted Daily Average			742	*9.29	1513	*5	*22.71	*0.00	*55	101.21	10.36	30.16	6522	579.6	*83.67	5.06
% of Calories				*11.27%		*2.7%	*27.5%	*0.0%		54.6%		16.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 02/25/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001254 CHICKEN CHUNKS, WG, 5 PIECE	SERVING-5	1	200	2.00	520	0	10.00	0.00	35	14.00	*N/A*	14.00	100	20.0	1.20	0.72
001625 FISH NUGGETS	4 Pcs.	1	260	2.00	910	*N/A*	13.00	*N/A*	40	21.00	1.00	16.00	*N/A*	20.0	2.40	1.80
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
001734 BEANS, BAKED 1/3 CUP	1/3 CUP	1	93	0.00	366	*N/A*	0.67	0.00	0	19.31	3.33	4.00	67	26.6	0.00	1.20
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
000126 TARTAR SAUCE: scratch	2 TBSP	1	125	1.32	170	*3	12.21	*0.00	9	4.34	0.19	0.30	170	6.0	0.58	0.21
Weighted Daily Average			968	6.88	2400	*8	42.10	*0.00	89	106.04	*7.58	44.31	*964	385.8	24.46	4.94
% of Calories				6.40%		*3.3%	39.1%	*0.0%		43.8%		18.3%				
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900044 MEAT LOAF	3/4" SLICE	1	206	4.36	121	*1	11.83	*0.62	67	7.96	1.35	16.28	136	44.0	1.68	2.23
001680 MEATBALLS	3 OZ.	1	240	8.00	520	0	19.00	1.00	50	5.00	1.00	14.00	0	40.0	1.20	1.80
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
000908 GRAVY, BROWN, PIONEER .25cup	.25 CUP	1	14	0.00	284	*0	0.00	*0.00	0	2.83	0.00	0.94	0	1.3	0.00	0.00
990031 OKRA, BREADED	1/3 CUP	1	4	0.00	19	*N/A*	0.02	0.00	0	0.88	0.10	0.13	13	2.6	0.00	2.34
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			801	12.40	1477	*6	33.32	*1.62	122	81.72	7.33	45.54	807	428.8	21.70	8.40
% of Calories				13.93%		*3.0%	37.4%	*1.8%		40.8%		22.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Wednesday - 02/27/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001737 GRILLED CHEESE, HOMEMADE	1 SANDWICH	1	417	7.45	682	*7	17.20	*0.00	33	50.80	2.05	15.07	303	265.6	0.18	2.81

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990032 GRILLED HAM AND CHEESE, HOMEMADE	1 SANDWICH	1	418	7.48	689	*7	17.26	*0.00	33	50.86	2.05	15.21	303	265.6	0.18	2.81
001745 COLESLAW - BASIC, 1/3 CUP	CUP	1	50	0.62	74	*2	3.69	0.00	3	4.46	1.29	0.62	1431	19.7	15.98	0.22
000883 SOUP, HARVEST TOMATO BASIL	.5 CUP	1	80	0.00	480	*N/A*	0.00	0.00	0	17.00	1.00	2.00	500	40.0	6.00	0.72
000244 GREEN CHILES,DICED	TBSP	1	2	0.00	18	0	0.00	0.00	0	0.50	0.00	0.00	100	0.0	4.50	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,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			1137	15.60	2125	*21	38.28	*0.00	74	155.77	7.94	41.39	3258	903.9	44.38	7.03
% of Calories				12.35%		*7.4%	30.3%	*0.0%		54.8%		14.6%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 02/28/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001787 CHICKEN QUESADILLA	SERVING	1	749	17.65	1679	*0	38.20	*0.00	108	55.25	0.71	44.90	703	1033.3	0.13	3.08
001784 TACO, BEEF, BLACK BEAN, & CORN	SERVING	1	566	10.17	737	*3	27.55	*0.93	82	*49.43	8.07	34.24	797	*238.8	11.83	5.48
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
000244 GREEN CHILES,DICED	TBSP	1	2	0.00	18	0	0.00	0.00	0	0.50	0.00	0.00	100	0.0	4.50	0.00
000967 SOUR CREAM, GRADE A, 18%,PAST/OZ	PACKET-1 OZ	1	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000177 SALSA-TERI'S	OZ	1	5	0.00	174	*0	0.02	*0.00	0	1.24	0.31	0.14	126	10.0	8.58	0.35
Weighted Daily Average			1641	30.92	2849	*8	71.22	*0.93	215	*156.66	14.62	94.29	2546	*1668.8	44.20	10.71
% of Calories				16.96%		*2.0%	39.1%	*0.5%		*38.2%		23.0%				
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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.