

Base Menu Spreadsheet

Portion Values

Dec 15, 2022 thru Dec 22, 2022

Menu Name: BREAKFAST 2022-2023

Include Cost: Yes

Site: All Sites

Report Style: Detailed

Thursday - 12/15/2022

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)	Cost
001363 Omelet, Skillet w/ Cheese	OMELET	1	170	5.00	600	2	12.00	0.00	260	4.00	*N/A*	11.00	750	150.0	0.00	1.44	\$0.000
990075 SAUSAGE LINKS, BREAKFAST	SERVING	1	123	3.80	176	0	11.00	0.00	27	1.00	0.00	6.00	57	17.0	0.00	0.00	\$0.000
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	\$0.258
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	1	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990114 MILK, CHOCOLATE OR WHITE	EACH	1	100	0.00	152	*N/A*	0.00	0.00	4	16.00	0.00	8.50	500	300.0	1.80	0.18	\$0.118
Weighted Daily Average			502	8.84	947	*6	23.13	0.00	292	48.15	*1.54	26.00	*1427	*480.1	*18.14	*1.72	\$0.376
% of Calories				15.85%		*4.8%	41.5%	0.0%		38.4%		20.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 12/16/2022

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)	Cost
001700 BREAKFAST EGG QUESADILLA	1 SERVING	1	442	8.49	844	*0	24.23	*0.00	465	25.97	0.00	28.63	24585	895.8	0.00	34.52	\$0.370
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	\$0.258
001065 JUICE, ASSORT (APL,O/P,GR)	SERVING-4 OZ	1	60	0.00	17	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000

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	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)	Cost
990114 MILK, CHOCOLATE OR WHITE	EACH	1	100	0.00	152	*N/A*	0.00	0.00	4	16.00	0.00	8.50	500	300.0	1.80	0.18	\$0.118
Weighted Daily Average			651	8.52	1015	*4	24.36	*0.00	470	69.12	1.54	37.63	*25205	*1208.9	*18.14	*34.80	\$0.746
% of Calories				11.78%		*2.5%	33.7%	*0.0%		42.5%		23.1%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

	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)	Cost
Weighted Averages	576	9	981	*5	23.74	*0.00	381	58.64	*1.54	31.82	*13316	*844.5	*18.14	*18.26	\$0.561
% of Calories		13.56%		*3.5%	37.1%	*0.0%		40.7%		22.1%					

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.

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Base Menu Spreadsheet

Portion Values

Dec 15, 2022 thru Dec 22, 2022

Menu Name: LUNCH 2022-2023

Include Cost: Yes

Site: All Sites

Report Style: Detailed

Thursday - 12/15/2022

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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.000
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	\$0.000
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	\$0.052
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	\$0.000
000957 CARROTS, GLAZED 1/3 CUP	.33 CUP	1	63	0.59	232	*6	3.24	*0.00	0	8.50	1.70	0.43	9633	20.6	2.39	0.22	\$0.009
990088 HAWAIIAN SWEET ROLL	EACH	1	100	0.00	150	4	1.50	*N/A*	20	18.00	0.00	4.00	4	13.6	0.12	0.97	\$0.000
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	\$0.258
990114 MILK, CHOCOLATE OR WHITE	EACH	1	100	0.00	152	*N/A*	0.00	0.00	4	16.00	0.00	8.50	500	300.0	1.80	0.18	\$0.118
Weighted Daily Average			773	13.59	1722	*15	37.15	*1.00	169	72.51	5.59	42.00	10394	416.3	24.32	4.84	\$0.436
% of Calories				15.82%		*7.8%	43.3%	*1.2%		37.5%		21.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 12/16/2022

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	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)	Cost
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	\$1.244
000377 CUCUMBER,RAW .25CUP	.25 CUP	1	3	0.02	1	0	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06	\$0.063
001668 Buttermilk Ranch Dressing	2 Tbsp.	1	62	*1.16	231	*0	5.98	*0.00	*6	*2.27	*0.00	0.28	*28	*9.4	*0.08	*0.00	\$0.041
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	\$0.258
990114 MILK, CHOCOLATE OR WHITE	EACH	1	100	0.00	152	*N/A*	0.00	0.00	4	16.00	0.00	8.50	500	300.0	1.80	0.18	\$0.118
Weighted Daily Average			648	*7.52	1469	*5	*19.27	*0.00	*49	*88.49	*4.55	31.46	*1232	*342.4	*44.62	*1.15	\$1.723
% of Calories				*10.44%		*3.1%	*26.8%	*0.0%		*54.6%		19.4%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

			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)	Cost
Weighted Averages			710	*10.56	1596	*10	*28.21	*0.50	*109	*80.50	*5.07	36.73	*5813	*379.4	*34.47	*3.00	\$1.080
% of Calories				*13.39%		*5.6%	*35.8%	*0.6%		*45.4%		20.7%					

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Base Menu Spreadsheet

Portion Values

Dec 15, 2022 thru Dec 22, 2022

Menu Name: DINNER 2022-2023
Site: All Sites

Include Cost: Yes
Report Style: Detailed

Thursday - 12/15/2022

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)	Cost
001709 NACHOS, SUPER	SERVINGS	1	461	4.06	1337	*2	24.96	*0.03	31	42.52	3.67	15.00	658	176.7	*7.46	*2.36	\$0.380
001743 VEGGIES: RAW 1/3 CUP	1/3 CUP	1	52	0.03	55	*1	0.07	0.00	0	10.80	3.01	2.07	13586	32.1	22.38	0.24	\$0.416
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	\$0.258
990114 MILK, CHOCOLATE OR WHITE	EACH	1	100	0.00	152	*N/A*	0.00	0.00	4	16.00	0.00	8.50	500	300.0	1.80	0.18	\$0.118
Weighted Daily Average			661	4.13	1547	*7	25.16	*0.03	35	81.46	8.21	26.06	14864	521.9	*47.98	*2.88	\$1.171
% of Calories				5.62%		*4.2%	34.3%	*0.0%		49.3%		15.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 12/16/2022

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)	Cost
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*	\$0.000
Weighted Daily Average			0	0	0	0	0	0	0	0	0	0	0	0	0	0	\$0.000
% of Calories				0%		0%	0%	0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

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Dec 15, 2022 thru Dec 22, 2022

			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)	Cost
Weighted Averages			330	2	774	*4	12.58	*0.02	18	40.73	4.10	13.03	7432	261	*23.99	*1.44	\$0.586
% of Calories				5.62%		*4.8%	34.3%	*0.1%		49.4%		15.8%					

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