

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

Menu Name: DINNER K-12 18-19

Include Cost: No

Site:

Report Style: Detailed

Thursday - 11/01/2018

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)
000327 CHICKEN FRIED STEAK	1 - 4oz. STEAK	1	357	7.17	637	*1	22.21	*0.05	98	11.45	0.40	25.99	73	34.6	0.04	3.00
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
001182 ROLLS, WHEAT, DOUGH, 1 EA WG	roll	1	80	0.00	130	*N/A*	1.00	0.00	0	15.00	1.00	3.00	0	0.0	0.00	0.72
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			712	8.15	1382	*6	25.58	*0.05	103	76.88	4.81	39.71	1236	356.7	21.28	4.85
% of Calories				10.30%		*3.4%	32.3%	*0.1%		43.2%		22.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 11/02/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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*
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 - 11/05/2018

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)
001676 SAUSAGE RED BEANS AND RICE	1 CUP	1	268	3.79	1000	*1	12.10	*0.00	45	27.37	3.66	12.05	511	59.9	14.37	1.61
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			576	3.82	1421	*5	14.22	*0.00	50	86.38	8.18	25.52	1131	392.9	31.91	3.50
% of Calories				5.97%		*3.5%	22.2%	*0.0%		60.0%		17.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 11/06/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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
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			614	*6.34	1269	*5	*13.24	*0.00	*44	91.35	*5.23	30.95	*1271	*337.9	*43.52	*1.43
% of Calories				*9.29%		*3.3%	*19.4%	*0.0%		59.5%		20.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 11/07/2018

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
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
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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			712	11.09	1492	*7	32.21	*0.00	61	76.61	3.58	*30.32	*885	*351.3	*18.86	10.98
% of Calories				14.02%		*3.9%	40.7%	*0.0%		43.0%		*17.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 11/08/2018

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)
001584 TAMALES, PORK	TAMALE	1	360	8.00	910	*N/A*	23.00	0.00	50	27.00	3.00	12.00	1750	80.0	6.00	1.80
001716 TAQUITOS, CHICKEN	SERVINGS	1	192	1.87	133	*0	4.77	*0.00	41	21.62	3.02	16.42	64	124.6	1.34	1.01
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
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
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			854	10.11	1300	*5	29.80	*0.00	96	108.38	9.26	40.60	2629	*532.0	33.65	3.85
% of Calories				10.65%		*2.3%	31.4%	*0.0%		50.8%		19.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 11/09/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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 - 11/12/2018

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)
990042 CHICKEN BREAST PATTIE, BREADED	3 OZ PORTION	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*
000190 BUN, HAMBURGER	EACH 2 oz.	1	176	0.57	291	*4	4.22	*0.00	0	29.69	1.14	4.44	0	29.1	0.13	1.56
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	1	1	0.06	0.00	0	1.06	0.36	0.25	466	3.4	3.49	0.10
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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	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			427	0.62	719	*10	6.41	*0.00	5	76.68	5.26	14.96	1176	354.7	25.69	2.52
% of Calories				1.31%		*9.4%	13.5%	*0.0%		71.8%		14.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 11/13/2018

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)
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
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
001732 BROCCOLI: Seasoned	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
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	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			736	6.92	1554	*7	20.38	*0.00	37	103.94	12.44	33.49	1557	599.8	*47.98	5.85
% of Calories				8.46%		*3.8%	24.9%	*0.0%		56.5%		18.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Wednesday - 11/14/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
000498 GRILLED HAM/CHEESE 2 oz m/ma	sandwich	1	322	6.98	1209	*3	14.17	*0.05	*46	*30.58	*2.82	*17.74	309	*241.2	*1.60	*2.46
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
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
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			747	8.09	1580	*8	19.72	*0.05	*51	*106.07	*15.59	*35.94	4073	*589.8	*37.52	*6.02
% of Calories				9.75%		*4.3%	23.8%	*0.1%		*56.8%		*19.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Thursday - 11/15/2018

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)
001721 CHICKEN PENNE PASTA	2/3 Cup	1	293	6.15	419	*1	11.77	*0.00	44	21.19	*2.96	22.53	*1288	*407.3	*35.84	*2.25
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
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

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Nov 1, 2018 thru Nov 30, 2018

	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			664	7.18	838	*8	19.31	*0.00	49	82.44	*7.18	38.34	*2481	*769.3	*57.78	*4.46
% of Calories				9.73%		*4.8%	26.2%	*0.0%		49.7%		23.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Friday - 11/16/2018

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 - 11/26/2018

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)
001709 NACHOS, SUPER	SERVINGS	1	452	5.03	1444	*2	23.99	*0.03	35	41.55	3.67	15.97	658	176.7	*7.46	*2.36
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
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
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
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			863	9.16	2215	*8	34.87	*0.03	62	100.60	12.74	35.02	1494	635.0	*27.21	*5.13
% of Calories				9.55%		*3.7%	36.4%	*0.0%		46.6%		16.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 11/27/2018

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
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									

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

Wednesday - 11/28/2018

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, 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			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 - 11/29/2018

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)
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

Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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			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 - 11/30/2018

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									

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.