

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

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

**Include Cost:** No  
**Report Style:** Detailed

### Thursday - 11/01/2018

### 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)
001832 KOREAN BEEF BOWL	1/2 CUP	1	385	6.30	876	*0	19.06	*0.89	53	35.56	*0.40	16.73	156	36.7	2.27	2.84
001323 MEXICAN STYLE SHREDDED PORK	PORTION	1	270	2.13	249	*0	6.31	*0.04	67	28.91	*0.15	23.80	*178	*31.3	*21.41	*2.27
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
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
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			961	8.49	1711	*7	26.16	*0.93	125	125.10	*5.01	55.12	*1086	*421.3	*68.55	*6.18
% of Calories				7.95%		*2.9%	24.5%	*0.9%		52.1%		22.9%				
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 <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)
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
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
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
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			619	4.79	1112	*8	21.84	*0.00	40	76.35	4.34	28.33	1394	390.1	23.23	4.96
% of Calories				6.96%		*5.2%	31.8%	*0.0%		49.3%		18.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 11/05/2018

### 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)
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
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
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*

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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
Weighted Daily Average			1096	12.86	1996	*16	31.58	*1.01	*163	145.69	*10.96	58.20	27295	667.0	*45.81	*7.08
% of Calories				10.56%		*5.8%	25.9%	*0.8%		53.2%		21.2%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Tuesday - 11/06/2018

### 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)
000219 GREEN CHILE CHICK ENCHILADA	SERVING	1	355	9.66	700	*0	21.45	*0.00	97	12.19	1.33	27.14	746	*328.1	7.06	0.83
000359 RED CHILI CHEESE ENCHILADAS	2 ENCHILADAS	1	305	8.12	763	*1	17.54	*0.33	36	25.89	2.47	11.64	4227	285.6	21.61	1.23
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
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
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
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

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
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			1066	21.51	2175	*6	48.55	*0.33	158	102.52	10.19	53.68	6114	*1011.2	63.18	4.36
% of Calories				18.16%		*2.3%	41.0%	*0.3%		38.5%		20.1%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Wednesday - 11/07/2018

## 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)
001429 BEAR BURGER, 80/10, 2 OZ	EACH	1	306	4.36	226	*N/A*	13.10	*N/A*	64	25.00	*0.00	22.75	0	27.6	0.00	2.98
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
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
900001 BEANS, BAKED, CANNED	1/3 cup	1	90	*N/A*	239	5	0.30	*N/A*	0	17.94	3.59	3.59	*N/A*	47.8	*N/A*	1.20
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
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			968	*8.74	1707	*11	30.63	*0.00	129	123.99	*8.48	50.18	*1086	472.0	*24.62	7.94
% of Calories				*8.13%		*4.5%	28.5%	*0.0%		51.2%		20.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

# Base Menu Spreadsheet

Portion Values

Nov 1, 2018 thru Nov 30, 2018

## Thursday - 11/08/2018

### 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)
001296 BEEF POT ROAST-2 oz W/VEG	-serving-1.25 C	1	239	4.04	278	*2	11.15	*0.00	55	15.50	1.97	18.43	3477	20.1	6.48	2.10
990038 PORK POT ROAST-2 oz W/VEG	-serving-1.25 C	1	247	3.84	132	*2	10.92	*0.09	72	13.50	1.97	24.25	3489	48.6	6.48	1.22
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			794	7.91	830	*9	24.20	*0.09	132	88.00	8.45	56.16	7587	401.7	30.49	5.21
% of Calories				8.97%		*4.5%	27.4%	*0.1%		44.3%		28.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Friday - 11/09/2018

### 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)
000711 BEEF FAJITAS w/ONION/PEPPER	4 OZ	1	198	2.44	84	*1	6.91	*0.06	*83	*2.04	*0.49	*30.11	234	*42.4	*14.54	*2.30
001203 CHICKEN FAJITAS-NMSBVI	EACH	1	345	*2.72	158	*8	14.98	*0.50	*68	22.88	*2.68	28.88	*153	*59.1	*12.03	*2.07
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

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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
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
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
Weighted Daily Average			1043	*9.49	1255	*15	34.05	*0.56	*177	*100.85	*13.63	*79.98	*1544	*584.1	*62.16	*8.07
% of Calories				*8.19%		*5.8%	29.4%	*0.5%		*38.7%		*30.7%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Monday - 11/12/2018

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)
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
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

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## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
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			719	*6.41	1373	*5	*13.66	*0.00	*44	110.92	*12.58	38.21	*4326	*364.4	*57.78	*3.63
% of Calories				*8.02%		*2.8%	*17.1%	*0.0%		61.7%		21.3%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Tuesday - 11/13/2018

### 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)
001691 SALMON, GRILLED	Portion	1	120	0.50	280	0	3.50	0.00	65	1.00	0.00	21.00	100	20.0	0.00	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
001431 POTATO SALAD-.25 CUP	.25 CUP	1	80	0.62	150	*1	3.73	*0.00	3	11.14	1.23	1.14	44	9.4	10.43	0.46
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
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
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

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
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			810	4.69	2077	*7	23.54	*0.00	118	97.56	6.39	54.62	*870	454.0	*49.13	*3.70
% of Calories				5.21%		*3.5%	26.2%	*0.0%		48.2%		27.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Wednesday - 11/14/2018

### 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)
000560 TURKEY ROAST	3 OZ	1	114	1.90	387	*N/A*	5.32	*N/A*	46	0.76	0.00	15.95	0	0.0	0.00	0.55
001706 HAM,PINEAPPLE & BRN SUG,2 oz	SERVING-2 OZ	1	97	1.30	910	*0	2.59	*0.00	32	8.61	0.22	10.58	21	5.4	1.93	0.64
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
000638 SWEET POTATOES-YAMS-Marshmallo	1/2 CUP	1	215	1.20	106	*0	6.60	*0.00	0	38.96	1.40	0.00	8348	3.5	3.36	0.08
001758 DRESSING, CORNBREAD, .25 cup	.25	1	88	0.65	369	*0	4.57	*0.00	0	9.54	0.50	1.51	161	10.2	0.60	0.54
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
001422 GRAVY, TURKEY, .25CUP	SERVING-.25 CUP	1	25	0.00	315	*N/A*	0.51	*0.00	0	4.05	0.00	0.00	0	0.9	0.00	0.00
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
000923 APPLE PIE, BKD, SLCD, CHEF PIE	SLICE	1	310	6.00	290	*N/A*	12.00	0.00	0	48.00	2.00	2.00	0	0.0	0.00	1.08



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)	
000111	PIE, PUMPKIN	SLICE	1	290	3.00	340	*N/A*	12.00	2.50	40	42.00	2.00	4.00	4500	60.0	0.00	1.08
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				1487	14.08	3255	*4	46.06	*2.50	123	218.76	11.88	48.66	13777	430.1	25.24	6.16
% of Calories					8.52%		*1.1%	27.9%	*1.5%		58.8%		13.1%				
Weekly Nutrient Guideline				0 - 0	<0			<=0									

## Thursday - 11/15/2018

### 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)	
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
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
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
990047	CHEESE SAUCE 1 OZ	SERV/ 1 OZ	1	25	0.75	162	*N/A*	1.28	*0.00	3	2.51	0.00	1.01	50	30.6	*0.00	0.00
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
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
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 <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)
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			987	11.51	2093	*6	37.60	*0.27	140	123.98	*9.10	44.04	1793	552.6	*53.16	7.58
% of Calories				10.50%		*2.4%	34.3%	*0.2%		50.2%		17.8%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 11/16/2018

### 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)
900065 STROMBOLI	SERVINGS	1	232	3.78	533	*1	7.55	*0.00	46	20.94	0.82	17.06	227	208.4	0.02	1.81
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
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
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			488	4.19	841	*13	9.68	*0.34	51	69.39	*7.48	27.42	26279	580.6	*27.00	2.89
% of Calories				7.73%		*10.7%	17.9%	*0.6%		56.9%		22.5%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 11/26/2018

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
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
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
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
001803 BRUSSEL SPROUTS PARM. .33 CUP	.33 CUP	1	62	0.70	139	*2	1.46	*0.04	4	7.41	1.92	4.45	294	98.6	28.90	0.35
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			950	15.51	2025	*8	43.14	*0.04	160	95.54	8.43	49.81	1116	470.9	48.94	6.04
% of Calories				14.69%		*3.4%	40.9%	*0.0%		40.2%		21.0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Tuesday - 11/27/2018

### 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)
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

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
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, 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			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 - 11/28/2018

### 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
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

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
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			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 - 11/29/2018

### 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)
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
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			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 - 11/30/2018

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2018 thru Nov 30, 2018

	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)
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/	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
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									

\*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.