

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

Menu Name: DINNER K-12 2019-2020

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 02/03/2020

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
001584 TAMALES, PORK	TAMALES	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	\$0.000
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	\$0.355
990025 CALABASITAS, 1/3 CUP *RESIZED*	1/2 Cup	1	111	2.07	159	*3	4.55	*0.00	9	14.61	2.67	4.64	286	93.0	18.96	0.73	\$0.102
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			879	10.97	1858	*9	31.30	*0.00	70	109.24	14.27	43.23	3173	891.3	45.97	5.30	\$0.950
% of Calories				11.23%		*4.1%	32.0%	*0.0%		49.7%		19.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 02/04/2020

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
001605 SLOPPY JOE ON A BUN	SERVINGS	1	342	5.05	439	*2	13.46	*0.00	68	30.75	*0.78	25.92	644	17.6	9.49	4.13	\$0.376
990030 FRIES, STEAK .50 CUP (10 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	\$0.000

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
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	\$0.273
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			734	5.46	1108	*14	17.60	*0.34	77	101.42	*7.88	46.16	27107	680.7	*42.35	5.29	\$1.142
% of Calories				6.69%		*7.6%	21.6%	*0.4%		55.3%		25.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 02/05/2020

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
990069 HOT POCKET, HAM & CHEESE	EACH	1	343	4.50	490	10	19.05	0.23	29	31.36	1.90	11.63	0	193.0	0.13	2.54	\$0.000
990041 CALICO CORN 1/3 CUP	1/3 CUP	1	57	0.48	189	*3	2.05	0.00	3	8.72	1.24	2.05	80	1.9	3.22	0.17	\$0.033
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			649	5.01	987	*17	21.24	0.23	42	84.22	4.68	31.18	1200	808.0	23.28	3.18	\$0.526
% of Calories				6.95%		*10.5%	29.5%	0.3%		51.9%		19.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

Thursday - 02/06/2020

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
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*	\$0.000
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	\$0.000
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	\$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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			505	1.11	496	*4	5.55	0.00	9	87.49	12.77	27.20	4264	648.6	38.32	3.55	\$0.493
% of Calories				1.98%		*3.2%	9.9%	0.0%		69.3%		21.5%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/07/2020

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										

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

Monday - 02/10/2020

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
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	\$0.000
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	\$0.000
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	\$0.123
001708 GARLIC BREAD	SERVINGS	1	156	2.32	236	*1	9.27	*0.01	7	13.05	2.61	5.33	31	269.7	0.47	1.49	\$0.104
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			659	8.37	1009	*7	29.36	*1.01	*62	*61.68	*5.95	39.26	*1724	*912.5	*24.80	4.45	\$0.720
% of Calories				11.43%		*4.2%	40.1%	*1.4%		*37.4%		23.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 02/11/2020

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
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	\$0.000
990030 FRIES, STEAK .50 CUP (10 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	\$0.000
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	\$0.163

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Feb 3, 2020 thru Feb 28, 2020

	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
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*	\$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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			844	10.46	1642	*8	32.60	*0.00	68	101.89	5.80	41.76	2616	662.9	39.95	*3.16	\$0.657
% of Calories				11.15%		*3.8%	34.8%	*0.0%		48.3%		19.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 02/12/2020

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
000674 SWEET AND SOUR CHICKEN	1 CUP	1	98	0.26	231	*5	1.50	*0.00	0	18.43	0.80	*1.77	1571	14.9	9.40	0.39	\$7.988
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	\$0.080
001747 STIR FRY VEGETABLES, 1/3 CUP	1/3 CUP	1	22	0.00	18	*N/A*	0.00	*N/A*	0	4.45	1.78	0.89	*N/A*	1.8	*N/A*	1.78	\$0.000
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	\$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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
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	\$0.235
Weighted Daily Average			702	1.14	744	*14	4.76	*0.01	74	132.95	5.78	*28.57	*3892	666.3	*30.96	6.33	\$8.562
% of Calories				1.46%		*8.0%	6.1%	*0.0%		75.8%		*16.3%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 02/13/2020

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
990063 ENCHILADA, BEEF	PORTIONS	1	1067	18.22	4836	*11	48.56	*0.00	*112	121.30	43.39	65.95	*1218	*834.0	*5.05	86.85	\$0.062
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	\$0.059
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	\$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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			1423	18.32	5159	*17	49.08	*0.00	*121	184.82	50.76	90.86	*2958	*1500.9	*51.17	89.02	\$0.615
% of Calories				11.59%		*4.8%	31.0%	*0.0%		52.0%		25.5%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/14/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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										

Tuesday - 02/18/2020

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
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
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	\$0.000
001708 GARLIC BREAD	SERVINGS	1	156	2.32	236	*1	9.27	*0.01	7	13.05	2.61	5.33	31	269.7	0.47	1.49	\$0.104
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			694	10.36	1465	*7	28.76	*1.01	66	72.18	5.78	*38.48	*1188	*932.0	*22.88	10.50	\$0.648
% of Calories				13.44%		*4.0%	37.3%	*1.3%		41.6%		*22.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

Wednesday - 02/19/2020

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
001838 CHICKEN, SALSA	PORTION	1	289	7.78	780	*0	13.68	*0.00	84	5.04	0.28	35.62	679	537.6	2.65	1.22	\$0.620
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	\$0.135
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	\$0.000
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*	\$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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			922	10.90	1384	*9	19.64	*0.00	113	122.19	9.10	66.06	2639	1261.2	66.54	*4.24	\$1.248
% of Calories				10.64%		*3.9%	19.2%	*0.0%		53.0%		28.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 02/20/2020

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
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
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	\$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

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			718	*6.34	1435	*5	*13.24	*0.00	*48	108.14	*5.86	41.02	*2187	*628.8	*47.81	*1.45	\$1.737
% of Calories				*7.95%		*2.8%	*16.6%	*0.0%		60.2%		22.9%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/21/2020

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										

Monday - 02/24/2020

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
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	\$1.118
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	\$0.355
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	\$0.085

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
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	\$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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			881	7.11	1741	*6	21.58	*0.00	41	128.30	11.68	42.39	1632	*893.9	*33.07	6.05	\$2.051
% of Calories				7.26%		*2.7%	22.0%	*0.0%		58.3%		19.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 02/25/2020

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
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	\$0.000
000374 POTATO, HASHBROWN PATTY	1 EA.	1	110	*N/A*	250	*N/A*	6.00	*N/A*	5	13.00	*N/A*	2.00	*N/A*	*N/A*	21.00	0.36	\$0.000
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	\$0.115
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*	\$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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
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	\$0.235
Weighted Daily Average			630	*3.54	1242	*5	17.63	*0.00	59	85.92	*3.43	32.94	*1409	*682.1	42.66	*1.70	\$0.609
% of Calories				*5.06%		*3.2%	25.2%	*0.0%		54.6%		20.9%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 02/26/2020

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
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	\$0.000
990030 FRIES, STEAK .50 CUP (10 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	\$0.000
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	\$0.163
001708 GARLIC BREAD	SERVINGS	1	156	2.32	236	*1	9.27	*0.01	7	13.05	2.61	5.33	31	269.7	0.47	1.49	\$0.104
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			880	12.78	1658	*8	41.37	*0.01	76	89.93	7.41	42.09	2647	912.7	40.42	4.65	\$0.760
% of Calories				13.07%		*3.6%	42.3%	*0.0%		40.9%		19.1%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 02/27/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

	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
900067 TACO SALAD	SERVINGS	1	172	3.99	326	*2	10.24	*0.50	42	4.65	1.23	15.31	594	86.3	5.00	*1.91	\$0.089
001426 CARROTS, BABY, RAW, .5 CUP	4-oz	1	53	0.00	67	*N/A*	0.00	0.00	0	12.00	2.67	1.33	20000	26.7	8.80	0.00	\$0.215
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
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	1	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00	\$0.000
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	\$0.235
Weighted Daily Average			537	*5.19	931	*7	16.35	*0.50	*57	*63.06	*5.44	34.42	*21742	*735.5	*33.81	*2.38	\$0.838
% of Calories				*8.70%		*5.2%	27.4%	*0.8%		*47.0%		25.6%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/28/2020

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)	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										

			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
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Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

Weighted Averages			614	*6.16	1203	*7	*18.42	*0.16	*52	*80.71	*8.24	*33.98	*4230	*674.6	*30.74	*7.96	\$1.135
% of Calories				*9.03%		*4.6%	*27.0%	*0.2%		*52.6%		*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.

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.