

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

Menu Name: LUNCH 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001676 SAUSAGE RED BEANS AND RICE	1 CUP	1	267	3.79	825	*1	12.10	*0.00	45	27.37	3.66	12.05	511	59.9	14.37	1.61	\$0.249
001837 CHICKEN, HONEY MUSTARD BAKED	PORTION	1	243	1.55	292	*23	4.94	*0.00	65	24.88	0.48	26.14	212	40.0	0.15	1.86	\$1.174
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	\$0.144
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			838	5.38	1555	*29	18.17	*0.00	119	111.40	6.68	58.68	1843	712.9	34.46	4.66	\$2.060
% of Calories				5.78%		*13.8%	19.5%	*0.0%		53.2%		28.0%					
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001826 PATTY MELT, 1 SANDWICH	SANDWICH	1	903	14.59	881	*2	43.74	*2.04	171	59.41	*0.64	72.24	459	580.9	7.58	25.14	\$0.052
990040 CHICKEN SALAD NUTS & GRAPES,LL	EACH	1	218	2.47	224	*4	13.43	*0.00	57	7.62	0.85	17.33	196	20.1	1.36	0.94	\$0.734

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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
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
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, 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			1527	18.10	1500	*12	62.37	*2.04	237	136.46	*7.86	110.97	2394	1234.3	57.04	27.65	\$1.280
% of Calories				10.67%		*3.1%	36.8%	*1.2%		35.7%		29.1%					
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
990070 CHICKEN, TUSCAN PASTA	.75 CUP	1	614	*10.59	*317	*2	19.66	*0.07	*106	*70.92	6.98	35.93	*3351	*144.1	*18.23	*2.19	\$1.192
000117 RAVIOLI IN TOMATO & MEAT (BEEF)	CUP	1	270	3.50	760	*N/A*	9.00	0.00	20	40.00	4.00	8.00	100	20.0	0.00	1.80	\$0.000
990048 ANGEL HAIR PASTA	1/2 CUP	1	112	*0.00	*5	1	0.56	*0.00	*0	23.52	1.68	3.92	*0	*4.6	*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
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			1251	*14.13	*1394	*7	29.35	*0.07	*135	*179.68	14.47	*65.34	*4571	*781.8	*38.16	*11.06	\$1.685
% of Calories				*10.17%		*2.2%	21.1%	*0.1%		*57.5%		*20.9%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

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
990065 STUFFED CABBAGE ROLL	EACH	1	180	2.50	750	9	6.00	*N/A*	25	23.00	4.00	8.00	*N/A*	60.0	*N/A*	1.08	\$0.000
990067 PORK RIB PATTY SANDWICH	SERVING	1	248	2.29	603	*3	6.97	*0.00	32	31.30	*0.40	17.17	221	19.0	1.22	3.00	\$0.299
990056 CAULIFLOWER, LOADED BAKE	1/3 CUP	1	172	6.23	238	*3	11.52	*0.00	30	9.82	3.60	9.80	412	200.7	74.04	1.10	\$0.120
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			848	11.06	1898	*20	24.62	*0.00	96	108.26	*9.53	52.46	*1753	892.8	*95.19	5.64	\$0.912
% of Calories				11.74%		*9.4%	26.1%	*0.0%		51.1%		24.7%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/07/2020

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
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
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	\$0.000
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
001810 JICAMA, SLICES, .33 CUP	.33 CUP	1	15	0.00	2	*N/A*	0.00	0.00	0	3.63	1.32	0.33	0	0.0	7.92	0.24	\$0.127
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			718	5.35	1040	*5	15.73	*0.00	37	106.39	8.85	36.34	1371	777.3	*34.28	4.73	\$1.798
% of Calories				6.71%		*2.8%	19.7%	*0.0%		59.3%		20.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.903
001721 CHICKEN PENNE PASTA	2/3 Cup	1	292	6.15	419	*1	11.77	*0.00	44	21.19	*2.96	22.53	*1288	*407.3	*35.84	*2.25	\$0.278
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
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

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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			1120	14.45	2039	*14	30.98	*0.34	*158	141.51	*11.34	68.80	*28818	*1318.9	*78.60	*5.11	\$1.948
% of Calories				11.61%		*5.0%	24.9%	*0.3%		50.5%		24.6%					
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
000657 ROAST BEEF, HOT, 2-oz M/MA	2-OZ SERVING	1	105	1.13	23	0	3.17	*0.00	45	0.00	0.00	17.88	0	2.0	0.00	1.64	\$0.006
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	\$0.002
001812 POTATOES, AU GRATIN MIX, 1/3 C	1/3 CUP	1	340	1.42	1815	*6	4.25	*0.00	0	70.87	5.67	5.67	0	114.0	25.52	1.02	\$0.692
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	\$0.144
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			871	3.88	3186	*10	11.14	*0.00	87	138.63	8.42	54.63	1142	734.5	47.38	4.49	\$1.338
% of Calories				4.01%		*4.6%	11.5%	*0.0%		63.7%		25.1%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

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
990100 CHICKEN CORDON BLEU	EACH	1	430	33.00	1080	1	35.00	0.00	110	16.00	1.00	34.00	*N/A*	*N/A*	*N/A*	1.44	\$0.000
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	\$0.000
990083 LOADED MASHED POTATOES,IDAHO, 1/3 CUP	.33 cup	1	38	0.26	133	*0	0.85	*0.00	2	6.77	0.36	1.31	*50	*13.3	*1.30	*0.13	\$0.055
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	\$0.036
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
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			1055	*38.97	2042	*9	*47.56	*0.00	*167	105.55	*6.60	66.28	*7022	*853.7	*75.31	*3.94	\$0.585
% of Calories				*33.24%		*3.4%	*40.6%	*0.0%		40.0%		25.1%					
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
900006 BEAN BURRITO	SERVINGS	1	263	2.52	851	*4	6.05	*0.03	5	38.40	4.94	14.32	504	209.7	4.13	3.84	\$0.171
001672 Chile Rellano	Each	1	310	5.00	270	*N/A*	23.00	*N/A*	15	20.00	1.00	7.00	300	150.0	48.00	1.80	\$0.000

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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
990094 Sauce, Enchilada Green	.25 CUP	1	20	0.00	370	1	0.00	0.00	0	4.00	0.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000006 PORK POSOLE	CUP	1	189	2.13	1120	*3	6.82	*0.00	28	20.28	3.74	11.24	5668	26.7	33.20	1.37	\$0.175
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
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			1191	10.55	3400	*15	39.61	*0.03	59	150.31	18.29	60.14	*7609	*1104.8	*106.33	*9.78	\$1.194
% of Calories				7.97%		*5.0%	29.9%	*0.0%		50.5%		20.2%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 02/14/2020

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
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	\$0.132
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	\$0.064
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
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	\$0.055
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	\$0.144
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,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			799	5.08	1483	*4	18.54	*0.00	44	114.40	12.30	42.73	4271	669.7	37.47	5.52	\$0.888
% of Calories				5.72%		*2.0%	20.9%	*0.0%		57.3%		21.4%					
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
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	\$0.112
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	\$0.403
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
990053 CUCUMBER AND TOMATO SALAD, CREAMY	.33 CUP	1	88	1.52	53	*1	7.08	*0.00	9	5.47	1.38	1.34	604	26.4	11.41	0.36	\$0.178
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			907	7.15	1798	*7	27.72	*0.00	*59	121.56	*4.79	44.27	*2399	*869.0	*45.86	*23.00	\$1.186
% of Calories				7.09%		*3.1%	27.5%	*0.0%		53.6%		19.5%					
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
000895 BEEF TACO-2 EA,90/10,2-m/ma/1g	2 EACH	1	263	4.52	263	*1	12.91	*0.04	40	20.04	2.92	18.29	2388	102.7	7.31	2.21	\$0.555
900028 CHICKEN TACO	2 EACH	1	249	3.56	434	*2	7.84	*0.04	46	19.87	2.70	24.40	499	100.0	4.28	1.84	\$0.066
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
001810 JICAMA, SLICES, .33 CUP	.33 CUP	1	15	0.00	2	*N/A*	0.00	0.00	0	3.63	1.32	0.33	0	0.0	7.92	0.24	\$0.127
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	\$0.137
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			888	8.40	1073	*9	23.32	*0.09	95	105.20	12.94	66.50	4007	849.3	42.20	6.08	\$1.438
% of Calories				8.51%		*4.1%	23.6%	*0.1%		47.4%		30.0%					
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
990064 STUFFED BELL PEPPER	EACH	1	210	4.00	660	7	9.00	*N/A*	30	25.00	3.00	8.00	*N/A*	*N/A*	*N/A*	1.44	\$0.000
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

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
990078 POTATOES, DICED REDSKIN	1/3 CUP	1	135	*1.17	105	*0	*4.69	*0.06	*0	20.75	2.38	2.41	*7	*4.5	*0.47	0.50	\$0.012
001411 GRAVY, BROWN,PIONEER .125cup	.125 CUP	1	7	0.00	142	*0	0.00	*0.00	0	1.41	0.00	0.47	0	0.6	0.00	0.00	\$0.000
990059 CARROTS, GARLIC BUTTER ROASTED	1/3 CUP	1	109	1.33	117	*0	7.06	*1.30	0	*8.07	2.67	1.35	*6670	26.9	*1.60	0.01	\$0.011
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	\$0.144
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			1148	*16.33	2263	*11	*48.16	*1.36	*95	*130.64	11.23	50.04	*7863	*655.3	*22.04	5.37	\$0.661
% of Calories				*12.80%		*3.8%	*37.8%	*1.1%		*45.5%		17.4%					
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
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	\$0.000
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	\$0.000
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

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			764	4.09	1498	*16	22.35	*0.00	49	98.72	7.47	41.76	*1624	656.6	*23.20	4.53	\$0.493
% of Calories				4.82%		*8.4%	26.3%	*0.0%		51.7%		21.9%					
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
000461 CHICKEN FRIED STEAK	4 OZ.	1	256	5.42	238	*N/A*	10.84	*N/A*	32	22.75	0.00	15.17	54	14.1	0.00	4.33	\$0.000
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	\$0.132
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
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	\$0.055
000051 SPINACH: frozen, boiled	CUP	1	65	0.30	184	1	1.65	0.00	0	9.12	7.03	7.62	22916	290.7	4.18	3.72	\$0.509
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	\$0.206
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			969	9.20	1766	*5	25.86	*0.00	76	127.60	11.91	58.97	24128	966.8	25.40	11.51	\$1.447
% of Calories				8.54%		*2.1%	24.0%	*0.0%		52.7%		24.3%					
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
000161 HAMBURGER ON A BUN	SERVING	1	411	9.47	521	3	23.92	0.01	76	21.05	0.76	26.38	45	60.5	0.55	3.26	\$0.000
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	\$0.299
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	\$0.037
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
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	\$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			1152	*13.85	2128	*14	41.44	*0.01	146	132.04	*9.24	62.81	*1631	805.0	*27.57	8.22	\$0.829
% of Calories				*10.82%		*4.9%	32.4%	*0.0%		45.8%		21.8%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Base Menu Spreadsheet

Portion Values

Feb 3, 2020 thru Feb 28, 2020

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
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*	\$0.000
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	\$0.000
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	\$0.000
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	\$0.036
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	\$0.144
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			1167	*13.63	2499	*23	*41.31	*0.00	*152	117.02	7.11	77.19	*8254	*1280.9	*73.79	*3.66	\$0.674
% of Calories				*10.51%		*7.9%	*31.9%	*0.0%		40.1%		26.5%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 02/27/2020

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
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	\$0.069
900063 SPAGHETTI AND MEAT SAUCE	1 CUP	1	347	4.54	500	*4	12.32	*0.66	52	37.37	2.58	20.88	264	55.4	5.46	4.22	\$0.032

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
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
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			1107	13.27	1380	*12	31.43	*1.41	125	136.17	8.61	67.88	2327	1005.9	35.36	*8.42	\$0.710
% of Calories				10.79%		*4.3%	25.6%	*1.1%		49.2%		24.5%					
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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000596 PULLED PORK SANDWICH NO BBQ	SANDWICH	1	340	4.00	1150	*N/A*	12.00	*0.00	40	40.00	*4.00	18.00	100	20.0	2.40	3.60	\$0.314
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	\$0.064
990079 DEVEILED EGGS	SERVING	1	142	2.56	172	*0	12.40	*0.00	215	0.97	0.14	6.40	12206	261.7	0.04	16.62	\$0.116
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)	Calcm (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			852	8.12	1881	*4	30.62	*0.00	264	100.36	*7.21	43.41	13434	894.8	25.12	21.23	\$0.988
% of Calories				8.58%		*1.9%	32.3%	*0.0%		47.1%		20.4%					
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	1009	*11.63	*1885	*12	*31.07	*0.28	*116	*124.31	*9.73	*59.43	*6656	*898.1	*48.67	*9.19	\$1.164
% of Calories		*10.37%		*4.8%	*27.7%	*0.2%		*49.3%		*23.6%					

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.