

# Base Menu Spreadsheet

## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

**Menu Name:** PPSD Elementary Cafe Lunch Menu

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Friday - 10/01/2021

### 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)	Carb (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990075 Buffalo Chicken Salad w/ Breadstick - Elementary	1 salad	1	411	2.78	1047	7	16.68	45.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990032 Caesar Side Salad	1/2 cup	1	76	1.40	209	*0	6.98	2.89
990082 Roasted Cauliflower Florets	1/2 cup	1	79	0.33	94	*3	5.15	7.71
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00

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## Weighted Values

	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)	Carb (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			2833	*30.94	3939	*140	114.44	335.82
% of Calories				*9.83%		*19.8%	36.4%	47.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Monday - 10/04/2021

### 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)	Carb (g)
990089 Turkey Hot Dog	1 each	1	263	2.53	516	4	10.63	26.29
990094 Chef Salad w/ Breadstick - Elementary	1 salad	1	259	3.21	579	*6	9.25	28.57
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990095 Creamy Cole Slaw	1/2 cup	1	68	0.49	96	4	4.50	7.52
990119 Sweet Potato Fries, 1/2 cup	1/2 cup	1	240	1.13	307	9	12.01	32.02
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00

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## Weighted Values

	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)	Carb (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			1991	*12.56	2539	*136	75.13	258.58
% of Calories				*5.68%		*27.3%	34.0%	51.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

## Tuesday - 10/05/2021

## 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)	Carb (g)
990096 Macaroni & Cheese w/ dinner roll	1 cup	1	778	10.80	1657	9	30.08	102.25
990094 Chef Salad w/ Breadstick - Elementary	1 salad	1	259	3.21	579	*6	9.25	28.57
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990177 Italian Garbanzo Beans	1/2 cup	1	134	0.00	201	0	2.20	22.50
990054 Broccoli, fresh, blanched	1/2 cup	1	21	0.00	20	1	0.26	3.82
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00

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## Weighted Values

	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)	Carb (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			2352	*19.20	3498	*128	80.55	321.33
% of Calories				*7.35%		*21.8%	30.8%	54.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Wednesday - 10/06/2021

### 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)	Carb (g)
990103 Popcorn Chicken Bowl	1 each	1	664	5.11	1412	3	23.88	75.02
990094 Chef Salad w/ Breadstick - Elementary	1 salad	1	259	3.21	579	*6	9.25	28.57
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990111 Steamed Corn, 1/2 cup	1/2 cup	1	91	0.00	1	0	0.76	21.88
990070 Potato, mashed signature	1/2 cup	1	84	0.53	108	1	1.05	15.80
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00

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## Weighted Values

	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)	Carb (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			2258	*14.04	3141	*122	73.69	305.45
% of Calories				*5.60%		*21.6%	29.4%	54.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Thursday - 10/07/2021

### 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)	Carb (g)
990098 Sazon Roasted Turkey	2 oz	1	160	2.81	791	0	8.44	0.00
990099 Steamed Rice and Beans	1/2 cup	1	457	0.00	177	4	2.61	92.42
990094 Chef Salad w/ Breadstick - Elementary	1 salad	1	259	3.21	579	*6	9.25	28.57
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	3	0.19	5.26
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	3	0.23	4.41
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00

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## Weighted Values

	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)	Carb (g)
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			2080	*11.21	2598	*128	59.47	294.84
% of Calories				*4.85%		*24.6%	25.7%	56.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

## Friday - 10/08/2021

## 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)	Carb (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990094 Chef Salad w/ Breadstick - Elementary	1 salad	1	259	3.21	579	*6	9.25	28.57
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990095 Creamy Cole Slaw	1/2 cup	1	68	0.49	96	4	4.50	7.52
990119 Sweet Potato Fries, 1/2 cup	1/2 cup	1	240	1.13	307	9	12.01	32.02
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95

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## Weighted Values

	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)	Carb (g)
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			2563	*26.17	3011	*147	100.02	317.68
% of Calories				*9.19%		*22.9%	35.1%	49.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

## Monday - 10/11/2021

## 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)	Carb (g)
990028 ALL WHITE MEAT CHICKEN TENDERS	3.45 oz	1	226	2.00	350	1	10.00	14.00
990029 Rice Pilaf	1 cup	1	218	0.00	70	2	1.85	46.26
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70

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## Weighted Values

	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)	Carb (g)
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1968	*14.51	2030	*130	65.67	273.74
% of Calories				*6.64%		*26.4%	30.0%	55.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

## Tuesday - 10/12/2021

### 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)	Carb (g)
990174 CHEESY DUNKERS, Stuffed Sticks WG	2 each	1	290	6.00	500	5	11.01	28.02
990175 Heinz Marinara Sauce, Side	2 oz	1	25	0.06	18	2	0.48	4.63
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0	0.77	8.77
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70



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## Weighted Values

	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)	Carb (g)
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1279	14.57	1570	*114	29.93	199.37
% of Calories				10.25%		*35.7%	21.1%	62.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

## Wednesday - 10/13/2021

## 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)	Carb (g)
990035 Beef and Cheese Nachos	1 each	1	555	9.62	1192	2	30.14	45.20
001051 SALSA:COMMODITY	OZ	1	10	0.01	122	*N/A*	0.06	1.98
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	*1	0.84	23.16
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95

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## Weighted Values

	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)	Carb (g)
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2191	*22.30	3245	*128	84.58	278.37
% of Calories				*9.16%		*23.4%	34.7%	50.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Thursday - 10/14/2021

### 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)	Carb (g)
990037 French Toast Sticks	4 Sticks	1	503	3.62	1168	*N/A*	14.40	75.76
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990038 Home Fries	1/2 cup	1	146	0.68	444	0	5.79	21.66
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	1	0.11	1.92

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	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)	Carb (g)
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2296	*18.81	3379	*126	81.74	313.44
% of Calories				*7.37%		*22.0%	32.0%	54.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Friday - 10/15/2021

### 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)	Carb (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	1	0.11	1.92

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	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)	Carb (g)
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	1	0.07	2.26
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2326	*28.67	2560	*138	89.14	291.60
% of Calories				*11.09%		*23.7%	34.5%	50.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Monday - 10/18/2021

### 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)	Carb (g)
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	481	10.72	1193	6	25.82	29.39
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	3	0.23	4.41

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990112 Steamed Green Beans, 1/2 cup	1/2 cup	1	32	0.00	1	2	0.19	7.32
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2109	*19.83	2767	*118	83.28	251.68
% of Calories				*8.46%		*22.4%	35.5%	47.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

## Tuesday - 10/19/2021

### 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)	Carb (g)
990064 Meatball Sauce, 5 chicken, USDA spag sauce	5 meatballs	1	224	3.43	589	6	11.14	14.84
990065 Penne Pasta, cooked	1 cup	1	223	0.25	305	2	5.06	40.50
990209 BREAD, DINNER ROLL, WG	1 each	1	93	0.00	175	2	1.03	16.45
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	481	10.72	1193	6	25.82	29.39

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0	0.77	8.77
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	3	0.23	4.41
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2274	*21.81	3284	*121	86.16	283.73
% of Calories				*8.63%		*21.3%	34.1%	49.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Wednesday - 10/20/2021

### 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)	Carb (g)
990066 Chicken Fajita, 6"	1 each	1	403	4.57	1050	5	15.06	43.50
990067 Yellow Rice	1 cup	1	254	0.15	261	*1	3.70	49.50

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
001051 SALSA:COMMODITY	OZ	1	10	0.01	122	*N/A*	0.06	1.98
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	481	10.72	1193	6	25.82	29.39
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	*1	0.84	23.16
990111 Steamed Corn, 1/2 cup	1/2 cup	1	91	0.00	1	0	0.76	21.88
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2558	*23.03	3932	*115	88.36	338.80
% of Calories				*8.10%		*18.0%	31.1%	53.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

Thursday - 10/21/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990068 BBQ Pulled Pork Sandwich	1 sandwich	1	363	2.55	1009	5	9.63	35.94
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	481	10.72	1193	6	25.82	29.39
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990069 Baked Beans, vegetarian	1/2 cup	1	112	0.00	143	5	1.01	20.41
990113 Roasted Potatoes	1/2 cup	1	137	0.12	34	1	1.48	28.06
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2285	*20.80	3328	*119	80.05	283.18
% of Calories				*8.19%		*20.8%	31.5%	49.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

Friday - 10/22/2021

Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	481	10.72	1193	6	25.82	29.39
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	3	0.19	5.26
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	1	0.07	2.26
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2540	*34.29	3136	*127	103.71	291.67
% of Calories				*12.15%		*20.0%	36.7%	45.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

Monday - 10/25/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990113 Roasted Potatoes	1/2 cup	1	137	0.12	34	1	1.48	28.06
990069 Baked Beans, vegetarian	1/2 cup	1	112	0.00	143	5	1.01	20.41
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2109	*21.16	2050	*131	78.87	274.74
% of Calories				*9.03%		*24.8%	33.7%	52.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

Tuesday - 10/26/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990077 General Tso's Chicken	12 piece	1	316	1.13	883	22	9.02	38.08
990204 VEGETABLE FRIED RICE	1 CUP	1	345	0.30	385	*1	3.69	69.91
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98
990054 Broccoli, fresh, blanched	1/2 cup	1	21	0.00	20	1	0.26	3.82
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2165	*13.94	2863	*148	66.53	315.22
% of Calories				*5.79%		*27.3%	27.7%	58.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

Wednesday - 10/27/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990078 Hot Fish Sandwich	1 sandwich	1	344	0.00	507	5	9.11	43.61
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990118 Zucchini Coins, 1/2 cup	1/2 cup	1	33	0.11	9	3	1.81	3.75
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0	0.77	8.77
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			1876	*12.62	2100	*128	65.15	253.54
% of Calories				*6.05%		*27.3%	31.3%	54.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

Thursday - 10/28/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990079 Shepherd's Pie	8 oz	1	733	10.78	1771	*6	34.98	60.33
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990032 Caesar Side Salad	1/2 cup	1	76	1.40	209	*0	6.98	2.89
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2291	*24.69	3554	*130	95.51	266.63
% of Calories				*9.70%		*22.7%	37.5%	46.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

Friday - 10/29/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	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)	Carb (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990032 Caesar Side Salad	1/2 cup	1	76	1.40	209	*0	6.98	2.89
990082 Roasted Cauliflower Florets	1/2 cup	1	79	0.33	94	*3	5.15	7.71
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			2447	*30.38	2809	*138	101.10	293.41
% of Calories				*11.17%		*22.6%	37.2%	48.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
Weighted Averages			2228	*20.74	2921	*129	81.10	287.75

# Base Menu Spreadsheet

## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

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% of Calories				*8.38%		*23.2%	32.8%	51.7%
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*\*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.