

# Base Menu Spreadsheet

## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

**Menu Name:** PPSD Elementary Classroom 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
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72
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
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

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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
Weighted Daily Average			2085	*16.89	2801	*128	78.96	263.31
% of Calories				*7.29%		*24.6%	34.1%	50.5%
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)
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	1	0.07	2.26
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
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

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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
Weighted Daily Average			1728	*13.52	2216	*128	59.82	230.75
% of Calories				*7.04%		*29.6%	31.2%	53.4%
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)
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26
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
990180 BROCCOLI, raw: fresh 1/2 cup	1/2 cup	1	10	0.00	10	1	0.12	1.79
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
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

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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
Weighted Daily Average			3613	*36.26	9205	*124	*151.27	*290.95
% of Calories				*9.03%		*13.7%	*37.7%	*32.2%
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)
990030 Turkey & Cheese Sandwich on Roll	1 sandwich	1	318	5.06	830	*5	11.69	31.18
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26
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
990181 Corn and Tomato Salsa	1/2 cup	1	63	0.00	4	3	0.53	14.74
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
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

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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
Weighted Daily Average			1830	*13.46	2481	*130	60.61	244.78
% of Calories				*6.62%		*28.4%	29.8%	53.5%
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)
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26
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
990177 Italian Garbanzo Beans	1/2 cup	1	134	0.00	201	0	2.20	22.50
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
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

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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
Weighted Daily Average			1849	*9.12	2388	*127	60.94	241.56
% of Calories				*4.44%		*27.5%	29.7%	52.3%
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
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26
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
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98
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
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

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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
Weighted Daily Average			1878	*15.92	2140	*132	64.75	248.31
% of Calories				*7.63%		*28.1%	31.0%	52.9%
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)
990030 Turkey & Cheese Sandwich on Roll	1 sandwich	1	318	5.06	830	*5	11.69	31.18
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	537	5	7.33	31.91
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
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
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

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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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			1844	*13.89	2410	*132	61.47	246.94
% of Calories				*6.78%		*28.6%	30.0%	53.6%
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)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	1	413	3.50	1035	5	16.09	36.15
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	537	5	7.33	31.91
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
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
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



# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			1940	*12.33	2615	132	65.87	251.90
% of Calories				*5.72%		27.2%	30.6%	51.9%
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)
990060 Salami & Cheese Sandwich	1 sandwich	1	284	5.29	1146	*3	15.07	16.66
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	537	5	7.33	31.91
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
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			1912	*14.28	3046	*129	65.42	250.13
% of Calories				*6.72%		*27.0%	30.8%	52.3%
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)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	1	413	3.50	1035	5	16.09	36.15
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	537	5	7.33	31.91
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990179 Potato Salad, school made	2/3 cup	1	101	0.49	130	3	4.53	14.85
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	1	0.11	1.92
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			1998	*12.82	2704	130	70.14	257.23
% of Calories				*5.77%		26.0%	31.6%	51.5%
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)
990195 RI STYLE PIZZA STRIPS w/ CHEESE CUBES	1 slice	1	366	9.14	717	6	16.03	34.54
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	537	5	7.33	31.91
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
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
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

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## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

	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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			1893	*17.97	2296	133	65.81	250.29
% of Calories				*8.54%		28.1%	31.3%	52.9%
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)
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
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
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			1971	*23.25	2718	*117	79.60	235.08
% of Calories				*10.62%		*23.7%	36.3%	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)
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21
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
990180 BROCCOLI, raw: fresh 1/2 cup	1/2 cup	1	10	0.00	10	1	0.12	1.79
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			3744	*45.99	9511	*116	*169.07	*277.19
% of Calories				*11.06%		*12.4%	*40.6%	*29.6%
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)
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
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
990181 Corn and Tomato Salsa	1/2 cup	1	63	0.00	4	3	0.53	14.74
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			2025	*23.23	2721	*119	80.06	247.55
% of Calories				*10.32%		*23.5%	35.6%	48.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Thursday - 10/21/2021

### 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)
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36
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
990177 Italian Garbanzo Beans	1/2 cup	1	134	0.00	201	0	2.20	22.50
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	3	0.19	5.26
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			2093	*18.85	2890	*116	80.71	245.89
% of Calories				*8.11%		*22.2%	34.7%	47.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

## Friday - 10/22/2021

## 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)
990195 RI STYLE PIZZA STRIPS w/ CHEESE CUBES	1 slice	1	366	9.14	717	6	16.03	34.54
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
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98
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
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



# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			2087	*27.28	2919	*120	84.25	244.55
% of Calories				*11.76%		*23.0%	36.3%	46.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Monday - 10/25/2021

### 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)
990030 Turkey & Cheese Sandwich on Roll	1 sandwich	1	318	5.06	830	*5	11.69	31.18
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990179 Potato Salad, school made	2/3 cup	1	101	0.49	130	3	4.53	14.85
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	*1	0.84	23.16
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			2154	*15.91	3329	*132	75.97	283.71
% of Calories				*6.65%		*24.5%	31.7%	52.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

## Tuesday - 10/26/2021

### 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)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	1	413	3.50	1035	5	16.09	36.15
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72
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
990180 BROCCOLI, raw: fresh 1/2 cup	1/2 cup	1	10	0.00	10	1	0.12	1.79
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			2057	*13.69	3115	132	75.23	258.43
% of Calories				*5.99%		25.7%	32.9%	50.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Wednesday - 10/27/2021

### 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)
990060 Salami & Cheese Sandwich	1 sandwich	1	284	5.29	1146	*3	15.07	16.66
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990182 Zucchini Coins Raw, 1/2 cup	1/2 cup	1	19	0.00	9	3	0.36	3.53
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			1937	*15.48	3226	*132	74.45	240.68
% of Calories				*7.19%		*27.3%	34.6%	49.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Thursday - 10/28/2021

### 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)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	1	413	3.50	1035	5	16.09	36.15
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72
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
990183 CAULIFLOWER,raw: fresh, 1/2 cup	1/2 cup	1	11	0.00	13	1	0.12	2.11
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
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

# Base Menu Spreadsheet

## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

	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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			2108	*15.09	3271	*129	82.11	255.67
% of Calories				*6.44%		*24.5%	35.1%	48.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0	

### Friday - 10/29/2021

### 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)
990195 RI STYLE PIZZA STRIPS w/ CHEESE CUBES	1 slice	1	366	9.14	717	6	16.03	34.54
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72
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
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

# 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)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
Weighted Daily Average			2076	*20.73	2997	*132	82.03	257.92
% of Calories				*8.99%		*25.4%	35.6%	49.7%
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			2134	*18.86	3381	*127	*80.41	*253.47
% of Calories				*7.95%		*23.8%	*33.9%	*47.5%

**\*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.