

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Menu Name: PPSD Elementary Cafe Lunch Menu

Include Cost: No

Site:

Report Style: Detailed

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990046 Chicken Patty Sandwich	1 sandwich	1	292	1.70	623	14.88	*N/A*	41.73	20.74
990058 USDA Turkey and Cheese Sub	1 sandwich	1	322	4.82	561	11.75	*N/A*	32.16	*15.77
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	547	7.33	*0.00	31.91	20.18
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	0.23	*N/A*	4.41	1.00
990112 Steamed Green Beans, 1/2 cup	1/2 cup	1	32	0.00	1	0.19	*N/A*	7.32	*N/A*
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	0.03	0.00	16.43	0.50
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2069	*15.11	2749	70.74	*0.00	282.90	*98.25
% of Calories				*6.57%		30.8%	*0.0%	54.7%	*19.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Friday - 09/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	384	6.54	632	13.92	*N/A*	42.81	21.94
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	404	7.22	701	15.74	*N/A*	42.89	22.78
990058 USDA Turkey and Cheese Sub	1 sandwich	1	322	4.82	561	11.75	*N/A*	32.16	*15.77
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	547	7.33	*0.00	31.91	20.18
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	0.11	*N/A*	1.92	0.44
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	0.07	0.00	2.26	0.40
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	0.03	0.00	16.43	0.50
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2532	*27.19	3505	85.27	*0.00	319.33	*122.08
% of Calories				*9.66%		30.3%	*0.0%	50.4%	*19.3%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Monday - 09/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990028 ALL WHITE MEAT CHICKEN TENDERS	3.45 oz	1	226	2.00	350	10.00	0.00	14.00	19.00
990029 Rice Pilaf	1 cup	1	218	0.00	70	1.85	*0.00	46.26	5.32
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	547	7.33	*0.00	31.91	20.18
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	0.09	*N/A*	5.98	0.46
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	0.27	*0.00	5.46	1.45
990033 Pears, canned, dice	1/2 cup	1	77	0.00	6	0.00	*N/A*	20.40	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2091	*15.44	2645	67.20	*0.00	303.13	*99.15
% of Calories				*6.65%		28.9%	*0.0%	58.0%	*19.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Tuesday - 09/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990174 CHEESY DUNKERS, Stuffed Sticks WG	2 each	1	0	0.00	0	*N/A*	*N/A*	*N/A*	*N/A*
990175 Heinz Marinara Sauce, Side	2 oz	1	25	0.06	18	0.48	0.00	4.63	0.72
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	547	7.33	*0.00	31.91	20.18
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0.77	*N/A*	8.77	0.66

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	0.27	*0.00	5.46	1.45
990033 Pears, canned, dice	1/2 cup	1	77	0.00	6	0.00	*N/A*	20.40	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			1689	*13.50	2253	*56.50	*0.00	*250.28	*75.75
% of Calories				*7.19%		*30.1%	*0.0%	*59.3%	*17.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Wednesday - 09/15/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990035 Beef and Cheese Nachos	1 each	1	585	10.96	1192	33.39	*0.91	45.20	24.53
001051 SALSA:COMMODITY	OZ	1	10	0.01	122	0.06	*N/A*	1.98	0.42
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	547	7.33	*0.00	31.91	20.18

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	0.84	*0.00	23.16	6.92
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	0.09	*N/A*	5.98	0.46
990033 Pears, canned, dice	1/2 cup	1	77	0.00	6	0.00	*N/A*	20.40	0.00
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2343	*24.57	3860	89.36	*0.91	307.75	*105.27
% of Calories				*9.44%		34.3%	*0.3%	52.5%	*18.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Thursday - 09/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990037 French Toast Sticks	4 Sticks	1	503	3.62	1168	14.40	*N/A*	75.76	17.46
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	0.00	*N/A*	12.06	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990129 Sausage Link, turkey	2 each	1	125	2.32	332	9.34	*N/A*	0.00	9.34
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	547	7.33	*0.00	31.91	20.18
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990038 Home Fries	1/2 cup	1	146	0.68	444	5.76	*0.02	21.57	2.94
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	0.11	*N/A*	1.92	0.44
990033 Pears, canned, dice	1/2 cup	1	77	0.00	6	0.00	*N/A*	20.40	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2423	*20.06	4146	84.59	*0.02	342.74	*103.11
% of Calories				*7.45%		31.4%	*0.0%	56.6%	*17.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Friday - 09/17/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	384	6.54	632	13.92	*N/A*	42.81	21.94
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	404	7.22	701	15.74	*N/A*	42.89	22.78
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	1	272	1.42	547	7.33	*0.00	31.91	20.18
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	0.11	*N/A*	1.92	0.44
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	0.07	0.00	2.26	0.40
990033 Pears, canned, dice	1/2 cup	1	77	0.00	6	0.00	*N/A*	20.40	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2402	*27.22	3519	84.82	*0.00	321.31	*118.50
% of Calories				*10.20%		31.8%	*0.0%	53.5%	*19.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Monday - 09/20/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990046 Chicken Patty Sandwich	1 sandwich	1	292	1.70	623	14.88	*N/A*	41.73	20.74
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	10.38	*0.00	19.36	21.08
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	333	2.36	969	12.75	*0.00	27.79	29.02
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	0.23	*N/A*	4.41	1.00
990112 Steamed Green Beans, 1/2 cup	1/2 cup	1	32	0.00	1	0.19	*N/A*	7.32	*N/A*
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	0.03	0.00	16.43	0.50
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2073	*11.95	3153	74.79	*0.00	265.98	*112.40
% of Calories				*5.19%		32.5%	*0.0%	51.3%	*21.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Tuesday - 09/21/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990064 Meatball Sauce, 5 chicken, USDA spag sauce	5 meatballs	1	224	3.12	589	11.14	*N/A*	14.84	16.04
990065 Penne Pasta, cooked	1 cup	1	223	0.25	305	5.06	*0.00	40.50	7.09
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	10.38	*0.00	19.36	21.08
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	333	2.36	969	12.75	*0.00	27.79	29.02
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0.77	*N/A*	8.77	0.66
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	0.23	*N/A*	4.41	1.00
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	0.03	0.00	16.43	0.50
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2238	*13.62	3490	76.68	*0.00	281.04	*115.45
% of Calories				*5.48%		30.8%	*0.0%	50.2%	*20.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Wednesday - 09/22/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990066 Chicken Fajita, 6"	1 each	1	299	1.70	783	9.86	*N/A*	31.92	*15.08
990067 Seasoned Yellow Rice	1 cup	1	286	0.14	150	3.72	*0.00	55.40	8.98
001051 SALSA:COMMODITY	OZ	1	10	0.01	122	0.06	*N/A*	1.98	0.42
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	10.38	*0.00	19.36	21.08
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	333	2.36	969	12.75	*0.00	27.79	29.02
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	0.84	*0.00	23.16	6.92
990111 Steamed Corn, 1/2 cup	1/2 cup	1	91	0.00	1	0.76	*N/A*	21.88	2.89
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	0.03	0.00	16.43	0.50
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2543	*12.27	3935	74.71	*0.00	346.88	*124.96
% of Calories				*4.34%		26.4%	*0.0%	54.6%	*19.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Thursday - 09/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990068 BBQ Pulled Pork Sandwich	1 sandwich	1	266	2.55	954	9.59	*1.52	35.49	23.70
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	10.38	*0.00	19.36	21.08
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	333	2.36	969	12.75	*0.00	27.79	29.02
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990069 Baked Beans, vegetarian	1/2 cup	1	112	0.00	143	1.01	0.00	20.41	7.14
990113 Roasted Potatoes	1/2 cup	1	136	0.12	34	1.48	*0.00	28.06	2.97
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	0.03	0.00	16.43	0.50
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2244	*12.93	3655	71.57	*1.52	296.48	*124.48
% of Calories				*5.19%		28.7%	*0.6%	52.8%	*22.2%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Friday - 09/24/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	384	6.54	632	13.92	*N/A*	42.81	21.94
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	404	7.22	701	15.74	*N/A*	42.89	22.78
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	10.38	*0.00	19.36	21.08
990107 Turkey BLT Salad w/ Breadstick - Elementary	1 salad	1	333	2.36	969	12.75	*0.00	27.79	29.02
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	0.19	*N/A*	5.26	0.98
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	0.07	0.00	2.26	0.40
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	0.03	0.00	16.43	0.50
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2549	*24.04	3861	89.41	*0.00	305.75	*136.77
% of Calories				*8.49%		31.6%	*0.0%	48.0%	*21.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Monday - 09/27/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990048 CHEESEBURGER, USDA Patty	sandwich	1	310	8.53	361	22.88	*0.00	29.39	20.41
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990075 Buffalo Chicken Salad w/ Breadstick - Elementary	1 salad	1	411	2.78	1047	16.67	*0.00	45.12	21.95
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990113 Roasted Potatoes	1/2 cup	1	136	0.12	34	1.48	*0.00	28.06	2.97
990069 Baked Beans, vegetarian	1/2 cup	1	112	0.00	143	1.01	0.00	20.41	7.14
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	106	0.00	10	0.00	*N/A*	28.89	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2323	*23.46	3175	89.70	*0.00	330.98	*105.22
% of Calories				*9.09%		34.8%	*0.0%	57.0%	*18.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Tuesday - 09/28/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990077 General Tso's Chicken	12 piece	1	313	1.13	1145	9.02	*N/A*	37.40	19.57
990204 VEGETABLE FRIED RICE	1 CUP	1	342	*0.17	381	*3.67	*0.00	69.50	*8.25
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990075 Buffalo Chicken Salad w/ Breadstick - Elementary	1 salad	1	411	2.78	1047	16.67	*0.00	45.12	21.95
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	0.09	*N/A*	5.98	0.46
990054 Broccoli, fresh, blanched	1/2 cup	1	21	0.00	20	0.26	*N/A*	3.82	2.25
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	106	0.00	10	0.00	*N/A*	28.89	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2466	*16.11	4239	*77.38	*0.00	369.83	*105.24
% of Calories				*5.88%		*28.2%	*0.0%	60.0%	*17.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Wednesday - 09/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990078 Hot Fish Sandwich	1 sandwich	1	252	0.00	512	9.07	*N/A*	44.15	22.15
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990075 Buffalo Chicken Salad w/ Breadstick - Elementary	1 salad	1	411	2.78	1047	16.67	*0.00	45.12	21.95
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990118 Zucchini Coins, 1/2 cup	1/2 cup	1	32	0.11	9	1.81	*0.00	3.75	1.41
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0.77	*N/A*	8.77	0.66
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	106	0.00	10	0.00	*N/A*	28.89	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2091	*14.91	3225	75.98	*0.00	309.79	*98.91
% of Calories				*6.42%		32.7%	*0.0%	59.3%	*18.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Thursday - 09/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
990079 Shepherd's Pie	8 oz	1	810	14.21	1746	43.01	*2.18	62.10	36.29
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
990075 Buffalo Chicken Salad w/ Breadstick - Elementary	1 salad	1	411	2.78	1047	16.67	*0.00	45.12	21.95
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990032 Caesar Side Salad	1/2 cup	1	75	1.38	170	6.90	*0.00	2.89	1.48
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	0.09	*N/A*	5.98	0.46
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	106	0.00	10	0.00	*N/A*	28.89	0.00
000064 APPLES,Fresh	EACH	1	72	0.04	1	0.23	0.00	19.06	0.36
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	0.08	0.00	7.70	0.62
000068 BANANAS	EACH	1	105	0.13	1	0.39	0.00	26.95	1.29
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	0.00	*N/A*	21.00	8.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00
Weighted Daily Average			2675	*30.39	4610	114.33	*2.18	324.09	*112.93
% of Calories				*10.22%		38.5%	*0.7%	48.5%	*16.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Protn (g)
Weighted Averages			2297	*18.92	3501	*80.19	*0.29	*309.89	*109.90
% of Calories				*7.41%		*31.4%	*0.1%	*54.0%	*19.1%

**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.