

# Base Menu Spreadsheet

## Weighted Values

Sep 8, 2021 thru Sep 30, 2021

**Menu Name:** PPSD Elementary Classroom Lunch Menu

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Thursday - 09/09/2021**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
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
990177 Italian Garbanzo Beans	1/2 cup	1	135	0.00	201	2.20	*N/A*	22.50	6.60
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	0.19	*N/A*	5.26	0.98
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

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			1886	*10.25	2728	61.88	*0.00	240.29	*98.24
% of Calories				*4.89%		29.5%	*0.0%	51.0%	*20.8%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

## Friday - 09/10/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990195 RI STYLE PIZZA STRIPS w/ CHEESE CUBES	1 slice	1	379	9.41	747	16.31	*0.00	*0.00	*14.18
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
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	0.09	*N/A*	5.98	0.46
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	0.19	*N/A*	5.26	0.98
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

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (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			1892	*18.94	2787	65.70	*0.00	*204.41	*85.20
% of Calories				*9.01%		31.3%	*0.0%	*43.2%	*18.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Monday - 09/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990030 Turkey & Cheese Sandwich on Roll	1 sandwich	1	225	4.82	835	11.65	*N/A*	31.72	22.20
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
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
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1695	*13.41	2487	55.67	*0.00	244.41	*84.36
% of Calories				*7.12%		29.6%	*0.0%	57.7%	*19.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

## Tuesday - 09/14/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	1	421	3.93	1028	17.77	*0.00	36.14	*23.36
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
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
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1891	*12.52	2680	61.79	*0.00	248.83	*85.51
% of Calories				*5.96%		29.4%	*0.0%	52.6%	*18.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Wednesday - 09/15/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990060 Salami & Cheese Sandwich	1 sandwich	1	284	5.29	1146	15.07	*N/A*	16.66	21.32
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
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
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
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1856	*14.04	3118	59.65	*0.00	247.06	*88.95
% of Calories				*6.81%		28.9%	*0.0%	53.2%	*19.2%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Thursday - 09/16/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	1	421	3.93	1028	17.77	*0.00	36.14	*23.36
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
990179 Potato Salad, school made	2/3 cup	1	92	0.44	191	3.97	*0.00	13.13	1.29
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
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

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1941	*12.96	2831	65.50	*0.00	252.45	*85.34
% of Calories				*6.01%		30.4%	*0.0%	52.0%	*17.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Friday - 09/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
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
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
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1854	*15.13	2284	57.94	*0.00	255.50	*84.10
% of Calories				*7.34%		28.1%	*0.0%	55.1%	*18.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Monday - 09/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
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
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
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



# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1671	*14.41	2561	60.73	*0.00	230.02	*83.67
% of Calories				*7.76%		32.7%	*0.0%	55.1%	*20.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

## Tuesday - 09/21/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990091 Italian Sub Sandwich	1 sandwich	1	363	6.51	841	17.94	*N/A*	31.87	*14.12
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
990180 BROCCOLI, raw: fresh 1/2 cup	1/2 cup	1	10	0.00	10	0.12	*N/A*	1.79	1.06
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
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

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1858	*16.04	2836	67.39	*0.00	231.24	*85.76
% of Calories				*7.77%		32.6%	*0.0%	49.8%	*18.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Wednesday - 09/22/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	177	4.86	574	11.33	*N/A*	30.17	12.68
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
990181 Corn and Tomato Salsa	1/2 cup	1	25	0.00	2	0.21	*N/A*	5.91	0.90
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
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1687	*14.39	2562	60.86	*0.00	233.67	*84.17
% of Calories				*7.68%		32.5%	*0.0%	55.4%	*20.0%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Thursday - 09/23/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
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
990177 Italian Garbanzo Beans	1/2 cup	1	135	0.00	201	2.20	*N/A*	22.50	6.60
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	0.19	*N/A*	5.26	0.98
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
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1886	*10.25	2728	61.88	*0.00	240.29	*98.24
% of Calories				*4.89%		29.5%	*0.0%	51.0%	*20.8%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Friday - 09/24/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
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
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	0.09	*N/A*	5.98	0.46
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
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	0.00	*N/A*	13.00	9.00

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1897	*16.07	2672	63.31	*0.00	247.22	*92.96
% of Calories				*7.62%		30.0%	*0.0%	52.1%	*19.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Monday - 09/27/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990030 Turkey & Cheese Sandwich on Roll	1 sandwich	1	225	4.82	835	11.65	*N/A*	31.72	22.20
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	16.83	*0.00	46.72	22.89
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990179 Potato Salad, school made	2/3 cup	1	92	0.44	191	3.97	*0.00	13.13	1.29
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	0.84	*0.00	23.16	6.92
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
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

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			2042	*15.38	3463	69.61	*0.00	292.57	*93.37
% of Calories				*6.78%		30.7%	*0.0%	57.3%	*18.3%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

## Tuesday - 09/28/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	1	421	3.93	1028	17.77	*0.00	36.14	*23.36
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	16.83	*0.00	46.72	22.89
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
990180 BROCCOLI, raw: fresh 1/2 cup	1/2 cup	1	10	0.00	10	0.12	*N/A*	1.79	1.06
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
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

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			2053	*13.88	3175	71.14	*0.00	268.47	*87.83
% of Calories				*6.08%		31.2%	*0.0%	52.3%	*17.1%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Wednesday - 09/29/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990060 Salami & Cheese Sandwich	1 sandwich	1	284	5.29	1146	15.07	*N/A*	16.66	21.32
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	16.83	*0.00	46.72	22.89
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	543	*5.49	549	33.12	*0.00	48.24	*12.80
990182 Zucchini Coins Raw, 1/2 cup	1/2 cup	1	19	0.00	9	0.36	*N/A*	3.53	1.37
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
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

# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			1926	*15.23	3293	68.67	*0.00	250.72	*86.11
% of Calories				*7.12%		32.1%	*0.0%	52.1%	*17.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

### Thursday - 09/30/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	1	421	3.93	1028	17.77	*0.00	36.14	*23.36
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	16.83	*0.00	46.72	22.89
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
990183 CAULIFLOWER,raw: fresh, 1/2 cup	1/2 cup	1	11	0.00	13	0.12	*N/A*	2.11	0.82
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
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



# 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
990210 MILK 1% CARTON	1 each	1	110	1.50	125	2.50	*N/A*	13.00	8.00
Weighted Daily Average			2103	*15.26	3292	77.94	*0.00	265.70	*88.61
% of Calories				*6.53%		33.4%	*0.0%	50.5%	*16.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)
Weighted Averages	1884	*14.26	2844	64.35	*0.00	*247.05	*88.28
% of Calories		*6.81%		30.7%	*0.0%	*52.5%	*18.7%

\*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.