

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Menu Name: PPSD HS 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 |
| 990048 CHEESEBURGER, USDA Patty | sandwich | 1 | 310 | 8.53 | 361 | 22.88 | *0.00 | 29.39 | 20.41 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 428 | 6.75 | 750 | 15.14 | *N/A* | 47.65 | 25.66 |
| 990185 BBQ Pork Riblet on a Bun | 1 sandwich | 1 | 295 | 4.79 | 800 | 16.74 | *N/A* | 33.57 | 25.35 |
| 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 |
| 990057 Buffalo Chicken Sub | 1 sandwich | 1 | 357 | 3.18 | 804 | 11.83 | *N/A* | 39.66 | *16.10 |
| 990031 Chicken Caesar Salad w/ Breadstick - Secondary | 1 salad | 1 | 282 | 1.42 | 552 | 7.50 | *0.00 | 33.78 | 20.88 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 990055 Sunbutter & Jelly Sandwich | 1 sandwich | 1 | 543 | *5.49 | 549 | 33.12 | *0.00 | 48.24 | *12.80 |

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990111 Steamed Corn, 1/2 cup | 1/2 cup | 1 | 91 | 0.00 | 1 | 0.76 | *N/A* | 21.88 | 2.89 |
| 990043 Celery Sticks, fresh | 1/2 cup | 1 | 9 | 0.00 | 52 | 0.11 | *N/A* | 1.92 | 0.44 |
| 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 |
| 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 | | | 5334 | *58.89 | 8817 | 194.89 | *0.00 | 674.93 | *286.15 |
| % of Calories | | | | *9.94% | | 32.9% | *0.0% | 50.6% | *21.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990096 Macaroni & Cheese w/ dinner roll | 1 cup | 1 | 767 | 9.21 | 1648 | 27.99 | *0.00 | 101.79 | 33.20 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990185 BBQ Pork Riblet on a Bun | 1 sandwich | 1 | 295 | 4.79 | 800 | 16.74 | *N/A* | 33.57 | 25.35 |
| 990048 CHEESEBURGER, USDA Patty | sandwich | 1 | 310 | 8.53 | 361 | 22.88 | *0.00 | 29.39 | 20.41 |
| 990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 428 | 6.75 | 750 | 15.14 | *N/A* | 47.65 | 25.66 |
| 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 |
| 990057 Buffalo Chicken Sub | 1 sandwich | 1 | 357 | 3.18 | 804 | 11.83 | *N/A* | 39.66 | *16.10 |
| 990031 Chicken Caesar Salad w/ Breadstick - Secondary | 1 salad | 1 | 282 | 1.42 | 552 | 7.50 | *0.00 | 33.78 | 20.88 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 990055 Sunbutter & Jelly Sandwich | 1 sandwich | 1 | 543 | *5.49 | 549 | 33.12 | *0.00 | 48.24 | *12.80 |
| 990054 Broccoli, fresh, blanched | 1/2 cup | 1 | 21 | 0.00 | 20 | 0.26 | *N/A* | 3.82 | 2.25 |
| 990043 Celery Sticks, fresh | 1/2 cup | 1 | 9 | 0.00 | 52 | 0.11 | *N/A* | 1.92 | 0.44 |
| 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 |

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) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 | | | 5435 | *66.25 | 9429 | 208.75 | *0.00 | 669.36 | *294.23 |
| % of Calories | | | | *10.97% | | 34.6% | *0.0% | 49.3% | *21.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=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 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990076 Turkey Ham & Cheese Sandwich on Wheat | 1 sandwich | 1 | 177 | 4.86 | 574 | 11.33 | *N/A* | 30.17 | 12.68 |
| 990031 Chicken Caesar Salad w/ Breadstick - Secondary | 1 salad | 1 | 282 | 1.42 | 552 | 7.50 | *0.00 | 33.78 | 20.88 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 990055 Sunbutter & Jelly Sandwich | 1 sandwich | 1 | 543 | *5.49 | 549 | 33.12 | *0.00 | 48.24 | *12.80 |
| 990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 384 | 6.54 | 632 | 13.92 | *N/A* | 42.81 | 21.94 |
| 990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 428 | 6.75 | 750 | 15.14 | *N/A* | 47.65 | 25.66 |

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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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 404 | 7.22 | 701 | 15.74 | *N/A* | 42.89 | 22.78 |
| 990185 BBQ Pork Riblet on a Bun | 1 sandwich | 1 | 295 | 4.79 | 800 | 16.74 | *N/A* | 33.57 | 25.35 |
| 990034 Carrots, baby cut, ready to serve | 1/2 cup | 1 | 25 | 0.00 | 57 | 0.09 | *N/A* | 5.98 | 0.46 |
| 990044 Cucumber, fresh 1/2 cup | 1/2 cup | 1 | 9 | 0.02 | 1 | 0.07 | 0.00 | 2.26 | 0.40 |
| 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 | | | 4564 | *53.51 | 7396 | 175.59 | *0.00 | 588.18 | *261.80 |
| % of Calories | | | | *10.55% | | 34.6% | *0.0% | 51.5% | *22.9% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=0 | | | |

Tuesday - 09/14/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990185 BBQ Pork Riblet on a Bun | 1 sandwich | 1 | 295 | 4.79 | 800 | 16.74 | *N/A* | 33.57 | 25.35 |
| 990076 Turkey Ham & Cheese Sandwich on Wheat | 1 sandwich | 1 | 177 | 4.86 | 574 | 11.33 | *N/A* | 30.17 | 12.68 |
| 990057 Buffalo Chicken Sub | 1 sandwich | 1 | 357 | 3.18 | 804 | 11.83 | *N/A* | 39.66 | *16.10 |
| 990173 Chicken Caesar Salad w/ Breadstick - Elementary | 1 salad | 1 | 272 | 1.42 | 547 | 7.33 | *0.00 | 31.91 | 20.18 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 384 | 6.54 | 632 | 13.92 | *N/A* | 42.81 | 21.94 |
| 990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 428 | 6.75 | 750 | 15.14 | *N/A* | 47.65 | 25.66 |
| 990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 404 | 7.22 | 701 | 15.74 | *N/A* | 42.89 | 22.78 |
| 990052 Garden Salad, side salad | 1 cup | 1 | 26 | 0.00 | 36 | 0.27 | *0.00 | 5.46 | 1.45 |
| 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 |
| 990033 Pears, canned, dice | 1/2 cup | 1 | 77 | 0.00 | 6 | 0.00 | *N/A* | 20.40 | 0.00 |
| 990044 Cucumber, fresh 1/2 cup | 1/2 cup | 1 | 9 | 0.02 | 1 | 0.07 | 0.00 | 2.26 | 0.40 |
| 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 | | | 4510 | *54.75 | 7803 | *176.55 | *0.00 | *573.12 | *253.79 |
| % of Calories | | | | *10.93% | | *35.2% | *0.0% | *50.8% | *22.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=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 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990185 BBQ Pork Riblet on a Bun | 1 sandwich | 1 | 295 | 4.79 | 800 | 16.74 | *N/A* | 33.57 | 25.35 |
| 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 |

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990055 Sunbutter & Jelly Sandwich | 1 sandwich | 1 | 543 | *5.49 | 549 | 33.12 | *0.00 | 48.24 | *12.80 |
| 990057 Buffalo Chicken Sub | 1 sandwich | 1 | 357 | 3.18 | 804 | 11.83 | *N/A* | 39.66 | *16.10 |
| 990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 384 | 6.54 | 632 | 13.92 | *N/A* | 42.81 | 21.94 |
| 990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 428 | 6.75 | 750 | 15.14 | *N/A* | 47.65 | 25.66 |
| 990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 404 | 7.22 | 701 | 15.74 | *N/A* | 42.89 | 22.78 |
| 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 |
| 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 |
| 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 | | | 4789 | *60.88 | 8566 | 196.21 | *0.91 | 590.40 | *257.17 |
| % of Calories | | | | *11.44% | | 36.9% | *0.2% | 49.3% | *21.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=0 | | | |

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

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 |
| 990129 Sausage Link, turkey | 2 each | 1 | 125 | 2.32 | 332 | 9.34 | *N/A* | 0.00 | 9.34 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990185 BBQ Pork Riblet on a Bun | 1 sandwich | 1 | 295 | 4.79 | 800 | 16.74 | *N/A* | 33.57 | 25.35 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 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 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 990055 Sunbutter & Jelly Sandwich | 1 sandwich | 1 | 543 | *5.49 | 549 | 33.12 | *0.00 | 48.24 | *12.80 |
| 990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 384 | 6.54 | 632 | 13.92 | *N/A* | 42.81 | 21.94 |
| 990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 428 | 6.75 | 750 | 15.14 | *N/A* | 47.65 | 25.66 |
| 990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 404 | 7.22 | 701 | 15.74 | *N/A* | 42.89 | 22.78 |
| 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 |

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|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 | | | 4878 | *58.11 | 8890 | 192.74 | *0.02 | 623.65 | *264.66 |
| % of Calories | | | | *10.72% | | 35.6% | *0.0% | 51.1% | *21.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=0 | | | |

Friday - 09/17/2021

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990045 Chicken Broccoli Alfredo Pasta | 1 cup | 1 | 401 | 0.87 | 163 | 5.80 | *0.00 | 64.50 | 26.41 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990185 BBQ Pork Riblet on a Bun | 1 sandwich | 1 | 295 | 4.79 | 800 | 16.74 | *N/A* | 33.57 | 25.35 |
| 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 |

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 428 | 6.75 | 750 | 15.14 | *N/A* | 47.65 | 25.66 |
| 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 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 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 |
| 990052 Garden Salad, side salad | 1 cup | 1 | 26 | 0.00 | 36 | 0.27 | *0.00 | 5.46 | 1.45 |
| 990054 Broccoli, fresh, blanched | 1/2 cup | 1 | 21 | 0.00 | 20 | 0.26 | *N/A* | 3.82 | 2.25 |
| 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 | | | 4507 | *52.35 | 7148 | 169.58 | *0.00 | 588.03 | *265.02 |
| % of Calories | | | | *10.45% | | 33.9% | *0.0% | 52.2% | *23.5% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=0 | | | |

Base Menu Spreadsheet

Weighted Values

Sep 8, 2021 thru Sep 30, 2021

Monday - 09/20/2021

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990194 CHICKEN FRIED RICE W/ DUMPLINGS | 1 CUP | 1 | 392 | *0.18 | 424 | *5.08 | *0.00 | 69.81 | *16.44 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990073 Italian Sausage Sub | 1 sandwich | 1 | 570 | 11.54 | 911 | 35.03 | *N/A* | 36.87 | *17.95 |
| 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 |
| 990071 Italian Sausage Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 418 | 7.50 | 727 | 16.89 | *N/A* | 43.34 | 23.43 |
| 990107 Turkey BLT Salad w/ Breadstick - Elementary | 1 salad | 1 | 333 | 2.36 | 969 | 12.75 | *0.00 | 27.79 | 29.02 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 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 |
| 990052 Garden Salad, side salad | 1 cup | 1 | 26 | 0.00 | 36 | 0.27 | *0.00 | 5.46 | 1.45 |
| 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 |

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 | | | 4654 | *55.25 | 7279 | *183.07 | *0.00 | 560.07 | *240.38 |
| % of Calories | | | | *10.68% | | *35.4% | *0.0% | 48.1% | *20.7% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=0 | | | |

Tuesday - 09/21/2021

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990091 Italian Sub Sandwich | 1 sandwich | 1 | 363 | 6.51 | 841 | 17.94 | *N/A* | 31.87 | *14.12 |
| 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 |
| 990071 Italian Sausage Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 418 | 7.50 | 727 | 16.89 | *N/A* | 43.34 | 23.43 |

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990107 Turkey BLT Salad w/ Breadstick - Elementary | 1 salad | 1 | 333 | 2.36 | 969 | 12.75 | *0.00 | 27.79 | 29.02 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 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 |
| 990052 Garden Salad, side salad | 1 cup | 1 | 26 | 0.00 | 36 | 0.27 | *0.00 | 5.46 | 1.45 |
| 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 | | | 4512 | *53.41 | 7745 | 177.67 | *0.00 | 542.05 | *243.90 |
| % of Calories | | | | *10.65% | | 35.4% | *0.0% | 48.1% | *21.6% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=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 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990091 Italian Sub Sandwich | 1 sandwich | 1 | 363 | 6.51 | 841 | 17.94 | *N/A* | 31.87 | *14.12 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 384 | 6.54 | 632 | 13.92 | *N/A* | 42.81 | 21.94 |
| 990071 Italian Sausage Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 418 | 7.50 | 727 | 16.89 | *N/A* | 43.34 | 23.43 |
| 990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 404 | 7.22 | 701 | 15.74 | *N/A* | 42.89 | 22.78 |
| 990107 Turkey BLT Salad w/ Breadstick - Elementary | 1 salad | 1 | 333 | 2.36 | 969 | 12.75 | *0.00 | 27.79 | 29.02 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 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 |
| 990052 Garden Salad, side salad | 1 cup | 1 | 26 | 0.00 | 36 | 0.27 | *0.00 | 5.46 | 1.45 |
| 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 |

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 | | | 4817 | *52.06 | 8190 | 175.71 | *0.00 | 607.88 | *253.41 |
| % of Calories | | | | *9.73% | | 32.8% | *0.0% | 50.5% | *21.0% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=0 | | | |

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 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 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 |
| 990071 Italian Sausage Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 418 | 7.50 | 727 | 16.89 | *N/A* | 43.34 | 23.43 |
| 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 |

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 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 |
| 990052 Garden Salad, side salad | 1 cup | 1 | 26 | 0.00 | 36 | 0.27 | *0.00 | 5.46 | 1.45 |
| 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 | | | 4518 | *52.71 | 7910 | 172.56 | *1.52 | 557.48 | *252.93 |
| % of Calories | | | | *10.50% | | 34.4% | *0.3% | 49.4% | *22.4% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990203 Beef Picadillo | 1/2 cup | 1 | 245 | 3.40 | 1405 | *13.29 | *0.00 | *12.85 | *15.15 |
| 990029 Rice Pilaf | 1 cup | 1 | 218 | 0.00 | 70 | 1.85 | *0.00 | 46.26 | 5.32 |
| 990047 HAMBURGER, USDA Patty | sandwich | 1 | 260 | 6.12 | 361 | 18.33 | *0.00 | 28.89 | 17.88 |
| 990046 Chicken Patty Sandwich | 1 sandwich | 1 | 292 | 1.70 | 623 | 14.88 | *N/A* | 41.73 | 20.74 |
| 990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 384 | 6.54 | 632 | 13.92 | *N/A* | 42.81 | 21.94 |
| 990071 Italian Sausage Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 418 | 7.50 | 727 | 16.89 | *N/A* | 43.34 | 23.43 |
| 990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16" | slice | 1 | 404 | 7.22 | 701 | 15.74 | *N/A* | 42.89 | 22.78 |
| 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 |
| 990053 Garden Salad w/ Breadstick | 1 each | 1 | 391 | 4.92 | 878 | 13.40 | *0.00 | 43.38 | 27.19 |
| 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 |
| 990052 Garden Salad, side salad | 1 cup | 1 | 26 | 0.00 | 36 | 0.27 | *0.00 | 5.46 | 1.45 |
| 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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 | | | 4498 | *53.46 | 8258 | *175.88 | *0.00 | *540.17 | *240.96 |
| % of Calories | | | | *10.70% | | *35.2% | *0.0% | *48.0% | *21.4% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=0 | | | |

Monday - 09/27/2021

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 |

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 | | | 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 | | | 750 - 850 | <10 | 1420 | <=0 | | | |

Tuesday - 09/28/2021

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 990077 General Tso's Chicken | 12 piece | 1 | 313 | 1.13 | 1145 | 9.02 | *N/A* | 37.40 | 19.57 |
| 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 |

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 | | | 2124 | *15.94 | 3859 | 73.70 | *0.00 | 300.33 | *96.99 |
| % of Calories | | | | *6.75% | | 31.2% | *0.0% | 56.6% | *18.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | <=0 | | | |

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 |

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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 | | | 750 - 850 | <10 | 1420 | <=0 | | | |

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 |

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| 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 | | | 750 - 850 | <10 | 1420 | <=0 | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | T-Fat (g) | Tr-Fat ² (g) | Carb (g) | Protn (g) |
|-------------------|--------------------------|------------------------|------------------------|-----------|-------------------------|----------|-----------|
| Weighted Averages | 4139 | *47.27 | 7019 | *159.56 | *0.29 | *523.78 | *220.53 |
| % of Calories | | *10.28% | | *34.7% | *0.1% | *50.6% | *21.3% |

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.