

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: PPSD MS Cafe Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990089 Turkey Hot Dog	1 each	1	263	2.53	516	4	10.63	26.29	2.02
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21	*2.43
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68	3.00
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85	*2.03
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26	*4.96
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990095 Creamy Cole Slaw	1/2 cup	1	68	0.49	96	4	4.50	7.52	1.37
990119 Sweet Potato Fries, 1/2 cup	1/2 cup	1	240	1.13	307	9	12.01	32.02	2.67
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			5590	*59.32	12068	*169	*239.87	*480.02	*47.33
% of Calories				*9.55%		*12.1%	*38.6%	*34.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Tuesday - 11/02/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990096 Macaroni & Cheese w/ dinner roll	1 cup	1	778	10.80	1657	9	30.08	102.25	*11.15
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85	*2.03
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21	*2.43
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68	3.00
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26	*4.96
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990177 Italian Garbanzo Beans	1/2 cup	1	134	0.00	201	0	2.20	22.50	5.50

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990054 Broccoli, fresh, blanched	1/2 cup	1	21	0.00	20	1	0.26	3.82	1.74
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			5951	*65.96	13027	*162	*245.28	*542.77	*59.66
% of Calories				*9.98%		*10.9%	*37.1%	*36.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Wednesday - 11/03/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990103 Popcorn Chicken Bowl	1 each	1	664	5.11	1412	3	23.88	75.02	8.69
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85	*2.03
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21	*2.43

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68	3.00
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26	*4.96
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990111 Steamed Corn, 1/2 cup	1/2 cup	1	91	0.00	1	0	0.76	21.88	2.77
990070 Potato, mashed signature	1/2 cup	1	84	0.53	108	1	1.05	15.80	1.05
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			5858	*60.79	12671	*156	*238.43	*526.89	*53.78
% of Calories				*9.34%		*10.7%	*36.6%	*36.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Thursday - 11/04/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990098 Sazon Roasted Turkey	2 oz	1	160	2.81	791	0	8.44	0.00	0.00
990099 Steamed Rice and Beans	1/2 cup	1	457	0.00	177	4	2.61	92.42	10.92
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85	*2.03
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21	*2.43
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68	3.00
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26	*4.96
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	3	0.19	5.26	1.93
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	3	0.23	4.41	1.36
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			5679	*57.97	12127	*161	*224.20	*516.28	*55.48
% of Calories				*9.19%		*11.3%	*35.5%	*36.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Friday - 11/05/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990206 BREADED CHICKEN DRUMSTICK, TYSON	1 DRUMSTICK	1	347	4.56	821	0	20.08	9.12	1.82
990157 BISCUIT BKD WG EZ SPLIT	1 each	1	189	4.04	296	2	8.09	25.16	1.80
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85	*2.03
990104 Grilled Chicken Breast Sandwich on Bun	1 sandwich	1	294	1.13	315	4	6.08	27.44	2.03
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21	*2.43
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68	3.00
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26	*4.96
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990095 Creamy Cole Slaw	1/2 cup	1	68	0.49	96	4	4.50	7.52	1.37
990119 Sweet Potato Fries, 1/2 cup	1/2 cup	1	240	1.13	307	9	12.01	32.02	2.67
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			6157	*66.52	12985	*171	*263.48	*515.46	*50.97
% of Calories				*9.72%		*11.1%	*38.5%	*33.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Monday - 11/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990028 ALL WHITE MEAT CHICKEN TENDERS	3.45 oz	1	226	2.00	350	1	10.00	14.00	1.50
990029 Rice Pilaf	1 cup	1	218	0.00	70	2	1.85	46.26	3.49
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990031 Chicken Caesar Salad w/ Breadstick - Secondary	1 salad	1	282	1.42	542	5	7.50	33.78	5.42
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	445	7.74	556	*12	17.52	47.47	*5.30
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990057 Buffalo Chicken Sub	1 sandwich	1	360	3.18	808	6	11.87	39.13	5.14
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98	2.10
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	1	0.07	2.26	0.31
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47	2.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4289	*48.00	5779	*176	151.72	524.89	*62.92
% of Calories				*10.07%		*16.4%	31.8%	49.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Tuesday - 11/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990174 CHEESY DUNKERS, Stuffed Sticks WG	2 each	1	290	6.00	500	5	11.01	28.02	2.00
990175 Heinz Marinara Sauce, Side	2 oz	1	25	0.06	18	2	0.48	4.63	0.93
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990057 Buffalo Chicken Sub	1 sandwich	1	360	3.18	808	6	11.87	39.13	5.14
990031 Chicken Caesar Salad w/ Breadstick - Secondary	1 salad	1	282	1.42	542	5	7.50	33.78	5.42
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	445	7.74	556	*12	17.52	47.47	*5.30
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0	0.77	8.77	3.73
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47	2.43
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	1	0.07	2.26	0.31
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			3600	48.06	5318	*160	115.98	450.52	*52.41
% of Calories				12.02%		*17.8%	29.0%	50.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Wednesday - 11/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990035 Beef and Cheese Nachos	1 each	1	555	9.62	1192	2	30.14	45.20	4.57
001051 SALSA:COMMODITY	OZ	1	10	0.01	122	*N/A*	0.06	1.98	0.40
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990031 Chicken Caesar Salad w/ Breadstick - Secondary	1 salad	1	282	1.42	542	5	7.50	33.78	5.42
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990057 Buffalo Chicken Sub	1 sandwich	1	360	3.18	808	6	11.87	39.13	5.14
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	445	7.74	556	*12	17.52	47.47	*5.30
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	*1	0.84	23.16	6.95
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98	2.10
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47	2.43
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4138	*50.78	6175	*169	157.26	489.58	*64.52
% of Calories				*11.04%		*16.3%	34.2%	47.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Thursday - 11/11/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990037 French Toast Sticks	4 Sticks	1	503	3.62	1168	*N/A*	14.40	75.76	2.60
000349 SYRUP,PANCAKE	1 TBSP	1	46	0.00	16	4	0.00	12.06	0.00
990129 Sausage Link, turkey	2 each	1	120	2.00	180	0	8.00	0.00	0.00
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990031 Chicken Caesar Salad w/ Breadstick - Secondary	1 salad	1	282	1.42	542	5	7.50	33.78	5.42
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	445	7.74	556	*12	17.52	47.47	*5.30
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990038 Home Fries	1/2 cup	1	146	0.68	444	0	5.79	21.66	2.71

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	1	0.11	1.92	1.03
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47	2.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4249	*49.09	6318	*166	155.86	523.20	*54.94
% of Calories				*10.40%		*15.6%	33.0%	49.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Friday - 11/12/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990045 Chicken Broccoli Alfredo Pasta	1 cup	1	401	0.87	163	4	5.80	64.50	9.30
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	445	7.74	556	*12	17.52	47.47	*5.30

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990031 Chicken Caesar Salad w/ Breadstick - Secondary	1 salad	1	282	1.42	542	5	7.50	33.78	5.42
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	1	0.11	1.92	1.03
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78
990054 Broccoli, fresh, blanched	1/2 cup	1	21	0.00	20	1	0.26	3.82	1.74
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47	2.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			3882	*43.66	4728	*169	134.01	487.49	*62.45
% of Calories				*10.12%		*17.4%	31.1%	50.2%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Monday - 11/15/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990194 CHICKEN FRIED RICE W/ DUMPLINGS	1 CUP	1	514	0.55	700	*3	8.55	85.53	6.05
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85	*2.03
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36	2.28
990202 Asian Chicken on Sub Roll	1 sandwich	1	397	1.56	900	21	10.67	56.32	4.26
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86	*4.70
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	3	0.23	4.41	1.36
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78
990112 Steamed Green Beans, 1/2 cup	1/2 cup	1	32	0.00	1	2	0.19	7.32	3.36
990108 Canned Peaches, 1/2 cup	1/2 cup	1	46	*N/A*	*N/A*	9	*N/A*	10.97	0.91
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4089	*36.19	*6150	*169	*149.65	485.33	*54.68
% of Calories				*7.97%		*16.5%	*32.9%	47.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Tuesday - 11/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990064 Meatball Sauce, 5 chicken, USDA spag sauce	5 meatballs	1	224	3.43	589	6	11.14	14.84	3.07
990065 Penne Pasta, cooked	1 cup	1	223	0.25	305	2	5.06	40.50	5.06
990209 BREAD, DINNER ROLL, WG	1 each	1	93	0.00	175	2	1.03	16.45	1.03
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990047 HAMBURGER, USDA Patty	sandwich	1	352	6.12	356	4	18.36	28.35	2.03
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36	2.28
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86	*4.70
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0	0.77	8.77	3.73
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	3	0.23	4.41	1.36

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78
990108 Canned Peaches, 1/2 cup	1/2 cup	1	46	*N/A*	*N/A*	9	*N/A*	10.97	0.91
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			3677	*35.35	*5685	153	*143.68	416.21	*53.89
% of Calories				*8.65%		16.6%	*35.2%	45.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Wednesday - 11/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990066 Chicken Fajita, 6"	1 each	1	390	4.43	1032	5	14.72	41.57	4.81
990067 Yellow Rice	1 cup	1	254	0.15	261	*1	3.70	49.50	4.17
001051 SALSA:COMMODITY	OZ	1	10	0.01	122	*N/A*	0.06	1.98	0.40
990047 HAMBURGER, USDA Patty	sandwich	1	352	6.12	356	4	18.36	28.35	2.03

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36	2.28
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86	*4.70
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	*1	0.84	23.16	6.95
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78
990111 Steamed Corn, 1/2 cup	1/2 cup	1	91	0.00	1	0	0.76	21.88	2.77
990108 Canned Peaches, 1/2 cup	1/2 cup	1	46	*N/A*	*N/A*	9	*N/A*	10.97	0.91
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			3949	*36.43	*6315	*148	*145.53	469.34	*58.73
% of Calories				*8.30%		*15.0%	*33.2%	47.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Thursday - 11/18/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990068 BBQ Pulled Pork Sandwich	1 sandwich	1	363	2.55	1009	5	9.63	35.94	2.03
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85	*2.03
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36	2.28
990202 Asian Chicken on Sub Roll	1 sandwich	1	397	1.56	900	21	10.67	56.32	4.26
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86	*4.70
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990069 Baked Beans, vegetarian	1/2 cup	1	112	0.00	143	5	1.01	20.41	5.10
990113 Roasted Potatoes	1/2 cup	1	137	0.12	34	1	1.48	28.06	3.18
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78
990108 Canned Peaches, 1/2 cup	1/2 cup	1	46	*N/A*	*N/A*	9	*N/A*	10.97	0.91
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4136	*38.31	*6629	173	*152.80	472.48	*54.22
% of Calories				*8.34%		16.7%	*33.2%	45.7%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Friday - 11/19/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990203 Beef Picadillo	1/2 cup	1	173	*2.22	1017	*3	7.48	*10.27	*2.34
990029 Rice Pilaf	1 cup	1	218	0.00	70	2	1.85	46.26	3.49
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85	*2.03
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36	2.28
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18	4.61
990202 Asian Chicken on Sub Roll	1 sandwich	1	397	1.56	900	21	10.67	56.32	4.26
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86	*4.70
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	3	0.19	5.26	1.93

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990208 PLANTAIN SLICED SWEET FRZN 4/6LB	1/2 cup	1	204	0.00	28	27	3.97	38.56	2.27
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46	1.78
990108 Canned Peaches, 1/2 cup	1/2 cup	1	46	*N/A*	*N/A*	9	*N/A*	10.97	0.91
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4141	*37.86	*6563	*196	*154.17	*488.42	*53.92
% of Calories				*8.23%		*18.9%	*33.5%	*47.2%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Monday - 11/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990083 Beef Patty Melt Sandwich	1 sandwich	1	477	8.38	423	9	24.67	38.33	*3.38
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75	3.49

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990086 BBQ Chicken Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	453	7.52	605	*8	17.30	46.15	5.08
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72	8.56
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990118 Zucchini Coins, 1/2 cup	1/2 cup	1	33	0.11	9	3	1.81	3.75	1.28
990069 Baked Beans, vegetarian	1/2 cup	1	112	0.00	143	5	1.01	20.41	5.10
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85	1.27
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4590	*57.29	6505	*179	184.80	513.03	*63.59
% of Calories				*11.23%		*15.6%	36.2%	44.7%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Tuesday - 11/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990098 Sazon Roasted Turkey	2 oz	1	160	2.81	791	0	8.44	0.00	0.00
990219 Turkey Gravy	1 ounce	1	9	0.00	367	1	0.30	0.59	0.00
990218 BREAD STUFFING, WHOLE GRAIN	1/2 cup	1	156	*1.92	635	*2	6.29	21.20	1.82
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75	3.49
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72	8.56
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990086 BBQ Chicken Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	453	7.52	605	*8	17.30	46.15	5.08
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98	2.10
990070 Potato, mashed signature	1/2 cup	1	84	0.53	108	1	1.05	15.80	1.05
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85	1.27
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4404	*54.06	7887	*169	173.48	494.11	*58.82
% of Calories				*11.05%		*15.3%	35.5%	44.9%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Wednesday - 11/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990078 Hot Fish Sandwich	1 sandwich	1	344	0.00	507	5	9.11	43.61	3.04
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75	3.49
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72	8.56
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990086 BBQ Chicken Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	453	7.52	605	*8	17.30	46.15	5.08

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990113 Roasted Potatoes	1/2 cup	1	137	0.12	34	1	1.48	28.06	3.18
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0	0.77	8.77	3.73
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85	1.27
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4492	*48.93	6537	*169	168.67	530.97	*63.79
% of Calories				*9.80%		*15.0%	33.8%	47.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Thursday - 11/25/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990079 Shepherd's Pie	8 oz	1	733	10.78	1771	*6	34.98	60.33	3.63

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75	3.49
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72	8.56
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990086 BBQ Chicken Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	453	7.52	605	*8	17.30	46.15	5.08
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	1	0.11	1.92	1.03
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98	2.10
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85	1.27
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4736	*59.59	7809	*173	192.49	518.78	*60.61
% of Calories				*11.32%		*14.6%	36.6%	43.8%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Friday - 11/26/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990085 Chicken Parmesan Sandwich	1 sandwich	1	542	11.64	1274	10	25.20	45.85	6.39
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75	3.49
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72	8.56
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990043 Celery Sticks, fresh	1/2 cup	1	9	0.00	52	1	0.11	1.92	1.03
990082 Roasted Cauliflower Florets	1/2 cup	1	79	0.33	94	*3	5.15	7.71	3.06
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85	1.27

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4146	*53.25	6744	*168	170.48	459.87	*59.24
% of Calories				*11.56%		*16.2%	37.0%	44.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Monday - 11/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990083 Beef Patty Melt Sandwich	1 sandwich	1	477	8.38	423	9	24.67	38.33	*3.38
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75	3.49
990086 BBQ Chicken Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	453	7.52	605	*8	17.30	46.15	5.08
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72	8.56
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990118 Zucchini Coins, 1/2 cup	1/2 cup	1	33	0.11	9	3	1.81	3.75	1.28
990069 Baked Beans, vegetarian	1/2 cup	1	112	0.00	143	5	1.01	20.41	5.10
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85	1.27
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4590	*57.29	6505	*179	184.80	513.03	*63.59
% of Calories				*11.23%		*15.6%	36.2%	44.7%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

Tuesday - 11/30/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990077 General Tso's Chicken	12 piece	1	316	1.13	883	22	9.02	38.08	2.58
990204 VEGETABLE FRIED RICE	1 CUP	1	345	0.30	385	*1	3.69	69.91	5.04
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63	*2.10
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75	3.49
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72	8.56
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12	*5.03
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63	5.02
990086 BBQ Chicken Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	453	7.52	605	*8	17.30	46.15	5.08
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75	5.02
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54	10.08
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98	2.10
990054 Broccoli, fresh, blanched	1/2 cup	1	21	0.00	20	1	0.26	3.82	1.74
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85	1.27
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38	0.25

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			4676	*50.24	7275	*190	170.38	568.34	*65.30
% of Calories				*9.67%		*16.3%	32.8%	48.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0		

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
Weighted Averages	4592	*50.68	*7809	*169	*178.05	*499.41	*57.95
% of Calories		*9.93%		*14.7%	*34.9%	*43.5%	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

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.