

# Base Menu Spreadsheet

## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

**Menu Name:** PPSD MS Cafe Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Friday - 10/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990085 Chicken Parmesan Sandwich	1 sandwich	1	542	11.64	1274	10	25.20	45.85
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75
990075 Buffalo Chicken Salad w/ Breadstick - Elementary	1 salad	1	411	2.78	1047	7	16.68	45.12
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990032 Caesar Side Salad	1/2 cup	1	76	1.40	209	*0	6.98	2.89
990082 Roasted Cauliflower Florets	1/2 cup	1	79	0.33	94	*3	5.15	7.71
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			4177	*52.43	6966	*161	173.85	456.54
% of Calories				*11.30%		*15.4%	37.5%	43.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

## Monday - 10/04/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990089 Turkey Hot Dog	1 each	1	263	2.53	516	4	10.63	26.29
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21
990094 Chef Salad w/ Breadstick - Elementary	1 salad	1	259	3.21	579	*6	9.25	28.57
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990095 Creamy Cole Slaw	1/2 cup	1	68	0.49	96	4	4.50	7.52
990119 Sweet Potato Fries, 1/2 cup	1/2 cup	1	240	1.13	307	9	12.01	32.02
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			4421	*45.41	10745	*147	*189.48	*373.92
% of Calories				*9.24%		*13.3%	*38.6%	*33.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

## Tuesday - 10/05/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990096 Macaroni & Cheese w/ dinner roll	1 cup	1	778	10.80	1657	9	30.08	102.25
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85
990104 Grilled Chicken Breast Sandwich on Bun	1 sandwich	1	294	1.13	315	4	6.08	27.44
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990177 Italian Garbanzo Beans	1/2 cup	1	134	0.00	201	0	2.20	22.50
990054 Broccoli, fresh, blanched	1/2 cup	1	21	0.00	20	1	0.26	3.82
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			6220	*64.87	13425	*160	*248.02	*567.51
% of Calories				*9.39%		*10.3%	*35.9%	*36.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

### Wednesday - 10/06/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990103 Popcorn Chicken Bowl	1 each	1	664	5.11	1412	3	23.88	75.02

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990111 Steamed Corn, 1/2 cup	1/2 cup	1	91	0.00	1	0	0.76	21.88
990070 Potato, mashed signature	1/2 cup	1	84	0.53	108	1	1.05	15.80
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			5832	*58.57	12753	*150	*235.09	*524.19
% of Calories				*9.04%		*10.3%	*36.3%	*36.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

### Thursday - 10/07/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990098 Sazon Roasted Turkey	2 oz	1	160	2.81	791	0	8.44	0.00
990099 Steamed Rice and Beans	1/2 cup	1	457	0.00	177	4	2.61	92.42
990104 Grilled Chicken Breast Sandwich on Bun	1 sandwich	1	294	1.13	315	4	6.08	27.44
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	3	0.19	5.26
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	3	0.23	4.41
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			5948	*56.88	12524	*159	*226.95	*541.02
% of Calories				*8.61%		*10.7%	*34.3%	*36.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

### Friday - 10/08/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990105 CHICKEN DRUMSTICK CKD	1 each	1	137	1.25	78	0	6.42	0.00
990157 BISCUIT BKD WG EZ SPLIT	1 each	1	189	4.04	296	2	8.09	25.16
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990104 Grilled Chicken Breast Sandwich on Bun	1 sandwich	1	294	1.13	315	4	6.08	27.44
990091 Italian Sub Sandwich	1 sandwich	1	2041	27.86	7353	*5	*100.78	*72.21
990205 CHICKEN BRUSCHETTA ON TORPEDO	1 sandwich	1	346	1.45	410	*6	*9.04	31.68
990092 Chef Salad w/ Breadstick - Secondary	1 salad	1	269	3.21	601	*6	9.41	30.26
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990095 Creamy Cole Slaw	1/2 cup	1	68	0.49	96	4	4.50	7.52
990119 Sweet Potato Fries, 1/2 cup	1/2 cup	1	240	1.13	307	9	12.01	32.02
990117 Applesauce, 1/2 cup	1/2 cup	1	56	0.00	14	17	0.00	13.94
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
990210 MILK 1% CARTON	1 each	1	110	1.00	125	12	2.00	13.00
990212 MILK FAT FREE CHOCOLATE CARTON	1 each	1	120	0.00	200	20	0.00	21.00
990211 MILK FAT FREE CARTON	1 each	1	90	0.00	130	12	0.00	13.00
Weighted Daily Average			5922	*60.99	12324	*165	*246.48	*503.63
% of Calories				*9.27%		*11.1%	*37.5%	*34.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	



# Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Monday - 10/11/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990028 ALL WHITE MEAT CHICKEN TENDERS	3.45 oz	1	226	2.00	350	1	10.00	14.00
990029 Rice Pilaf	1 cup	1	218	0.00	70	2	1.85	46.26
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990031 Chicken Caesar Salad w/ Breadstick - Secondary	1 salad	1	282	1.42	542	5	7.50	33.78
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	445	7.74	556	*12	17.52	47.47
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990057 Buffalo Chicken Sub	1 sandwich	1	360	3.18	808	6	11.87	39.13
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	1	0.07	2.26
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			4289	*48.00	5779	*176	151.72	524.89
% of Calories				*10.07%		*16.4%	31.8%	49.0%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

## Tuesday - 10/12/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990174 CHEESY DUNKERS, Stuffed Sticks WG	2 each	1	290	6.00	500	5	11.01	28.02
990175 Heinz Marinara Sauce, Side	2 oz	1	25	0.06	18	2	0.48	4.63
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990057 Buffalo Chicken Sub	1 sandwich	1	360	3.18	808	6	11.87	39.13
990031 Chicken Caesar Salad w/ Breadstick - Secondary	1 salad	1	282	1.42	542	5	7.50	33.78
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	445	7.74	556	*12	17.52	47.47
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0	0.77	8.77
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47
990044 Cucumber, fresh 1/2 cup	1/2 cup	1	9	0.02	1	1	0.07	2.26
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			3600	48.06	5318	*160	115.98	450.52
% of Calories				12.02%		*17.8%	29.0%	50.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

Wednesday - 10/13/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990035 Beef and Cheese Nachos	1 each	1	555	9.62	1192	2	30.14	45.20
001051 SALSA:COMMODITY	OZ	1	10	0.01	122	*N/A*	0.06	1.98
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990031 Chicken Caesar Salad w/ Breadstick - Secondary	1 salad	1	282	1.42	542	5	7.50	33.78
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990057 Buffalo Chicken Sub	1 sandwich	1	360	3.18	808	6	11.87	39.13
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990050 Hawaiian Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	445	7.74	556	*12	17.52	47.47
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	*1	0.84	23.16
990034 Carrots, baby cut, ready to serve	1/2 cup	1	25	0.00	57	3	0.09	5.98
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990033 Pears, canned, dice	1/2 cup	1	73	0.00	6	15	0.00	19.47
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38

# Base Menu Spreadsheet

## Weighted Values

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

### Thursday - 10/14/2021

### Reimbursable Meal Total 1

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

# Base Menu Spreadsheet

## Weighted Values

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

## Friday - 10/15/2021

### Reimbursable Meal Total 1

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

# Base Menu Spreadsheet

## Weighted Values

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

Monday - 10/18/2021

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990194 CHICKEN FRIED RICE W/ DUMPLINGS	1 CUP	1	395	0.30	428	*1	5.10	70.22
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36
990202 Asian Chicken on Sub Roll	1 sandwich	1	397	1.56	900	21	10.67	56.32
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990110 Grape Tomatoes, 1/2 cup	1/2 cup	1	20	0.00	6	3	0.23	4.41
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990112 Steamed Green Beans, 1/2 cup	1/2 cup	1	32	0.00	1	2	0.19	7.32
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38



# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			3986	*35.94	5884	*159	146.23	475.48
% of Calories				*8.11%		*16.0%	33.0%	47.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

## Tuesday - 10/19/2021

### Reimbursable Meal Total 1

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

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			3693	*35.35	5690	*144	143.72	421.67
% of Calories				*8.61%		*15.6%	35.0%	45.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

### Wednesday - 10/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990066 Chicken Fajita, 6"	1 each	1	403	4.57	1050	5	15.06	43.50
990067 Yellow Rice	1 cup	1	254	0.15	261	*1	3.70	49.50
001051 SALSA:COMMODITY	OZ	1	10	0.01	122	*N/A*	0.06	1.98
990047 HAMBURGER, USDA Patty	sandwich	1	352	6.12	356	4	18.36	28.35

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990176 Mexican Three (3) Bean Salad	1/2 cup	1	127	0.17	355	*1	0.84	23.16
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990111 Steamed Corn, 1/2 cup	1/2 cup	1	91	0.00	1	0	0.76	21.88
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			3977	*36.57	6339	*139	145.91	476.73
% of Calories				*8.28%		*14.0%	33.0%	47.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

# Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Thursday - 10/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990068 BBQ Pulled Pork Sandwich	1 sandwich	1	363	2.55	1009	5	9.63	35.94
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36
990202 Asian Chicken on Sub Roll	1 sandwich	1	397	1.56	900	21	10.67	56.32
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990069 Baked Beans, vegetarian	1/2 cup	1	112	0.00	143	5	1.01	20.41
990113 Roasted Potatoes	1/2 cup	1	137	0.12	34	1	1.48	28.06
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			4151	*38.31	6635	*164	152.83	477.94
% of Calories				*8.31%		*15.8%	33.1%	46.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

## Friday - 10/22/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990203 Beef Picadillo	1/2 cup	1	177	2.52	1017	*3	7.89	*10.27
990029 Rice Pilaf	1 cup	1	218	0.00	70	2	1.85	46.26
990048 CHEESEBURGER, USDA Patty	sandwich	1	403	8.53	356	4	22.92	28.85
990062 Chicken Salad Sandwich, USDA	1 sandwich	1	264	0.72	543	5	10.38	19.36
990046 Chicken Patty Sandwich	1 sandwich	1	384	1.70	618	5	14.92	41.18
990202 Asian Chicken on Sub Roll	1 sandwich	1	397	1.56	900	21	10.67	56.32
990106 Turkey BLT Salad w/ Breadstick - Secondary	1 salad	1	483	10.72	1194	6	25.86	29.86
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990115 Green Pepper Strips	1/2 cup	1	23	0.00	3	3	0.19	5.26

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990208 PLANTAIN SLICED SWEET FRZN 4/6LB	1/2 cup	1	204	0.00	28	27	3.97	38.56
990052 Garden Salad, side salad	1 cup	1	26	0.00	36	3	0.27	5.46
990108 Canned Peaches, 1/2 cup	1/2 cup	1	61	0.00	5	*N/A*	0.03	16.43
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			4160	*38.16	6568	*187	154.62	*493.88
% of Calories				*8.26%		*18.0%	33.5%	*47.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

### Monday - 10/25/2021

### Reimbursable Meal Total 1

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

# Base Menu Spreadsheet

## Weighted Values

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

# Base Menu Spreadsheet

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

Tuesday - 10/26/2021

Reimbursable Meal Total 1

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



# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			4676	*50.24	7275	*190	170.38	568.34
% of Calories				*9.67%		*16.3%	32.8%	48.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

## Wednesday - 10/27/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990078 Hot Fish Sandwich	1 sandwich	1	344	0.00	507	5	9.11	43.61
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63
990088 Chicken Caesar Sub USDA	1 sandwich	1	413	4.86	901	5	20.64	31.75
990074 Buffalo Chicken Salad w/ Breadstick - Secondary	1 salad	1	420	2.78	1065	8	16.83	46.72
990053 Garden Salad w/ Breadstick	1 each	1	390	4.99	853	7	13.57	43.12
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	401	7.52	439	8	16.30	42.63
990086 BBQ Chicken Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	453	7.52	605	*8	17.30	46.15
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	1	434	8.62	549	8	19.22	42.75

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990055 Sunbutter & Jelly Sandwich	1 sandwich	1	577	*4.01	569	17	36.05	49.54
990113 Roasted Potatoes	1/2 cup	1	137	0.12	34	1	1.48	28.06
990109 Steamed Carrots	1/2 cup	1	42	0.00	67	0	0.77	8.77
990116 Chilled Mixed Fruit, 1/2 cup	1/2 cup	1	58	0.00	5	14	0.01	14.85
000064 APPLES,Fresh	EACH	1	72	0.04	1	14	0.23	19.06
000085 ORANGES HALVES	1 EACH	1	31	0.01	0	6	0.08	7.70
000068 BANANAS	EACH	1	105	0.13	1	14	0.39	26.95
000230 MILK,1% Lowfat	HALF PINT	1	102	1.54	107	13	2.37	12.18
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	2.78	25.38
000231 MILK,Skim	HALF PINT	1	83	0.14	103	12	0.20	12.15
Weighted Daily Average			4492	*48.93	6537	*169	168.67	530.97
% of Calories				*9.80%		*15.0%	33.8%	47.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0	

### Thursday - 10/28/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990079 Shepherd's Pie	8 oz	1	733	10.78	1771	*6	34.98	60.33
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	1	269	5.10	568	*5	11.36	29.63

# Base Menu Spreadsheet

## Weighted Values

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

# Base Menu Spreadsheet

## Weighted Values

Oct 1, 2021 thru Oct 31, 2021

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

### Friday - 10/29/2021

### Reimbursable Meal Total 1

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

Weighted Values

Oct 1, 2021 thru Oct 31, 2021

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

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
Weighted Averages	4537	*49.16	7764	*164	*174.52	*494.25
% of Calories		*9.75%		*14.5%	*34.6%	*43.6%

\*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.