

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Menu Name: CASCO BAY HIGH LUNCH

Include Cost: No

Site:

Report Style: Detailed

Thursday - 12/01/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001241 HOT DOG BEEF 8:1	EACH	1	312	7.47	653	*1	19.47	0.00	35	22.45	1.02	10.06	0	61.4	0.00	1.82
000872 BEANS, BAKED, VEGETARIAN, CAN	1/2 cup	1	120	0.09	438	10	0.47	0.00	0	26.97	5.23	6.06	138	43.4	0.00	1.52
001655 Rice and Bean Bowl	1 bowl	1	220	0.10	373	*0	0.84	*0.00	0	43.04	10.33	9.84	112	49.0	3.34	2.64
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001336 TOMATOES, COCKTAIL LOCAL 1/2C	.5 cup	1	9	0.01	2	*N/A*	0.10	0.00	0	1.95	0.60	0.44	414	5.0	6.31	0.13
001054 CUCUMBER SLICES	1/2 Cup	1	8	0.02	1	1	0.06	0.00	0	1.89	0.26	0.34	55	8.3	1.46	0.15
000123 APPLES,FRESH maine Mini Macs	1 EACH	1	50	0.00	0	*N/A*	0.00	0.00	0	13.15	2.08	0.00	69	13.8	4.15	0.25
000536 BAG LUNCH - TURKEY & CHEESE	1	1	599	5.41	1552	*26	20.50	0.00	54	82.35	8.12	30.06	16655	418.1	14.38	2.59
001838 Sunbutter Bag Lunch	each	1	574	5.30	660	*24	20.59	0.00	20	71.93	9.65	25.03	*8429	537.9	12.57	5.63
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			2494	24.06	4556	*92	86.42	*0.00	133	336.46	41.72	110.76	*26672	1667.4	42.67	18.23
% of Calories				8.68%		*14.8%	31.2%	*0.0%		54.0%		17.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 12/02/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
900391 Philly Cheese Steak	each	1	387	6.37	1271	2	13.14	0.00	56	38.18	3.86	29.83	994	267.5	8.62	4.23
001854 Vegan Chili Mac	1 cup	1	157	0.12	195	*0	0.64	*0.00	0	29.05	8.64	9.28	230	55.5	4.15	2.48
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001794 CORN: frozen, yellow 1/2 cup	1/2 cup	1	13	0.02	0	1	0.11	0.00	0	3.18	0.40	0.42	33	0.5	0.58	0.08
001961 SALAD SPINACH with STRAW 1-CUP	1	1	16	0.03	30	1	0.22	0.00	0	3.20	1.31	1.24	3547	41.2	24.62	1.12
900358 Lunch fruit variety	each	1	290	0.18	3	*26	0.72	0.00	0	75.30	12.40	2.96	440	84.2	89.61	0.92
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			1865	20.29	3203	*65	52.60	*0.00	115	269.44	36.49	93.41	*6046	1418.8	136.98	14.94
% of Calories				9.79%		*13.9%	25.4%	*0.0%		57.8%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 12/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
000161 HAMBURGER ON A BUN	SERVING	1	296	4.00	541	*2	9.00	0.00	30	31.00	3.00	20.00	0	100.0	2.40	3.60
000896 Cheese American 160 ct	.5 oz	1	45	2.25	240	0	3.50	0.00	10	1.50	0.00	2.50	200	75.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000322 Vegan BURGER on a Roll	EACH	1	297	2.01	823	2	4.52	0.00	10	51.09	6.01	13.03	0	170.4	2.40	3.10
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
000034 LETTUCE & TOMATO:shredded/diced	3/4 CUP	1	5	0.00	0	*0	0.00	0.00	0	1.07	0.36	0.36	0	0.0	0.00	0.00
000123 APPLES,FRESH maine Mini Macs	1 EACH	1	50	0.00	0	*N/A*	0.00	0.00	0	13.15	2.08	0.00	69	13.8	4.15	0.25
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			1694	21.84	3309	*40	54.79	0.00	109	218.33	21.33	85.56	*1070	1329.2	18.36	13.06
% of Calories				11.60%		*9.4%	29.1%	0.0%		51.6%		20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 12/06/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
000289 Chicken Nuggets	5 EACH	1	204	1.91	344	0	8.91	0.00	25	12.73	2.54	17.82	0	0.0	0.00	0.92
000409 WAFFLE STICKS W/SYRUP	3/1.1oz each	1	315	0.00	453	28	3.02	0.00	0	66.21	3.02	6.04	38	49.0	0.00	2.51
000322 Vegan BURGER on a Roll	EACH	1	297	2.01	823	2	4.52	0.00	10	51.09	6.01	13.03	0	170.4	2.40	3.10
000147 SQUASH,SMMR,ALL VAR,RAW gr/yel	.25 cup	1	5	0.01	1	1	0.06	0.00	0	1.06	0.35	0.38	64	4.8	5.40	0.11
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000730 BROCCOLI FLORETS, RAW 1/2C	1/2 CUP1	1	11	0.01	10	*N/A*	0.12	0.00	0	2.10	0.82	0.89	197	14.9	28.23	0.23
000422 GRAPES,Fresh	.5 cup	1	51	0.09	2	12	0.26	0.00	0	12.97	0.68	0.48	76	10.6	3.02	0.22
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			1883	17.61	3337	*79	54.65	0.00	95	266.68	23.32	88.31	*1175	1219.6	48.46	13.20
% of Calories				8.42%		*16.8%	26.1%	0.0%		56.7%		18.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 12/07/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
001707 Orange Chicken over Rice	Serving1	1	454	4.35	551	*9	21.07	0.00	38	48.89	3.64	17.32	0	16.4	0.00	1.67
001655 Rice and Bean Bowl	1 bowl	1	220	0.10	373	*0	0.84	*0.00	0	43.04	10.33	9.84	112	49.0	3.34	2.64
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
900267 Red Bell Pepper Slices *RESIZED*	1/2 cup	1	17	0.00	2	2	0.20	0.00	0	3.60	1.20	0.60	1800	4.0	72.00	0.36
001645 SUGAR SNAP PEA, 1/2 cup	1/2 cup	1	13	0.01	1	*N/A*	0.06	0.00	0	2.38	0.82	0.88	342	13.5	18.90	0.66
001863 KIWI 117 ct	1 each	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			1751	18.06	2634	*54	60.34	*0.00	97	229.57	28.16	79.18	*3122	1078.8	174.10	11.66
% of Calories				9.28%		*12.3%	31.0%	*0.0%		52.4%		18.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 12/08/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
001595 Chicken Burrito	1 Burrito	1	268	1.62	609	*0	6.60	*0.00	22	40.46	5.19	14.17	116	106.9	0.28	2.24
001437 CORN: frozen, yellow 1/4 Cup	1/4 Cup	1	46	0.06	1	2	0.38	0.00	0	10.94	1.36	1.45	113	1.7	1.98	0.27
001655 Rice and Bean Bowl	1 bowl	1	220	0.10	373	*0	0.84	*0.00	0	43.04	10.33	9.84	112	49.0	3.34	2.64
001072 Bean Salad, Mexican	1	1	90	0.06	286	*0	0.21	0.00	0	17.47	5.32	4.43	140	27.2	2.50	1.35
000034 LETTUCE & TOMATO:shredded/diced	3/4 CUP	1	5	0.00	0	*0	0.00	0.00	0	1.07	0.36	0.36	0	0.0	0.00	0.00
001628 Salsa, La Victoria	2 OZ	1	20	0.00	411	2	0.00	0.00	0	3.91	0.00	0.00	196	0.0	7.04	0.00
001627 Mango Chunks, IQF, 1/2 CUP	1/2	1	65	0.00	0	15	0.40	0.00	0	17.01	1.62	0.81	1215	16.2	38.88	0.29
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			1715	15.41	3384	*55	46.21	*0.00	82	254.42	34.06	80.73	*2693	1171.0	63.43	12.89
% of Calories				8.09%		*12.8%	24.3%	*0.0%		59.3%		18.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 12/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001080 pizza CHEESE AMATO CRUST K-5	each	1	348	7.85	762	4	13.09	0.00	35	37.72	4.16	19.20	*0	425.1	2.70	1.94
900383 Vegan Hummus meal	each	1	326	3.00	604	4	24.07	0.00	0	21.13	4.14	8.14	0	2.1	0.00	0.06
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001573 SALAD CAESAR ROMAINE 1Cup	1 CUP1	1	153	1.98	490	*1	11.30	*0.00	15	9.93	0.62	3.83	320	38.7	2.25	0.82
900358 Lunch fruit variety	each	1	290	0.18	3	*26	0.72	0.00	0	75.30	12.40	2.96	440	84.2	89.61	0.92
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			1720	18.66	2735	*65	73.57	*0.00	74	216.84	25.77	63.07	*1561	1080.5	95.04	7.24
% of Calories				9.76%		*15.1%	38.5%	*0.0%		50.4%		14.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 12/12/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
900356 Sandwich, Whole Grain, Grilled Cheese, Indivi	each 3.15 oz	1	270	4.50	420	3	13.00	0.00	15	26.00	4.00	13.00	*N/A*	259.9	*N/A*	0.00
000842 Crackers Goldfish Whl Gr	each	1	100	0.50	170	0	3.50	0.00	0	14.00	1.00	2.00	*N/A*	20.0	*N/A*	0.70
900383 Vegan Hummus meal	each	1	326	3.00	604	4	24.07	0.00	0	21.13	4.14	8.14	0	2.1	0.00	0.06
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001642 CARROTS,BABY, 4/5# 1/2 CUP	.5 cups	1	5	0.00	9	1	0.00	0.00	0	1.10	0.28	0.14	828	2.8	0.83	0.05
001766 PINEAPPLE CHUNKS: drained	.5 cup	1	98	0.02	2	24	0.23	0.00	0	25.26	1.50	0.68	71	26.3	14.09	0.73
000536 BAG LUNCH - TURKEY & CHEESE	1	1	599	5.41	1552	*26	20.50	0.00	54	82.35	8.12	30.06	16655	418.1	14.38	2.59
001838 Sunbutter Bag Lunch	each	1	574	5.30	660	*24	20.59	0.00	20	71.93	9.65	25.03	*8429	537.9	12.57	5.63
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			2972	32.31	5122	*117	119.66	0.00	149	362.30	38.58	128.73	*26784	2237.0	*51.26	15.87
% of Calories				9.78%		*15.7%	36.2%	0.0%		48.8%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 12/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
000047 ALL BEEF HOT DOG ON A ROLL 8-1	each	1	305	7.60	559	*1	19.77	0.51	35	20.46	1.02	10.17	5	61.4	0.00	1.84

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001854 Vegan Chili Mac	1 cup	1	157	0.12	195	*0	0.64	*0.00	0	29.05	8.64	9.28	230	55.5	4.15	2.48
000872 BEANS, BAKED, VEGETARIAN, CAN	1/2 cup	1	120	0.09	438	10	0.47	0.00	0	26.97	5.23	6.06	138	43.4	0.00	1.52
001584 GREEN BEANS, FRESH 1/2 Cup	1/2 Cup	1	17	0.03	3	2	0.12	0.00	0	3.83	1.48	1.01	380	20.4	6.71	0.57
001762 PEACHES: canned drained	1/2	1	62	0.01	6	14	0.04	0.00	0	16.20	1.82	0.88	533	8.4	5.04	0.38
Weighted Daily Average			1058	15.77	2029	*33	34.44	*0.51	71	144.28	23.63	48.14	*1286	628.5	24.82	9.38
% of Calories				13.41%		*12.5%	29.3%	*0.4%		54.5%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 12/14/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
001718 Taco Beef with Taco Boat CK	.33 cup	1	328	7.16	154	*1	21.36	*0.71	54	18.22	3.14	17.31	578	44.0	6.53	3.06
001078 Bean Salad, White	1/2 CUP	1	193	0.82	311	*0	5.51	*0.00	0	28.01	6.49	9.65	25	70.5	1.93	2.06
001854 Vegan Chili Mac	1 cup	1	157	0.12	195	*0	0.64	*0.00	0	29.05	8.64	9.28	230	55.5	4.15	2.48
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
000034 LETTUCE &TOMATO:shredded/diced	3/4 CUP	1	5	0.00	0	*0	0.00	0.00	0	1.07	0.36	0.36	0	0.0	0.00	0.00
001863 KIWI 117 ct	1 each	1	46	0.02	2	7	0.40	0.00	0	11.14	2.28	0.87	66	25.8	70.45	0.24
001628 Salsa, La Victoria	2 OZ	1	20	0.00	411	2	0.00	0.00	0	3.91	0.00	0.00	196	0.0	7.04	0.00

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			1750	21.70	2777	*46	65.68	*0.71	113	211.92	30.78	87.13	*1895	1165.7	99.51	13.94
% of Calories				11.16%		*10.5%	33.8%	*0.4%		48.4%		19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 12/15/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
900360 Chicken & Spinach Stew	cup	1	261	4.52	789	*2	19.21	*0.10	77	8.18	3.57	16.14	4725	87.4	32.48	2.04
000147 SQUASH,SMMR,ALL VAR,RAW gr/yel	.25 cup	1	5	0.01	1	1	0.06	0.00	0	1.06	0.35	0.38	64	4.8	5.40	0.11
000698 ROLL DINNER WG 1 OZ	EACH	1	73	0.00	110	1	0.00	0.00	0	14.00	2.00	3.00	0	30.0	1.20	0.90
000322 Vegan BURGER on a Roll	EACH	1	297	2.01	823	2	4.52	0.00	10	51.09	6.01	13.03	0	170.4	2.40	3.10
001861 CELERY STICKS 1/2 cup raw	.5 cups	1	9	0.03	52	1	0.11	0.00	0	1.92	1.04	0.45	291	25.9	2.01	0.13
000422 GRAPES,Fresh	.5 cup	1	51	0.09	2	12	0.26	0.00	0	12.97	0.68	0.48	76	10.6	3.02	0.22
Weighted Daily Average			1093	14.58	2604	*25	37.54	*0.10	123	137.00	19.09	54.22	*5155	768.6	55.44	9.11
% of Calories				12.01%		*9.1%	30.9%	*0.1%		50.1%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 12/16/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
001213 Marinara Sauce DIP CUP	EACH	1	55	0.00	166	7	1.38	0.00	0	11.04	1.84	1.84	0	18.4	11.04	0.99
001263 Hummus,Celery,Pita	1 EACH 2M2G	1	300	1.21	827	*1	9.64	*0.03	0	43.26	10.65	12.06	196	149.1	5.65	3.62
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001961 SALAD SPINACH with STRAW 1-CUP	1	1	16	0.03	30	1	0.22	0.00	0	3.20	1.31	1.24	3547	41.2	24.62	1.12
900358 Lunch fruit variety	each	1	290	0.18	3	*26	0.72	0.00	0	75.30	12.40	2.96	440	84.2	89.61	0.92
000536 BAG LUNCH - TURKEY & CHEESE	1	1	599	5.41	1552	*26	20.50	0.00	54	82.35	8.12	30.06	16655	418.1	14.38	2.59
001838 Sunbutter Bag Lunch	each	1	574	5.30	660	*24	20.59	0.00	20	71.93	9.65	25.03	*8429	537.9	12.57	5.63
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
900126 sand spicy chic & cheddar	2ozfajita/.5oz C	1	516	5.83	802	*1	16.47	*0.00	64	67.28	7.32	30.96	403	154.0	0.76	5.34
Weighted Daily Average			3353	31.54	5743	*122	107.30	*0.03	198	474.89	61.17	153.84	*30472	2372.9	168.02	26.34
% of Calories				8.47%		*14.6%	28.8%	*0.0%		56.7%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 12/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000048 CHICKEN BURGER 2M 3G	EACH	1	386	2.50	711	3	14.01	0.00	3	45.01	6.00	20.01	0	90.0	2.40	3.70
000322 Vegan BURGER on a Roll	EACH	1	297	2.01	823	2	4.52	0.00	10	51.09	6.01	13.03	0	170.4	2.40	3.10
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001642 CARROTS,BABY, 4/5# 1/2 CUP	.5 cups	1	5	0.00	9	1	0.00	0.00	0	1.10	0.28	0.14	828	2.8	0.83	0.05
001764 PEARS, drained DICED	1/2 CUP	1	52	0.00	4	10	0.07	0.00	0	13.45	1.66	0.35	6	9.4	1.66	0.30
000536 BAG LUNCH - TURKEY & CHEESE	1	1	599	5.41	1552	*26	20.50	0.00	54	82.35	8.12	30.06	16655	418.1	14.38	2.59
001838 Sunbutter Bag Lunch	each	1	574	5.30	660	*24	20.59	0.00	20	71.93	9.65	25.03	*8429	537.9	12.57	5.63
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			2914	28.81	5464	*101	97.46	0.00	147	385.46	41.60	138.30	*26719	2198.5	43.64	21.49
% of Calories				8.90%		*13.9%	30.1%	0.0%		52.9%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 12/20/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
000308 MEATBALL SUB w/cheese HS	each	1	391	6.84	1044	6	16.30	*0.00	58	38.70	2.95	26.60	1164	318.7	18.97	3.75
000040 PEAS: frozen	1cup	1	147	0.09	136	8	0.51	0.00	0	26.95	8.50	9.73	3969	45.4	18.71	2.87
001947 falafle sub	each	1	935	0.00	1034	6	43.21	0.00	0	106.06	14.06	36.97	1028	77.1	17.78	2.26

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001336 TOMATOES, COCKTAIL LOCAL 1/2C	.5 cup	1	9	0.01	2	*N/A*	0.10	0.00	0	1.95	0.60	0.44	414	5.0	6.31	0.13
001329 ORANGES, FRESH 138 ct	EACH	1	62	0.02	0	12	0.16	0.00	0	15.39	3.14	1.23	295	52.4	69.69	0.13
000536 BAG LUNCH - TURKEY & CHEESE	1	1	599	5.41	1552	*26	20.50	0.00	54	82.35	8.12	30.06	16655	418.1	14.38	2.59
001838 Sunbutter Bag Lunch	each	1	574	5.30	660	*24	20.59	0.00	20	71.93	9.65	25.03	*8429	537.9	12.57	5.63
000748 MILK 1% oakhurst	each	1	360	3.00	470	50	5.00	0.00	30	53.00	0.00	24.00	1750	850.0	4.80	0.50
Weighted Daily Average			3929	32.82	6402	*145	141.75	*0.00	208	492.64	56.90	195.74	*33804	3014.4	172.13	23.58
% of Calories				7.52%		*14.8%	32.5%	*0.0%		50.2%		19.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 12/21/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	1	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
000538 NEW Chicken Tender TY	2 PC SERVE	1	243	2.21	442	*N/A*	2.21	0.00	44	13.26	2.21	30.93	0	44.2	0.00	1.59
001816 EGG ROLL WG VEGETABLE CN	each	1	140	1.00	240	3	4.50	0.00	0	21.00	3.00	4.00	600	30.0	11.00	1.10
001854 Vegan Chili Mac	1 cup	1	157	0.12	195	*0	0.64	*0.00	0	29.05	8.64	9.28	230	55.5	4.15	2.48
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001584 GREEN BEANS, FRESH 1/2 Cup	1/2 Cup	1	17	0.03	3	2	0.12	0.00	0	3.83	1.48	1.01	380	20.4	6.71	0.57

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001762 PEACHES: canned drained	1/2	1	62	0.01	6	14	0.04	0.00	0	16.20	1.82	0.88	533	8.4	5.04	0.38
001667 Sweet & Sour Sauce Bulk	OZ	1	60	0.00	110	11	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
000536 BAG LUNCH - TURKEY & CHEESE	1	1	599	5.41	1552	*26	20.50	0.00	54	82.35	8.12	30.06	16655	418.1	14.38	2.59
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40
Weighted Daily Average			2279	22.35	4252	*92	65.78	*0.00	158	300.21	35.15	125.84	*19199	1546.4	50.68	14.81
% of Calories				8.83%		*16.1%	26.0%	*0.0%		52.7%		22.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 12/22/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001080 pizza CHEESE AMATO CRUST K-5	each	1	348	7.85	762	4	13.09	0.00	35	37.72	4.16	19.20	*0	425.1	2.70	1.94
001957 Spicy Jalapeno Beef Burger	each	1	528	16.72	1201	*2	29.40	0.00	91	31.43	4.02	32.36	898	513.7	5.24	3.80
900383 Vegan Hummus meal	each	1	326	3.00	604	4	24.07	0.00	0	21.13	4.14	8.14	0	2.1	0.00	0.06
001092 Sunbutter&Jelly&Chz Stx 2M2G	EACH	1	454	4.21	675	*7	21.98	0.00	10	48.55	4.45	20.93	101	270.4	0.00	3.10
001573 SALAD CAESAR ROMAINE 1Cup	1 CUP1	1	153	1.98	490	*1	11.30	*0.00	15	9.93	0.62	3.83	320	38.7	2.25	0.82
900358 Lunch fruit variety	each	1	290	0.18	3	*26	0.72	0.00	0	75.30	12.40	2.96	440	84.2	89.61	0.92
900364 Lunch Milk	each	1	149	1.44	201	23	2.40	0.00	14	24.20	0.00	8.00	700	260.0	0.48	0.40

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001164 Chickpeas, CURRY ROASTED	1/2 CUP	1	85	0.36	412	*0	2.81	*0.01	0	11.61	3.76	4.15	157	33.1	0.18	1.33
Weighted Daily Average			2333	35.74	4348	*67	105.77	*0.01	165	259.88	33.55	99.58	*2617	1627.2	100.45	12.37
% of Calories				13.79%		*11.5%	40.8%	*0.0%		44.6%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 12/23/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 12/26/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Tuesday - 12/27/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 12/28/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 12/29/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 12/30/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000702 NO SCHOOL																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	2175	23	3869	*75	75.25	*0.08	127	285.02	34.46	102.03	*11892	1533	*84.06	14.88
% of Calories		9.61%		*13.8%	31.1%	*0.0%		52.4%		18.8%				

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.