

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Menu Name: PORTLAND & DEERING 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)
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
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
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
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
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
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
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
001954 Tour De Italy	1	1	502	5.10	492	*8	14.86	0.00	31	70.08	5.20	23.83	222	250.5	11.62	4.42
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
000014 GRILLED CHEESE SANDWICH	1 each	1	318	9.00	1306	4	16.31	0.00	40	33.69	2.31	16.92	800	346.2	0.00	1.66
000996 Soup, Tomato Healthy Request	cup	1	80	0.50	417	10	1.00	0.00	0	16.00	1.00	1.00	400	7.1	6.00	0.36
Weighted Daily Average			2648	34.57	6096	*61	88.91	*0.00	177	339.68	33.12	130.14	*10136	1790.4	*70.30	22.14
% of Calories				11.75%		*9.2%	30.2%	*0.0%		51.3%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Friday - 12/02/2022

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 (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
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
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
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
001871 Quesadilla Chicken & Ch	2 OZ CHZ	1	348	5.83	1113	*3	12.48	*0.04	36	37.58	2.52	21.14	335	379.6	3.61	3.21
001664 Nachos Cheese w/Chili	EACH	1	500	11.31	1232	*7	22.75	*0.00	66	46.69	6.93	25.51	849	558.0	17.15	3.38
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001582 Potato Wedges	1/2 Cup	1	90	0.00	20	0	2.50	0.00	0	15.00	1.00	1.00	0	10.0	3.00	0.18
001324 SALAD TOSSED ROMAINE 1Cup	1	1	2	0.00	8	*N/A*	0.00	0.00	0	0.41	0.21	0.00	103	0.0	0.74	0.07
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			2525	35.11	5761	*48	83.06	*0.04	193	307.72	34.06	131.77	*9268	2090.5	*68.62	21.59
% of Calories				12.51%		*7.6%	29.6%	*0.0%		48.7%		20.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 12/05/2022

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)
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
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
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
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
001600 Beef Burrito	1 Burrito	1	396	8.44	844	*1	18.08	*0.00	56	40.50	4.67	21.04	801	310.2	4.44	3.00
000690 CHICKEN NUGGETS Boat w/biscut5	1	1	446	6.71	612	2	18.61	0.00	25	46.93	5.14	22.02	0	10.0	3.00	1.10
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
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
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
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			2523	33.18	5138	*42	82.23	*0.00	173	314.04	38.80	131.74	*9750	1493.1	*54.90	20.24
% of Calories				11.84%		*6.7%	29.3%	*0.0%		49.8%		20.9%				
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)
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
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

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
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
900049 Eggplant parm	1 ea	1	271	2.11	488	*10	4.21	*0.00	10	48.23	7.86	12.10	417	181.6	8.85	2.60
900390 Teriyaki Chicken & Rice	1 cup	1	398	1.70	462	*9	6.75	*0.00	68	61.63	3.40	25.41	*0	*4.6	*0.00	*1.22
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
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
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
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			2279	21.83	4342	*60	56.47	*0.00	170	323.63	36.40	122.97	*8831	*1357.8	*61.14	*19.28
% of Calories				8.62%		*10.5%	22.3%	*0.0%		56.8%		21.6%				
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)
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
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
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
900388 Chicken Drumstick & Biscuit	1	1	312	7.30	568	2	17.20	0.00	90	21.20	1.60	19.20	0	0.0	0.00	0.72

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)
001105 Nachos Real Cheese w/Chili	each	1	576	10.87	1124	*3	29.72	*0.00	51	55.94	5.92	20.36	551	497.2	9.23	2.28
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
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
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
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
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			2503	36.19	5110	*44	92.58	*0.00	232	291.57	32.62	125.34	*12112	1681.8	*78.55	18.94
% of Calories				13.01%		*7.0%	33.3%	*0.0%		46.6%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 12/08/2022

Reimbursable Meal Total 10

	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	2	386	2.50	711	3	14.01	0.00	3	45.01	6.00	20.01	0	90.0	2.40	3.70
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
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
001077 Pasta Barilla&Meatballs - High	1c	1	417	3.98	741	*2	10.43	0.00	40	56.87	8.58	22.49	664	37.6	9.17	5.06
000036 STEAK AND CHEESE SANDWICH	1 EACH	1	378	7.25	1022	*2	17.98	0.00	70	30.99	2.95	25.40	888	133.9	8.25	3.57
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	2	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)
001058 SALAD BAR HS/MS	Serving	10	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
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
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
001430 Milk Variety High School	each	5	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			450	5.02	1064	*17	14.36	*0.00	32	58.11	7.41	22.95	*7884	362.4	*33.04	4.45
% of Calories				10.04%		*15.1%	28.7%	*0.0%		51.7%		20.4%				
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)
000048 CHICKEN BURGER 2M 3G	EACH	2	386	2.50	711	3	14.01	0.00	3	45.01	6.00	20.01	0	90.0	2.40	3.70
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
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
001286 pizza 16" amato CHEESE 8c 2M2B	1/8 slice	2	398	7.93	828	6	13.39	0.00	35	47.77	5.44	20.75	*0	439.5	8.93	2.61
000298 FISHBURGER w/CHEESE 2.25M 2G	EACH	1	426	5.50	1091	3	14.00	0.00	45	55.00	4.00	21.00	400	210.0	2.40	3.24
001151 HOT DOG BEEF boat ms	1 EACH	1	382	7.47	754	*1	20.47	0.00	35	36.48	3.03	12.07	0	91.5	0.00	2.54
001058 SALAD BAR HS/MS	Serving	10	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001324 SALAD TOSSED ROMAINE 1Cup	1	1	2	0.00	8	*N/A*	0.00	0.00	0	0.41	0.21	0.00	103	0.0	0.74	0.07

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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)
001582 Potato Wedges	1/2 Cup	1	90	0.00	20	0	2.50	0.00	0	15.00	1.00	1.00	0	10.0	3.00	0.18
001430 Milk Variety High School	each	5	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			4440	49.93	10258	*165	140.73	*0.00	274	588.24	69.56	211.43	*77060	3720.4	*310.55	40.96
% of Calories				10.12%		*14.9%	28.5%	*0.0%		53.0%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 12/12/2022

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)
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
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
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
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
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
900388 Chicken Drumstick & Biscuit	1	1	312	7.30	568	2	17.20	0.00	90	21.20	1.60	19.20	0	0.0	0.00	0.72
001623 boat chix tender & waffle HS	Portion	1	402	2.01	976	8	13.05	0.00	55	52.10	6.00	21.16	0	59.9	0.00	2.52
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
001902 3 Bean salad	1/2 CUP	1	249	0.82	411	*0	5.68	*0.00	0	37.68	9.16	13.64	25	132.8	1.93	2.62

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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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			2553	28.10	5352	*48	81.26	*0.00	237	320.11	40.43	138.26	*8833	1338.4	*46.88	20.66
% of Calories				9.91%		*7.5%	28.6%	*0.0%		50.2%		21.7%				
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)	Vlt-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
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
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
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
000791 AMERICAN CHOP SUEY HS	1 cup	1	343	3.71	529	*0	9.52	0.45	59	36.60	5.36	25.53	684	60.6	8.21	3.77
001822 sand buffalo chicken wrap hs	2 each	1	435	*4.22	935	*0	28.30	*0.02	*26	38.08	*4.93	11.35	*17	*116.4	*0.21	*1.79
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001292 KALE, salad with oranges	1/2	1	71	0.87	73	*0	5.63	*0.03	0	4.98	1.35	1.02	1375	73.8	30.21	0.60
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

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)
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			2442	*26.79	4926	*39	88.84	*0.50	*177	289.58	*35.29	122.35	*10111	*1402.0	*84.21	*21.04
% of Calories				*9.87%		*6.4%	32.7%	*0.2%		47.4%		20.0%				
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)
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
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
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
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
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001954 Tour De Italy	1	1	502	5.10	492	*8	14.86	0.00	31	70.08	5.20	23.83	222	250.5	11.62	4.42
000352 CHICKEN PARMESEAN HS	2	1	409	2.44	1400	7	11.60	*0.00	39	50.22	3.96	26.70	1205	193.7	20.83	3.17
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
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

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)
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
Weighted Daily Average			2526	25.56	5310	*54	72.12	*0.00	162	334.72	34.25	136.31	*12988	1628.9	*101.76	23.53
% of Calories				9.11%		*8.6%	25.7%	*0.0%		53.0%		21.6%				
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)
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
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
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
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
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001151 HOT DOG BEEF boat ms	1 EACH	1	382	7.47	754	*1	20.47	0.00	35	36.48	3.03	12.07	0	91.5	0.00	2.54
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
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
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34

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)
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
Weighted Daily Average			2380	28.70	4854	*44	72.84	*0.00	171	285.16	33.34	132.78	*12161	1350.3	*80.32	21.18
% of Calories				10.85%		*7.4%	27.5%	*0.0%		47.9%		22.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 12/16/2022

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)
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
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
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
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
001780 SHEPHERD'S PIE HS MS	1 CUP	1	356	3.54	318	*4	9.29	*0.40	52	47.37	6.11	*17.11	75	44.1	47.74	3.39
001056 MOZZARELLA STICK 5 w/dip	5 EACH	1	425	7.00	576	8	19.38	0.00	25	46.04	4.84	20.84	500	518.4	11.04	2.99
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001582 Potato Wedges	1/2 Cup	1	90	0.00	20	0	2.50	0.00	0	15.00	1.00	1.00	0	10.0	3.00	0.18
001324 SALAD TOSSED ROMAINE 1Cup	1	1	2	0.00	8	*N/A*	0.00	0.00	0	0.41	0.21	0.00	103	0.0	0.74	0.07

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)
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
Weighted Daily Average			2459	28.51	4310	*50	76.50	*0.40	169	316.86	35.56	*123.06	*8659	1715.5	*106.65	21.38
% of Calories				10.43%		*8.1%	28.0%	*0.1%		51.5%		*20.0%				
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)
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
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
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
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
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
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
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
001832 Mac and cheese	1 cup	1	258	0.00	58	2	1.84	0.00	0	50.43	7.38	8.61	0	45.5	0.00	3.32
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34

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)
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
Weighted Daily Average			2432	25.64	4809	*47	68.99	*0.00	149	326.28	40.49	129.11	*9997	1580.4	*65.85	23.92
% of Calories				9.49%		*7.7%	25.5%	*0.0%		53.7%		21.2%				
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)
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
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
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
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
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001730 CHICKEN ORANGE STIR FRY KIT 12	2.8 OZ SERVING	1	151	1.51	191	7	6.03	0.00	80	9.04	0.00	13.06	0	0.0	0.00	0.72
000036 STEAK AND CHEESE SANDWICH	1 EACH	1	378	7.25	1022	*2	17.98	0.00	70	30.99	2.95	25.40	888	133.9	8.25	3.57
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
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

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)
000139 SALAD TOSSED	CUP	1	30	0.02	26	*3	0.16	0.00	0	6.92	1.52	0.89	3284	41.0	17.97	0.72
Weighted Daily Average			2153	26.77	4629	*51	69.56	*0.00	242	256.88	28.13	123.80	*12207	1326.2	*71.80	19.90
% of Calories				11.19%		*9.5%	29.1%	*0.0%		47.7%		23.0%				
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)
000702 NO SCHOOL																
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
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
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
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
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001782 Mashed Potato Bowl HS MS	Serving	1	620	2.81	935	*17	16.49	*0.00	41	93.59	9.79	*22.46	90	56.2	50.78	4.23
001056 MOZZARELLA STICK 5 w/dip	5 EACH	1	425	7.00	576	8	19.38	0.00	25	46.04	4.84	20.84	500	518.4	11.04	2.99
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34
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

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)
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
Weighted Daily Average			2661	27.83	4929	*65	81.53	*0.00	158	354.05	39.73	*129.08	*12150	1759.3	*131.14	23.16
% of Calories				9.41%		*9.8%	27.6%	*0.0%		53.2%		*19.4%				
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)
000702 NO SCHOOL																
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
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
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
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
000139 SALAD TOSSED	CUP	1	30	0.02	26	*3	0.16	0.00	0	6.92	1.52	0.89	3284	41.0	17.97	0.72
001058 SALAD BAR HS/MS	Serving	1	67	0.48	304	*3	2.67	*0.00	2	9.57	2.94	2.23	7331	72.9	27.40	1.39
001954 Tour De Italy	1	1	502	5.10	492	*8	14.86	0.00	31	70.08	5.20	23.83	222	250.5	11.62	4.42
000014 GRILLED CHEESE SANDWICH	1 each	1	318	9.00	1306	4	16.31	0.00	40	33.69	2.31	16.92	800	346.2	0.00	1.66
000996 Soup, Tomato Healthy Request	cup	1	80	0.50	417	10	1.00	0.00	0	16.00	1.00	1.00	400	7.1	6.00	0.36
001430 Milk Variety High School	each	1	142	1.05	180	22	1.75	0.00	12	23.60	0.00	8.10	650	270.0	*0.60	0.34

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)
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
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
Weighted Daily Average			2678	34.59	6122	*64	89.07	*0.00	177	346.60	34.64	131.03	*13420	1831.4	*88.27	22.86
% of Calories				11.62%		*9.6%	29.9%	*0.0%		51.8%		19.6%				
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

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)
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									

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									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Thursday - 12/29/2022

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									

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	2478	*29.27	5188	*56	78.69	*0.06	*181	315.83	*35.86	*127.63	*14723	*1651.8	*90.87	*21.58
% of Calories		*10.63%		*9.0%	28.6%	*0.0%		51.0%		*20.6%				

**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*

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.*