

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Menu Name: MIDDLE SCHOOL 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)
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
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
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
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
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			1352	21.96	3145	*10	48.22	*0.45	134	160.08	20.60	74.84	*1509	936.8	*19.07	10.80
% of Calories				14.62%		*3.0%	32.1%	*0.3%		47.4%		22.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

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 ^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
900129 sand turkey italian elem	2oz/1slc/hdroll	1	226	2.79	1282	*2	6.68	0.00	35	23.68	1.63	18.06	427	151.3	10.71	1.65
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

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)
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
Weighted Daily Average			1058	17.74	2738	*18	39.56	0.00	96	119.41	12.95	60.09	*1218	1135.2	32.69	7.38
% of Calories				15.09%		*6.8%	33.7%	0.0%		45.1%		22.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
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
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
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
Weighted Daily Average			1132	10.49	1883	*11	29.45	0.00	38	160.68	24.14	53.80	*140	602.3	13.83	10.98
% of Calories				8.34%		*3.9%	23.4%	0.0%		56.8%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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

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)
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
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
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
Weighted Daily Average			1467	16.72	2795	*26	50.18	*0.00	121	182.29	18.86	*67.04	*409	634.5	64.36	11.25
% of Calories				10.26%		*7.1%	30.8%	*0.0%		49.7%		*18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
001788 Nacho with Cheese MS	each	1	506	14.17	607	*0	32.40	0.00	61	36.45	2.02	16.20	607	486.0	0.00	0.00
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
000022 CARROT STICKS	CUP	1	50	0.04	84	6	0.29	0.00	0	11.69	3.42	1.14	20381	40.3	7.20	0.37
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
Weighted Daily Average			1345	25.37	2203	*16	52.85	0.00	140	132.05	16.35	73.35	*21643	1048.3	28.58	5.81
% of Calories				16.98%		*4.8%	35.4%	0.0%		39.3%		21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

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
001729 CHICKEN NUGGETS Boat w/roll 5	1	1	367	1.91	474	1	11.41	0.00	25	41.73	5.54	21.82	0	40.0	4.20	2.00
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
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
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
Weighted Daily Average			1206	13.84	2053	*9	35.45	0.00	101	151.66	20.79	66.37	*894	532.5	51.10	9.97
% of Calories				10.33%		*3.0%	26.5%	0.0%		50.3%		22.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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
000770 sand chicken spicy Tyson	1 each	1	419	3.03	675	3	15.16	0.00	25	46.18	6.03	21.16	101	100.4	2.40	4.53
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

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	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)
000669 COLE SLAW RED local	1/2 CUP	1	71	0.49	123	*4	3.48	0.00	3	9.84	2.71	1.34	3907	42.9	36.86	0.54
Weighted Daily Average			1314	16.95	2718	*16	46.03	0.00	109	158.80	18.19	64.25	*4408	792.9	50.59	10.91
% of Calories				11.61%		*4.9%	31.5%	0.0%		48.3%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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
001531 chicken drumsticks & Mashed HS	1 ea 3-4oz drum	1	309	3.89	648	*0	16.07	*0.00	140	19.12	0.00	25.91	1	18.0	21.00	1.42
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
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			1196	16.64	2328	*8	43.97	*0.00	206	125.90	14.93	76.30	*25	628.0	34.26	9.69
% of Calories				12.52%		*2.7%	33.1%	*0.0%		42.1%		25.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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

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)
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
001399 sand buffalo chicken wrap	2 each	1	607	*6.23	1118	*1	37.76	*0.00	*36	49.02	*7.24	20.37	*101	*140.4	*0.00	*4.17
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
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			1409	*21.67	2703	*8	71.83	*0.00	*107	138.41	*16.70	54.05	*548	*676.9	*15.82	*9.53
% of Calories				*13.84%		*2.3%	45.9%	*0.0%		39.3%		15.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
000906 CHICKEN TERIYAKI rice bowl	1C rice/VEG/POP	1	372	6.82	2193	*3	16.67	0.00	40	35.08	3.22	18.76	1	37.5	0.00	1.22
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
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
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
Weighted Daily Average			1163	17.26	3741	*13	44.13	0.00	78	129.34	15.21	59.89	*168	571.8	17.47	7.71
% of Calories				13.36%		*4.5%	34.2%	0.0%		44.5%		20.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

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
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
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
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
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
Weighted Daily Average			1176	21.17	2837	*12	42.83	0.45	134	135.90	15.59	66.20	*1864	886.6	*23.85	9.30
% of Calories				16.20%		*4.1%	32.8%	0.3%		46.2%		22.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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
900129 sand turkey italian elem	2oz/1slc/hdroll	1	226	2.79	1282	*2	6.68	0.00	35	23.68	1.63	18.06	427	151.3	10.71	1.65
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
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

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)
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			1063	17.74	2747	*18	39.56	0.00	96	120.52	13.22	60.23	*2046	1137.9	33.52	7.43
% of Calories				15.02%		*6.8%	33.5%	0.0%		45.4%		22.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
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
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
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
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
Weighted Daily Average			1142	10.51	1935	*12	29.56	0.00	38	162.60	25.18	54.24	*431	628.2	15.84	11.11
% of Calories				8.28%		*4.2%	23.3%	0.0%		57.0%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 12/20/2022

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
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
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
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
Weighted Daily Average			1467	16.72	2795	*26	50.18	*0.00	121	182.29	18.86	*67.04	*409	634.5	64.36	11.25
% of Calories				10.26%		*7.1%	30.8%	*0.0%		49.7%		*18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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
001788 Nacho with Cheese MS	each	1	506	14.17	607	*0	32.40	0.00	61	36.45	2.02	16.20	607	486.0	0.00	0.00
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
000022 CARROT STICKS	CUP	1	50	0.04	84	6	0.29	0.00	0	11.69	3.42	1.14	20381	40.3	7.20	0.37

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)
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
Weighted Daily Average			1345	25.37	2203	*16	52.85	0.00	140	132.05	16.35	73.35	*21643	1048.3	28.58	5.81
% of Calories				16.98%		*4.8%	35.4%	0.0%		39.3%		21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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
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
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
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
000022 CARROT STICKS	CUP	1	50	0.04	84	6	0.29	0.00	0	11.69	3.42	1.14	20381	40.3	7.20	0.37
Weighted Daily Average			1275	13.97	2631	*22	37.22	0.00	130	170.32	23.70	65.88	*21100	585.6	26.75	10.70
% of Calories				9.86%		*6.9%	26.3%	0.0%		53.4%		20.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 12/23/2022

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			600 - 700	<10	1360		<=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			600 - 700	<10	1360		<=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			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

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			600 - 700	<10	1360		<=0									

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)	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			600 - 700	<10	1360		<=0									

Friday - 12/30/2022

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			600 - 700	<10	1360		<=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	1257	*17.76	2591	*15	44.62	*0.06	*112	147.64	*18.23	*64.81	*4903	*780.0	*32.54	*9.35
% of Calories		*12.72%		*4.8%	31.9%	*0.0%		47.0%		*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.