

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

Menu Name: ELEMENTARY 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			550 - 650	<10	1230		<=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)
001153 PIZZA, PAZZO 20 CUT	1 EACH1	1	424	13.21	732	*3	23.20	0.00	61	32.98	3.40	19.85	607	415.0	2.70	1.80
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
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
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			2732	29.91	4214	*117	91.76	*0.00	159	381.79	50.19	119.62	*30743	2101.2	160.11	19.12
% of Calories				9.85%		*17.1%	30.2%	*0.0%		55.9%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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

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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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			1296	13.91	2480	*35	41.40	0.00	74	170.56	15.89	64.81	1070	889.7	9.43	10.46
% of Calories				9.66%		*10.8%	28.8%	0.0%		52.6%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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
000948 VEGETABLE CHILI, BEAN, CANNED	6 oz	1	136	0.12	195	*0	0.54	*0.00	0	24.95	8.44	8.58	230	55.5	4.15	2.30
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
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			2497	18.51	4092	*121	78.38	*0.00	124	347.05	38.06	118.20	*26489	1621.2	68.22	18.01
% of Calories				6.67%		*19.4%	28.3%	*0.0%		55.6%		18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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
001857 Vegan Falafel with Rice	3.1 oz	1	552	0.50	310	4	8.04	0.00	209	107.05	9.72	15.45	400	40.0	9.00	3.50
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
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

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)
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			2859	21.24	3955	*102	95.25	0.00	345	400.09	39.88	119.13	*28494	1586.3	197.77	18.15
% of Calories				6.69%		*14.3%	30.0%	0.0%		56.0%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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
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

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)
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			2490	18.20	4767	*99	73.92	*0.00	121	360.93	46.38	115.07	*27777	1687.5	81.44	18.51
% of Calories				6.58%		*15.9%	26.7%	*0.0%		58.0%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)	Calcm (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
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			2893	29.38	4947	*114	114.66	*0.00	149	371.12	43.54	118.16	*26645	2036.6	121.98	15.46
% of Calories				9.14%		*15.8%	35.7%	*0.0%		51.3%		16.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

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)
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
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
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			2545	23.39	4512	*109	86.72	0.00	124	344.48	35.01	112.87	*26784	1965.8	*44.74	16.31
% of Calories				8.27%		*17.1%	30.7%	0.0%		54.1%		17.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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

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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)
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			660	7.84	1200	*27	21.05	*0.51	35	96.51	18.19	27.40	1286	189.0	15.90	6.77
% of Calories				10.69%		*16.4%	28.7%	*0.7%		58.5%		16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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
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
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			1415	13.76	2127	*40	52.49	*0.71	77	178.14	27.04	66.95	1777	719.8	89.77	11.49
% of Calories				8.75%		*11.3%	33.4%	*0.5%		50.4%		18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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
001897 VEGAN CHILI BOWL	8oz	1	187	0.16	255	*0	0.69	*0.00	*0	34.35	11.60	11.84	*158	*75.4	*3.98	*3.14
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			586	4.81	1208	*17	20.33	*0.10	*77	72.49	19.23	32.28	*5313	*234.0	*48.09	*6.54
% of Calories				7.39%		*11.6%	31.2%	*0.2%		49.5%		22.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
001153 PIZZA, PAZZO 20 CUT	1 EACH1	1	424	13.21	732	*3	23.20	0.00	61	32.98	3.40	19.85	607	415.0	2.70	1.80
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
Weighted Daily Average			2862	30.99	4846	*118	100.64	*0.03	159	392.81	51.81	121.98	*30676	2194.3	161.04	20.19
% of Calories				9.75%		*16.5%	31.6%	*0.0%		54.9%		17.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
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

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
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			2516	20.88	4636	*96	84.08	0.00	111	337.68	36.16	117.55	*26719	1759.0	34.71	18.88
% of Calories				7.47%		*15.3%	30.1%	0.0%		53.7%		18.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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
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

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)
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			3531	24.89	5573	*139	128.36	*0.00	173	444.87	51.46	174.99	*33804	2574.9	163.20	20.97
% of Calories				6.34%		*15.7%	32.7%	*0.0%		50.4%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)
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
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

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			1881	14.43	3424	*86	52.40	*0.00	122	252.44	29.71	105.09	19199	1106.9	41.75	12.20
% of Calories				6.90%		*18.3%	25.1%	*0.0%		53.7%		22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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
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
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			1805	19.02	3148	*65	76.37	*0.01	74	228.45	29.53	67.22	*1718	1113.6	95.22	8.57
% of Calories				9.48%		*14.4%	38.1%	*0.0%		50.6%		14.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 12/23/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	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			550 - 650	<10	1230		<=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			550 - 650	<10	1230		<=0									

Tuesday - 12/27/2022

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			550 - 650	<10	1230		<=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			550 - 650	<10	1230		<=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			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2022 thru Dec 31, 2022

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)	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			550 - 650	<10	1230		<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			2191	20	3730	*86	75.26	*0.08	*129	294.74	35.86	99.50	*19698	*1465.4	*86.00	*14.99
% of Calories				8.09%		*15.7%	30.9%	*0.0%		53.8%		18.2%				

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.