

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

<b>Menu Name:</b>	Lunch	<b>Include Cost:</b>	No
<b>Site:</b>	All Sites	<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

**Monday - 11/04/2024**

**Reimbursable Meal Total 750**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990211 LASAGNA ROLL UP	1 ROLL UP	200	56	99	1	0	2.10	0.00	6.61	2.55	*0	28.3	*0.00	0.39
990081 CHEESEBURGER	EACH	250	177	293	2	1	8.50	0.33	14.50	10.50	*90	72.7	*0.00	1.15
990082 HAMBURGER	EACH	100	57	75	1	1	2.80	0.13	4.00	3.73	*3	19.1	*0.00	0.46
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	64	1	1	0.60	0.00	3.18	1.42	*0	*11.0	*0.00	*0.14
990195 CHEF'S CHOICE SHAKER SALAD	20 OZ	50	10	25	0	*0	0.55	*0.00	0.37	0.86	*11	*2.4	*0.06	*0.05
990158 BBQ CHICKEN PIZZA	1 SLICE	50	21	67	*1	*0	0.35	*0.00	2.04	1.20	*0	*6.8	*0.00	*0.09
990205 BERRY CUP (FROZEN)	EACH	300	36	0	6	*N/A*	0.00	0.00	8.00	0.00	0	0.0	0.00	0.00
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
990187 VEGGIE VARIETY	.5 CUP	100	2	3	*0	*0	0.00	*0.00	0.37	0.07	*196	1.4	*0.09	0.02
990093 TOPPINGS FOR PATTIES	.5 CUP	150	7	1	1	0	0.01	0.00	1.66	0.34	*0	*3.1	*0.00	*0.06
990140 MILK VARIETY	8 OZ	500	55	68	7	*N/A*	0.00	0.00	8.00	5.33	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990177	CONDIMENTS OFFERES	1 EACH	100	5	23	0	0	0.40	0.00	0.17	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average				465	719	*22	*3	15.39	*0.47	52.78	26.23	*345	*148.6	*4.56	*2.40
% of Calories					*18.9%	*2.6%	29.8%	*0.9%	45.4%	22.6%					
Weekly Nutrient Guideline			750 - 850	1280			<=0								

## Tuesday - 11/05/2024

### Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990128	TACO BAR	3	400	136	268	*2	*0	*1.23	*0.00	17.44	11.54	*200	*9.5	*1.81	*1.83
990075	CHICKEN PATTY SANDWICH	1 EACH	50	27	43	0	0	1.00	0.00	3.00	1.40	*0	8.0	*0.00	0.22
990076	SPICY CHICKEN PATTY SANDWICH	1 EACH	50	27	35	0	0	1.00	0.00	3.00	1.33	*N/A*	8.0	*N/A*	0.22
990154	PEPPERONI PIZZA	1 SLICE	100	32	47	*0	*0	0.84	*0.00	*2.64	1.15	*0	*13.6	*0.00	*0.13
990087	HAWAIIAN PIZZA	1 SLICE	50	16	20	*1	*0	0.28	*0.00	1.72	0.57	*0	*6.8	*0.00	*0.10
990193	LUNCH PARFAIT	1 portion	50	21	*13	2	*0	*0.27	*0.00	2.70	0.57	*67	*13.3	*1.93	*0.08
990194	CHEFS CHOICE SUB SANDWICH	EACH	50	24	64	1	1	0.60	0.00	3.18	1.42	*0	*11.0	*0.00	*0.14
990051	BEANS, GREEN, FROZEN, ROASTED	1/2 CUP	400	10	0	1	0	0.00	0.00	1.71	0.57	0	5.7	0.00	0.31
000245	FRUIT,FRESH ASSORTED	EACH	50	4	0	1	*N/A*	0.02	0.00	0.97	0.05	11	0.9	1.10	0.01
000245	FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
990187	VEGGIE VARIETY	.5 CUP	100	2	3	*0	*0	0.00	*0.00	0.37	0.07	*196	1.4	*0.09	0.02

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990093 TOPPINGS FOR PATTIES	.5 CUP	100	5	1	1	0	0.01	0.00	1.11	0.23	*0	*2.1	*0.00	*0.04
990205 BERRY CUP (FROZEN)	EACH	50	6	0	1	*N/A*	0.00	0.00	1.33	0.00	0	0.0	0.00	0.00
990140 MILK VARIETY	8 OZ	300	33	41	4	*N/A*	0.00	0.00	4.80	3.20	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	100	5	23	0	0	0.40	0.00	0.17	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			355	*560	*15	*2	*5.67	*0.00	*46.07	22.20	*497	*82.4	*7.14	*3.13
% of Calories					*16.9%	*2.3%	*14.4%	*0.0%	*51.9%	25.0%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

### Wednesday - 11/06/2024

### Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990038 RAMAN NOODLE BOWL	1 CUP	300	119	64	*2	*0	2.99	*0.00	17.14	6.31	*100	*13.8	*0.00	*0.30
990081 CHEESEBURGER	EACH	100	71	117	1	1	3.40	0.13	5.80	4.20	*36	29.1	*0.00	0.46
990154 PEPPERONI PIZZA	1 SLICE	100	32	47	*0	*0	0.84	*0.00	*2.64	1.15	*0	*13.6	*0.00	*0.13
990085 VEGGIE PIZZA	1 SLICE	50	22	61	*0	*0	0.95	*0.00	1.77	0.56	*0	*6.8	*0.00	*0.18
990082 HAMBURGER	EACH	100	57	75	1	1	2.80	0.13	4.00	3.73	*3	19.1	*0.00	0.46
990195 CHEF'S CHOICE SHAKER SALAD	20 OZ	50	10	25	0	*0	0.55	*0.00	0.37	0.86	*11	*2.4	*0.06	*0.05
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	64	1	1	0.60	0.00	3.18	1.42	*0	*11.0	*0.00	*0.14
000245 FRUIT,FRESH ASSORTED	EACH	300	23	0	4	*N/A*	0.09	0.00	5.84	0.31	67	5.7	6.60	0.08

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
990187 VEGGIE VARIETY	.5 CUP	100	2	3	*0	*0	0.00	*0.00	0.37	0.07	*196	1.4	*0.09	0.02
990099 CORN COOKED	.5 CUP	100	8	0	1	*N/A*	0.18	0.00	1.42	0.27	*N/A*	*N/A*	*N/A*	*N/A*
990093 TOPPINGS FOR PATTIES	.5 CUP	100	5	1	1	0	0.01	0.00	1.11	0.23	*0	*2.1	*0.00	*0.04
990205 BERRY CUP (FROZEN)	EACH	50	6	0	1	*N/A*	0.00	0.00	1.33	0.00	0	0.0	0.00	0.00
990140 MILK VARIETY	8 OZ	500	55	68	7	*N/A*	0.00	0.00	8.00	5.33	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	300	14	70	0	0	1.20	0.00	0.50	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			456	596	*20	*2	13.64	*0.27	*55.41	24.56	*435	*107.0	*8.95	*1.89
% of Calories					*17.5%	*1.8%	26.9%	*0.5%	*48.6%	21.5%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

### Thursday - 11/07/2024

### Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990131 NACHO BAR	2 oz	400	50	226	*0	*0	*1.33	*0.00	2.11	6.70	*170	*2.8	*1.55	*0.20
990075 CHICKEN PATTY SANDWICH	1 EACH	50	27	43	0	0	1.00	0.00	3.00	1.40	*0	8.0	*0.00	0.22
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	71	1	1	2.00	0.00	6.00	2.67	*N/A*	16.0	*N/A*	0.43
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	64	1	1	0.60	0.00	3.18	1.42	*0	*11.0	*0.00	*0.14
990154 PEPPERONI PIZZA	1 SLICE	50	16	24	*0	*0	0.42	*0.00	*1.32	0.58	*0	*6.8	*0.00	*0.07

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## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990088 CHEESEBURGER PIZZA	1 SLICE	50	21	30	*0	*0	0.75	*0.00	1.32	1.08	*0	*6.8	*0.00	*0.14
990193 LUNCH PARFAIT	1 portion	50	21	*13	2	*0	*0.27	*0.00	2.70	0.57	*67	*13.3	*1.93	*0.08
990105 FRENCH FRIES	1/2 CUP	250	7	18	*0	*N/A*	0.34	*N/A*	1.02	0.07	*N/A*	*N/A*	*0.09	*0.01
000245 FRUIT,FRESH ASSORTED	EACH	200	15	0	3	*N/A*	0.06	0.00	3.89	0.21	45	3.8	4.40	0.05
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
990187 VEGGIE VARIETY	.5 CUP	100	2	3	*0	*0	0.00	*0.00	0.37	0.07	*196	1.4	*0.09	0.02
990093 TOPPINGS FOR PATTIES	.5 CUP	50	2	0	0	0	0.00	0.00	0.55	0.11	*0	*1.0	*0.00	*0.02
990205 BERRY CUP (FROZEN)	EACH	50	6	0	1	*N/A*	0.00	0.00	1.33	0.00	0	0.0	0.00	0.00
990140 MILK VARIETY	8 OZ	400	44	54	6	*N/A*	0.00	0.00	6.40	4.27	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	100	5	23	0	0	0.40	0.00	0.17	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			302	*570	*16	*2	*7.21	*0.00	*35.31	19.25	*500	*73.0	*10.26	*1.41
% of Calories					*21.2%	*2.6%	*21.5%	*0.0%	*46.8%	25.5%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

### Tuesday - 11/12/2024

### Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990128 TACO BAR	3	400	136	268	*2	*0	*1.23	*0.00	17.44	11.54	*200	*9.5	*1.81	*1.83
990075 CHICKEN PATTY SANDWICH	1 EACH	25	14	22	0	0	0.50	0.00	1.50	0.70	*0	4.0	*0.00	0.11

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	150	80	106	1	1	3.00	0.00	9.00	4.00	*N/A*	24.0	*N/A*	0.65
990154 PEPPERONI PIZZA	1 SLICE	50	16	24	*0	*0	0.42	*0.00	*1.32	0.58	*0	*6.8	*0.00	*0.07
990194 CHEFS CHOICE SUB SANDWICH	EACH	25	12	32	0	0	0.30	0.00	1.59	0.71	*0	*5.5	*0.00	*0.07
990087 HAWAIIAN PIZZA	1 SLICE	25	8	10	*0	*0	0.14	*0.00	0.86	0.28	*0	*3.4	*0.00	*0.05
990193 LUNCH PARFAIT	1 portion	50	21	*13	2	*0	*0.27	*0.00	2.70	0.57	*67	*13.3	*1.93	*0.08
000245 FRUIT,FRESH ASSORTED	EACH	400	30	0	6	*N/A*	0.12	0.00	7.78	0.42	89	7.6	8.80	0.10
000245 FRUIT,FRESH ASSORTED	EACH	150	11	0	2	*N/A*	0.05	0.00	2.92	0.16	33	2.8	3.30	0.04
990187 VEGGIE VARIETY	.5 CUP	1	0	0	*0	*0	0.00	*0.00	0.00	0.00	*2	0.0	*0.00	0.00
990093 TOPPINGS FOR PATTIES	.5 CUP	150	7	1	1	0	0.01	0.00	1.66	0.34	*0	*3.1	*0.00	*0.06
990190 FROZEN FRUIT	4 OZ	50	7	0	*N/A*	*N/A*	0.01	0.00	1.73	0.03	15	0.5	0.14	0.02
990140 MILK VARIETY	8 OZ	300	33	41	4	*N/A*	0.00	0.00	4.80	3.20	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	400	19	93	0	0	1.60	0.00	0.67	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			395	*611	*19	*2	*7.64	*0.00	*53.97	22.52	*406	*80.6	*15.98	*3.08
% of Calories					*19.2%	*2.0%	*17.4%	*0.0%	*54.7%	22.8%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

Wednesday - 11/13/2024

Reimbursable Meal Total 750

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990214 BBQ CHICKEN BOWL	1 BOWL	350	136	223	3	*0	0.98	0.00	21.30	8.80	*434	*14.2	*17.22	*0.60
990081 CHEESEBURGER	EACH	100	71	117	1	1	3.40	0.13	5.80	4.20	*36	29.1	*0.00	0.46
990154 PEPPERONI PIZZA	1 SLICE	50	16	24	*0	*0	0.42	*0.00	*1.32	0.58	*0	*6.8	*0.00	*0.07
990085 VEGGIE PIZZA	1 SLICE	50	22	61	*0	*0	0.95	*0.00	1.77	0.56	*0	*6.8	*0.00	*0.18
990082 HAMBURGER	EACH	100	57	75	1	1	2.80	0.13	4.00	3.73	*3	19.1	*0.00	0.46
990195 CHEF'S CHOICE SHAKER SALAD	20 OZ	50	10	25	0	*0	0.55	*0.00	0.37	0.86	*11	*2.4	*0.06	*0.05
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	64	1	1	0.60	0.00	3.18	1.42	*0	*11.0	*0.00	*0.14
000258 BROCCOLI: frozen, boiled	CUP	350	24	9	1	*N/A*	0.10	0.00	4.59	2.66	868	28.3	34.43	0.52
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
000245 FRUIT,FRESH ASSORTED	EACH	50	4	0	1	*N/A*	0.02	0.00	0.97	0.05	11	0.9	1.10	0.01
990187 VEGGIE VARIETY	.5 CUP	50	1	2	*0	*0	0.00	*0.00	0.18	0.04	*98	0.7	*0.05	0.01
990093 TOPPINGS FOR PATTIES	.5 CUP	100	5	1	1	0	0.01	0.00	1.11	0.23	*0	*2.1	*0.00	*0.04
990190 FROZEN FRUIT	4 OZ	100	13	1	*N/A*	*N/A*	0.01	0.00	3.46	0.06	30	0.9	0.29	0.04
990140 MILK VARIETY	8 OZ	300	33	41	4	*N/A*	0.00	0.00	4.80	3.20	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	100	5	23	0	0	0.40	0.00	0.17	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			428	666	*14	*2	10.28	*0.27	*54.97	26.50	*1514	*124.3	*55.35	*2.61
% of Calories					*13.1%	*1.9%	21.6%	*0.6%	*51.4%	24.8%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

# Base Menu Spreadsheet

Weighted Values

Nov 1, 2024 thru Nov 30, 2024

Thursday - 11/14/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990131 NACHO BAR	2 oz	400	50	226	*0	*0	*1.33	*0.00	2.11	6.70	*170	*2.8	*1.55	*0.20
990075 CHICKEN PATTY SANDWICH	1 EACH	50	27	43	0	0	1.00	0.00	3.00	1.40	*0	8.0	*0.00	0.22
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	71	1	1	2.00	0.00	6.00	2.67	*N/A*	16.0	*N/A*	0.43
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	64	1	1	0.60	0.00	3.18	1.42	*0	*11.0	*0.00	*0.14
990154 PEPPERONI PIZZA	1 SLICE	50	16	24	*0	*0	0.42	*0.00	*1.32	0.58	*0	*6.8	*0.00	*0.07
990088 CHEESEBURGER PIZZA	1 SLICE	50	21	30	*0	*0	0.75	*0.00	1.32	1.08	*0	*6.8	*0.00	*0.14
990193 LUNCH PARFAIT	1 portion	50	21	*13	2	*0	*0.27	*0.00	2.70	0.57	*67	*13.3	*1.93	*0.08
990105 FRENCH FRIES	1/2 CUP	250	7	18	*0	*N/A*	0.34	*N/A*	1.02	0.07	*N/A*	*N/A*	*0.09	*0.01
000245 FRUIT,FRESH ASSORTED	EACH	400	30	0	6	*N/A*	0.12	0.00	7.78	0.42	89	7.6	8.80	0.10
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
990187 VEGGIE VARIETY	.5 CUP	300	5	10	*0	*0	0.01	*0.00	1.10	0.21	*589	4.3	*0.28	0.06
990093 TOPPINGS FOR PATTIES	.5 CUP	50	2	0	0	0	0.00	0.00	0.55	0.11	*0	*1.0	*0.00	*0.02
990190 FROZEN FRUIT	4 OZ	100	13	1	*N/A*	*N/A*	0.01	0.00	3.46	0.06	30	0.9	0.29	0.04
990140 MILK VARIETY	8 OZ	500	55	68	7	*N/A*	0.00	0.00	8.00	5.33	*N/A*	*N/A*	*N/A*	*N/A*



# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990177	CONDIMENTS OFFERES	1 EACH	100	5	23	0	0	0.40	0.00	0.17	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average				339	*592	*20	*2	*7.29	*0.00	*43.66	20.73	*968	*80.6	*15.14	*1.55
% of Calories					*23.6%	*2.4%	*19.4%	*0.0%	*51.5%	24.5%					
Weekly Nutrient Guideline			750 - 850	1280			<=0								

### Monday - 11/18/2024

### Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990161	ORANGE CHICKEN	12 PIECES	350	60	141	4	0	1.85	0.00	7.34	3.52	0	3.7	0.00	0.27
990081	CHEESEBURGER	EACH	100	71	117	1	1	3.40	0.13	5.80	4.20	*36	29.1	*0.00	0.46
990194	CHEFS CHOICE SUB SANDWICH	EACH	100	48	128	2	1	1.20	0.00	6.36	2.85	*0	*22.1	*0.00	*0.28
990195	CHEF'S CHOICE SHAKER SALAD	20 OZ	100	19	51	0	*0	1.10	*0.00	0.75	1.73	*22	*4.7	*0.13	*0.10
990158	BBQ CHICKEN PIZZA	1 SLICE	100	42	133	*1	*0	0.71	*0.00	4.07	2.40	*0	*13.6	*0.00	*0.17
990051	BEANS, GREEN, FROZEN, ROASTED	1/2 CUP	400	10	0	1	0	0.00	0.00	1.71	0.57	0	5.7	0.00	0.31
990205	BERRY CUP (FROZEN)	EACH	100	12	0	2	*N/A*	0.00	0.00	2.67	0.00	0	0.0	0.00	0.00
000245	FRUIT,FRESH ASSORTED	EACH	300	23	0	4	*N/A*	0.09	0.00	5.84	0.31	67	5.7	6.60	0.08
000245	FRUIT,FRESH ASSORTED	EACH	300	23	0	4	*N/A*	0.09	0.00	5.84	0.31	67	5.7	6.60	0.08
990187	VEGGIE VARIETY	.5 CUP	50	1	2	*0	*0	0.00	*0.00	0.18	0.04	*98	0.7	*0.05	0.01
990093	TOPPINGS FOR PATTIES	.5 CUP	10	0	0	0	0	0.00	0.00	0.11	0.02	*0	*0.2	*0.00	*0.00

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990140 MILK VARIETY	8 OZ	300	33	41	4	*N/A*	0.00	0.00	4.80	3.20	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	50	2	12	0	0	0.20	0.00	0.08	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			346	625	*24	*2	8.65	*0.13	45.55	19.15	*290	*91.2	*13.37	*1.75
% of Calories					*27.7%	*2.3%	22.5%	*0.3%	52.7%	22.1%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

## Tuesday - 11/19/2024

### Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990128 TACO BAR	3	380	129	254	*2	*0	*1.16	*0.00	16.57	10.96	*190	*9.0	*1.72	*1.74
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	71	1	1	2.00	0.00	6.00	2.67	*N/A*	16.0	*N/A*	0.43
990087 HAWAIIAN PIZZA	1 SLICE	50	16	20	*1	*0	0.28	*0.00	1.72	0.57	*0	*6.8	*0.00	*0.10
990193 LUNCH PARFAIT	1 portion	100	42	*26	5	*1	*0.53	*0.00	5.40	1.13	*133	*26.7	*3.87	*0.17
990194 CHEFS CHOICE SUB SANDWICH	EACH	120	58	154	2	1	1.44	0.00	7.63	3.42	*0	*26.5	*0.00	*0.33
990051 BEANS, GREEN, FROZEN, ROASTED	1/2 CUP	110	3	0	0	0	0.00	0.00	0.47	0.16	0	1.6	0.00	0.08
000245 FRUIT,FRESH ASSORTED	EACH	400	30	0	6	*N/A*	0.12	0.00	7.78	0.42	89	7.6	8.80	0.10
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
990187 VEGGIE VARIETY	.5 CUP	300	5	10	*0	*0	0.01	*0.00	1.10	0.21	*589	4.3	*0.28	0.06
990093 TOPPINGS FOR PATTIES	.5 CUP	300	14	2	2	0	0.03	0.00	3.32	0.68	*0	*6.3	*0.00	*0.11

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990205 BERRY CUP (FROZEN)	EACH	10	1	0	0	*N/A*	0.00	0.00	0.27	0.00	0	0.0	0.00	0.00
990140 MILK VARIETY	8 OZ	400	44	54	6	*N/A*	0.00	0.00	6.40	4.27	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	100	5	23	0	0	0.40	0.00	0.17	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			409	*616	*25	*3	*6.02	*0.00	58.77	24.58	*1024	*106.7	*16.87	*3.17
% of Calories					*24.4%	*2.9%	*13.2%	*0.0%	57.5%	24.0%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

## Wednesday - 11/20/2024

## Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990131 NACHO BAR	2 oz	200	25	113	*0	*0	*0.66	*0.00	1.05	3.35	*85	*1.4	*0.78	*0.10
990081 CHEESEBURGER	EACH	100	71	117	1	1	3.40	0.13	5.80	4.20	*36	29.1	*0.00	0.46
990154 PEPPERONI PIZZA	1 SLICE	300	96	141	*1	*0	2.51	*0.00	*7.92	3.46	*0	*40.9	*0.00	*0.40
990085 VEGGIE PIZZA	1 SLICE	150	65	182	*1	*0	2.86	*0.00	5.30	1.69	*0	*20.5	*0.00	*0.55
990195 CHEF'S CHOICE SHAKER SALAD	20 OZ	100	19	51	0	*0	1.10	*0.00	0.75	1.73	*22	*4.7	*0.13	*0.10
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	64	1	1	0.60	0.00	3.18	1.42	*0	*11.0	*0.00	*0.14
990051 BEANS, GREEN, FROZEN, ROASTED	1/2 CUP	110	3	0	0	0	0.00	0.00	0.47	0.16	0	1.6	0.00	0.08
000245 FRUIT,FRESH ASSORTED	EACH	400	30	0	6	*N/A*	0.12	0.00	7.78	0.42	89	7.6	8.80	0.10
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990187 VEGGIE VARIETY	.5 CUP	300	5	10	*0	*0	0.01	*0.00	1.10	0.21	*589	4.3	*0.28	0.06
990093 TOPPINGS FOR PATTIES	.5 CUP	300	14	2	2	0	0.03	0.00	3.32	0.68	*0	*6.3	*0.00	*0.11
990205 BERRY CUP (FROZEN)	EACH	10	1	0	0	*N/A*	0.00	0.00	0.27	0.00	0	0.0	0.00	0.00
990140 MILK VARIETY	8 OZ	50	6	7	1	*N/A*	0.00	0.00	0.80	0.53	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	100	5	23	0	0	0.40	0.00	0.17	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			373	712	*14	*1	*11.73	*0.13	*39.85	17.95	*844	*129.3	*12.18	*2.14
% of Calories					*15.0%	*1.1%	*28.3%	*0.3%	*42.7%	19.2%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

### Thursday - 11/21/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990215 THANKSGIVING	1 PLATE	450	233	336	*2	*1	1.78	0.00	36.00	16.54	*176	175.8	*1.92	0.92
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	71	1	1	2.00	0.00	6.00	2.67	*N/A*	16.0	*N/A*	0.43
990154 PEPPERONI PIZZA	1 SLICE	100	32	47	*0	*0	0.84	*0.00	*2.64	1.15	*0	*13.6	*0.00	*0.13
990193 LUNCH PARFAIT	1 portion	50	21	*13	2	*0	*0.27	*0.00	2.70	0.57	*67	*13.3	*1.93	*0.08
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	64	1	1	0.60	0.00	3.18	1.42	*0	*11.0	*0.00	*0.14
990105 FRENCH FRIES	1/2 CUP	200	6	14	*0	*N/A*	0.27	*N/A*	0.82	0.06	*N/A*	*N/A*	*0.07	*0.01
000245 FRUIT,FRESH ASSORTED	EACH	300	23	0	4	*N/A*	0.09	0.00	5.84	0.31	67	5.7	6.60	0.08

# Base Menu Spreadsheet

## Weighted Values

Nov 1, 2024 thru Nov 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0	1	*N/A*	0.03	0.00	1.95	0.10	22	1.9	2.20	0.03
990187 VEGGIE VARIETY	.5 CUP	100	2	3	*0	*0	0.00	*0.00	0.37	0.07	*196	1.4	*0.09	0.02
990093 TOPPINGS FOR PATTIES	.5 CUP	50	2	0	0	0	0.00	0.00	0.55	0.11	*0	*1.0	*0.00	*0.02
990205 BERRY CUP (FROZEN)	EACH	100	12	0	2	*N/A*	0.00	0.00	2.67	0.00	0	0.0	0.00	0.00
990140 MILK VARIETY	8 OZ	500	55	68	7	*N/A*	0.00	0.00	8.00	5.33	*N/A*	*N/A*	*N/A*	*N/A*
990177 CONDIMENTS OFFERES	1 EACH	100	5	23	0	0	0.40	0.00	0.17	0.00	*0	0.0	*0.00	0.00
Weighted Daily Average			476	*641	*22	*2	*6.29	*0.00	*70.87	28.34	*529	*239.9	*12.81	*1.86
% of Calories					*18.5%	*1.7%	*11.9%	*0.0%	*59.6%	23.8%				
Weekly Nutrient Guideline			750 - 850	1280			<=0							

	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	395	*628	*19	*2	*9.07	*0.12	*50.66	22.91	*668	*114.9	*15.69	*2.27
% of Calories			*19.2%	*2.0%	*20.7%	*0.3%	*51.3%	23.2%				

\*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  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.