

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

Menu Name: Lunch

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 12/02/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990084 ALFREDO PASTA	.75 CUP	300	169	0.60	182	1	*0	3.06	0.00	14	28.01	2.29	8.69
990081 CHEESEBURGER	EACH	100	71	1.00	117	1	1	3.40	0.13	14	5.80	0.40	4.20
990082 HAMBURGER	EACH	200	115	2.00	149	1	1	5.60	0.27	27	8.00	0.80	7.47
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
990195 CHEF'S CHOICE SHAKER SALAD	20 OZ	50	10	*0.17	25	0	*0	0.55	*0.00	8	0.37	*0.07	0.86
990158 BBQ CHICKEN PIZZA	1 SLICE	50	21	0.02	67	*1	*0	0.35	*0.00	2	2.04	*0.11	1.20
990099 CORN COOKED	.5 CUP	350	28	0.00	0	2	*N/A*	0.62	0.00	0	4.98	0.62	0.93
990190 FROZEN FRUIT	4 OZ	750	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44
000245 FRUIT,FRESH ASSORTED	EACH	300	23	0.02	0	4	*N/A*	0.09	0.00	0	5.84	0.83	0.31
000245 FRUIT,FRESH ASSORTED	EACH	450	34	0.03	0	6	*N/A*	0.14	0.00	0	8.75	1.24	0.47
990187 VEGGIE VARIETY	.5 CUP	450	7	0.00	16	*0	*0	0.02	*0.00	*0	1.65	0.51	0.32
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990177 CONDIMENTS OFFERES	1 EACH	100	5	0.00	23	0	0	0.40	0.00	1	0.17	0.00	0.00
Weighted Daily Average			690	*3.98	753	*30	*3	14.92	*0.40	*74	106.74	*8.50	34.32
% of Calories				*5.19%		*17.4%	*1.7%	19.5%	*0.5%		61.9%		19.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Tuesday - 12/03/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 BEEF TACO BAR	3	350	136	1.50	480	*0	*0	*3.01	*0.00	*1	22.69	2.98	4.53
990075 CHICKEN PATTY SANDWICH	1 EACH	100	55	0.40	87	1	1	2.00	0.00	3	6.00	0.80	2.80
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	0.40	71	1	1	2.00	0.00	3	6.00	0.67	2.67
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
990154 PEPPERONI PIZZA	1 SLICE	50	16	*0.01	24	*0	*0	0.42	*0.00	1	*1.32	*0.11	0.58
990087 HAWAIIAN PIZZA	1 SLICE	50	16	0.00	20	*1	*0	0.28	*0.00	1	1.72	*0.13	0.57
990193 LUNCH PARFAIT	1 portion	50	21	*0.00	*13	2	*0	*0.27	*0.00	*0	2.70	*0.17	0.57
990099 CORN COOKED	.5 CUP	400	32	0.00	0	3	*N/A*	0.71	0.00	0	5.69	0.71	1.07
000245 FRUIT,FRESH ASSORTED	EACH	400	30	0.03	0	6	*N/A*	0.12	0.00	0	7.78	1.10	0.42
000245 FRUIT,FRESH ASSORTED	EACH	350	27	0.02	0	5	*N/A*	0.11	0.00	0	6.81	0.96	0.36
990187 VEGGIE VARIETY	.5 CUP	350	6	0.00	12	*0	*0	0.02	*0.00	*0	1.28	0.39	0.25

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 TOPPINGS FOR PATTIES	.5 CUP	450	22	0.02	3	3	0	0.04	0.00	0	4.98	1.21	1.02
990168 MIXED FRUIT	4 OZ	350	30	0.01	3	*N/A*	*N/A*	0.05	*N/A*	0	7.84	0.79	0.25
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	500	24	0.00	117	0	0	2.00	0.00	3	0.83	0.00	0.00
Weighted Daily Average			575	*2.52	*997	*33	*3	*11.63	*0.00	*20	*90.81	*10.42	24.50
% of Calories				*3.94%		*23.0%	*2.1%	*18.2%	*0.0%		*63.2%		17.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Wednesday - 12/04/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990033 THAI CHICKEN BOWL W/ BROCCOLI	2/3 CUP	300	121	0.55	373	*1	*0	2.33	*0.00	*29	13.95	1.07	10.53
990081 CHEESEBURGER	EACH	200	141	2.00	235	1	1	6.80	0.27	29	11.60	0.80	8.40
990154 PEPPERONI PIZZA	1 SLICE	50	16	*0.01	24	*0	*0	0.42	*0.00	1	*1.32	*0.11	0.58
990085 VEGGIE PIZZA	1 SLICE	50	22	0.00	61	*0	*0	0.95	*0.00	1	1.77	*0.13	0.56
990082 HAMBURGER	EACH	50	29	0.50	37	0	0	1.40	0.07	7	2.00	0.20	1.87
990195 CHEF'S CHOICE SHAKER SALAD	20 OZ	50	10	*0.17	25	0	*0	0.55	*0.00	8	0.37	*0.07	0.86
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
990099 CORN COOKED	.5 CUP	500	40	0.00	0	4	*N/A*	0.89	0.00	0	7.11	0.89	1.33

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000245 FRUIT,FRESH ASSORTED	EACH	350	27	0.02	0	5	*N/A*	0.11	0.00	0	6.81	0.96	0.36
990190 FROZEN FRUIT	4 OZ	450	60	0.01	4	*N/A*	*N/A*	0.05	0.00	0	15.57	0.75	0.27
990187 VEGGIE VARIETY	.5 CUP	450	7	0.00	16	*0	*0	0.02	*0.00	*0	1.65	0.51	0.32
990093 TOPPINGS FOR PATTIES	.5 CUP	350	17	0.02	2	2	0	0.03	0.00	0	3.87	0.94	0.80
990168 MIXED FRUIT	4 OZ	350	30	0.01	3	*N/A*	*N/A*	0.05	*N/A*	0	7.84	0.79	0.25
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	300	14	0.00	70	0	0	1.20	0.00	2	0.50	0.00	0.00
Weighted Daily Average			641	*3.42	1017	*26	*2	15.41	*0.33	*84	*89.54	*7.62	35.55
% of Calories				*4.80%		*16.2%	*1.2%	21.6%	*0.5%		*55.9%		22.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Thursday - 12/05/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990131 NACHO BAR	2 oz	400	50	0.09	226	*0	*0	*1.33	*0.00	*23	2.11	0.23	6.70
990075 CHICKEN PATTY SANDWICH	1 EACH	50	27	0.20	43	0	0	1.00	0.00	2	3.00	0.40	1.40
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	0.40	71	1	1	2.00	0.00	3	6.00	0.67	2.67
990154 PEPPERONI PIZZA	1 SLICE	50	16	*0.01	24	*0	*0	0.42	*0.00	1	*1.32	*0.11	0.58
990088 CHEESEBURGER PIZZA	1 SLICE	50	21	0.00	30	*0	*0	0.75	*0.00	2	1.32	*0.11	1.08

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990193 LUNCH PARFAIT	1 portion	50	21	*0.00	*13	2	*0	*0.27	*0.00	*0	2.70	*0.17	0.57
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
990105 FRENCH FRIES	1/2 CUP	250	7	*0.04	18	*0	*N/A*	0.34	*N/A*	*N/A*	1.02	0.07	0.07
000245 FRUIT,FRESH ASSORTED	EACH	350	27	0.02	0	5	*N/A*	0.11	0.00	0	6.81	0.96	0.36
000245 FRUIT,FRESH ASSORTED	EACH	450	34	0.03	0	6	*N/A*	0.14	0.00	0	8.75	1.24	0.47
990187 VEGGIE VARIETY	.5 CUP	450	7	0.00	16	*0	*0	0.02	*0.00	*0	1.65	0.51	0.32
990093 TOPPINGS FOR PATTIES	.5 CUP	350	17	0.02	2	2	0	0.03	0.00	0	3.87	0.94	0.80
990190 FROZEN FRUIT	4 OZ	450	60	0.01	4	*N/A*	*N/A*	0.05	0.00	0	15.57	0.75	0.27
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	350	17	0.00	82	0	0	1.40	0.00	2	0.58	0.00	0.00
Weighted Daily Average			465	*0.96	*695	*30	*2	*8.45	*0.00	*41	*69.89	*6.54	24.70
% of Calories				*1.86%		*25.8%	*1.7%	*16.4%	*0.0%		*60.1%		21.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Monday - 12/09/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990046 LOADED BAKED POTATO BAR	POTATO	100	96	2.14	191	1	*0	4.19	*0.00	*22	8.12	*1.15	5.82
990081 CHEESEBURGER	EACH	150	106	1.50	176	1	1	5.10	0.20	22	8.70	0.60	6.30

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990082 HAMBURGER	EACH	150	86	1.50	112	1	1	4.20	0.20	20	6.00	0.60	5.60
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
990166 CHICKEN RANCH SHAKER SALAD	20 OZ	200	78	1.54	107	1	0	7.29	0.00	9	1.72	0.29	1.48
990158 BBQ CHICKEN PIZZA	1 SLICE	50	21	0.02	67	*1	*0	0.35	*0.00	2	2.04	*0.11	1.20
990154 PEPPERONI PIZZA	1 SLICE	50	16	*0.01	24	*0	*0	0.42	*0.00	1	*1.32	*0.11	0.58
990099 CORN COOKED	.5 CUP	350	28	0.00	0	2	*N/A*	0.62	0.00	0	4.98	0.62	0.93
990168 MIXED FRUIT	4 OZ	550	47	0.01	5	*N/A*	*N/A*	0.08	*N/A*	0	12.32	1.25	0.40
990190 FROZEN FRUIT	4 OZ	100	13	0.00	1	*N/A*	*N/A*	0.01	0.00	0	3.46	0.17	0.06
000245 FRUIT,FRESH ASSORTED	EACH	350	27	0.02	0	5	*N/A*	0.11	0.00	0	6.81	0.96	0.36
990187 VEGGIE VARIETY	.5 CUP	450	7	0.00	16	*0	*0	0.02	*0.00	*0	1.65	0.51	0.32
990093 TOPPINGS FOR PATTIES	.5 CUP	350	17	0.02	2	2	0	0.03	0.00	0	3.87	0.94	0.80
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	300	14	0.00	70	0	0	1.20	0.00	2	0.50	0.00	0.00
Weighted Daily Average			665	*6.90	936	*27	*3	24.23	*0.40	*86	*76.66	*7.70	33.27
% of Calories				*9.34%		*16.2%	*1.8%	32.8%	*0.5%		*46.1%		20.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Tuesday - 12/10/2024

Reimbursable Meal Total 750

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990129 T TACO FILLING TACO BAR	3	400	13	0.13	199	*0	*0	*0.29	*0.00	*1	2.09	0.23	0.42
990075 CHICKEN PATTY SANDWICH	1 EACH	50	27	0.20	43	0	0	1.00	0.00	2	3.00	0.40	1.40
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	0.40	71	1	1	2.00	0.00	3	6.00	0.67	2.67
990154 PEPPERONI PIZZA	1 SLICE	50	16	*0.01	24	*0	*0	0.42	*0.00	1	*1.32	*0.11	0.58
990087 HAWAIIAN PIZZA	1 SLICE	50	16	0.00	20	*1	*0	0.28	*0.00	1	1.72	*0.13	0.57
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
990193 LUNCH PARFAIT	1 portion	50	21	*0.00	*13	2	*0	*0.27	*0.00	*0	2.70	*0.17	0.57
990099 CORN COOKED	.5 CUP	350	28	0.00	0	2	*N/A*	0.62	0.00	0	4.98	0.62	0.93
000245 FRUIT,FRESH ASSORTED	EACH	350	27	0.02	0	5	*N/A*	0.11	0.00	0	6.81	0.96	0.36
000245 FRUIT,FRESH ASSORTED	EACH	450	34	0.03	0	6	*N/A*	0.14	0.00	0	8.75	1.24	0.47
990187 VEGGIE VARIETY	.5 CUP	450	7	0.00	16	*0	*0	0.02	*0.00	*0	1.65	0.51	0.32
990093 TOPPINGS FOR PATTIES	.5 CUP	350	17	0.02	2	2	0	0.03	0.00	0	3.87	0.94	0.80
990190 FROZEN FRUIT	4 OZ	350	47	0.01	3	*N/A*	*N/A*	0.04	0.00	0	12.11	0.58	0.21
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	200	10	0.00	47	0	0	0.80	0.00	1	0.33	0.00	0.00
Weighted Daily Average			423	*0.96	*604	*32	*2	*6.62	*0.00	*16	*70.51	*6.95	18.71
% of Calories				*2.04%		*30.3%	*1.9%	*14.1%	*0.0%		*66.7%		17.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

Wednesday - 12/11/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990217 SPICY KOREAN GRILLED CHICKEN	1 BOWL	150	*88	*0.33	*158	*4	*0	*1.78	*0.00	*5	*13.16	*1.42	*3.44
990081 CHEESEBURGER	EACH	50	35	0.50	59	0	0	1.70	0.07	7	2.90	0.20	2.10
990154 PEPPERONI PIZZA	1 SLICE	300	96	*0.08	141	*1	*0	2.51	*0.00	5	*7.92	*0.67	3.46
990085 VEGGIE PIZZA	1 SLICE	50	22	0.00	61	*0	*0	0.95	*0.00	1	1.77	*0.13	0.56
990082 HAMBURGER	EACH	50	29	0.50	37	0	0	1.40	0.07	7	2.00	0.20	1.87
990166 CHICKEN RANCH SHAKER SALAD	20 OZ	100	39	0.77	53	1	0	3.65	0.00	5	0.86	0.15	0.74
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
000040 PEAS: frozen,boiled	CUP	460	77	0.05	71	4	*N/A*	0.26	0.00	0	13.99	4.42	5.05
000245 FRUIT,FRESH ASSORTED	EACH	460	35	0.03	0	7	*N/A*	0.14	0.00	0	8.95	1.27	0.48
000245 FRUIT,FRESH ASSORTED	EACH	290	22	0.02	0	4	*N/A*	0.09	0.00	0	5.64	0.80	0.30
990187 VEGGIE VARIETY	.5 CUP	290	5	0.00	10	*0	*0	0.01	*0.00	*0	1.06	0.33	0.21
990093 TOPPINGS FOR PATTIES	.5 CUP	290	14	0.01	2	2	0	0.03	0.00	0	3.21	0.78	0.66
990190 FROZEN FRUIT	4 OZ	100	13	0.00	1	*N/A*	*N/A*	0.01	0.00	0	3.46	0.17	0.06
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00

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Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990177 CONDIMENTS OFFERES	1 EACH	240	12	0.00	56	0	0	0.96	0.00	2	0.40	0.00	0.00
Weighted Daily Average			*593	*2.43	*816	*35	*2	*14.10	*0.13	*39	*80.50	*10.90	*28.35
% of Calories				*3.69%		*23.6%	*1.3%	*21.4%	*0.2%		*54.3%		*19.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Thursday - 12/12/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990131 NACHO BAR	2 oz	350	44	0.08	198	*0	*0	*1.16	*0.00	*20	1.84	0.20	5.86
990075 CHICKEN PATTY SANDWICH	1 EACH	50	27	0.20	43	0	0	1.00	0.00	2	3.00	0.40	1.40
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	0.40	71	1	1	2.00	0.00	3	6.00	0.67	2.67
990154 PEPPERONI PIZZA	1 SLICE	100	32	*0.03	47	*0	*0	0.84	*0.00	2	*2.64	*0.22	1.15
990088 CHEESEBURGER PIZZA	1 SLICE	50	21	0.00	30	*0	*0	0.75	*0.00	2	1.32	*0.11	1.08
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
990193 LUNCH PARFAIT	1 portion	50	21	*0.00	*13	2	*0	*0.27	*0.00	*0	2.70	*0.17	0.57
990105 FRENCH FRIES	1/2 CUP	300	9	*0.04	21	*0	*N/A*	0.41	*N/A*	*N/A*	1.23	0.09	0.09
000245 FRUIT,FRESH ASSORTED	EACH	300	23	0.02	0	4	*N/A*	0.09	0.00	0	5.84	0.83	0.31
000245 FRUIT,FRESH ASSORTED	EACH	450	34	0.03	0	6	*N/A*	0.14	0.00	0	8.75	1.24	0.47
990187 VEGGIE VARIETY	.5 CUP	450	7	0.00	16	*0	*0	0.02	*0.00	*0	1.65	0.51	0.32

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990093 TOPPINGS FOR PATTIES	.5 CUP	300	14	0.01	2	2	0	0.03	0.00	0	3.32	0.81	0.68
990190 FROZEN FRUIT	4 OZ	100	13	0.00	1	*N/A*	*N/A*	0.01	0.00	0	3.46	0.17	0.06
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	100	5	0.00	23	0	0	0.40	0.00	1	0.17	0.00	0.00
Weighted Daily Average			411	*0.96	*632	*29	*2	*7.72	*0.00	*37	*57.10	*5.78	24.08
% of Calories				*2.10%		*28.2%	*1.9%	*16.9%	*0.0%		*55.6%		23.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Monday - 12/16/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990128 CHICKEN TAQUITOS	3	300	189	3.22	221	*2	*0	*5.27	*0.00	*33	22.54	4.27	10.24
990175 ELOTE CORN	.5 CUP	500	65	0.41	24	4	*0	3.61	0.00	*1	7.28	1.00	1.37
990081 CHEESEBURGER	EACH	50	35	0.50	59	0	0	1.70	0.07	7	2.90	0.20	2.10
990082 HAMBURGER	EACH	50	29	0.50	37	0	0	1.40	0.07	7	2.00	0.20	1.87
990194 CHEFS CHOICE SUB SANDWICH	EACH	150	73	0.40	193	3	2	1.80	0.00	8	9.54	1.15	4.27
990195 CHEF'S CHOICE SHAKER SALAD	20 OZ	100	19	*0.34	51	0	*0	1.10	*0.00	16	0.75	*0.15	1.73
990158 BBQ CHICKEN PIZZA	1 SLICE	100	42	0.04	133	*1	*0	0.71	*0.00	5	4.07	*0.22	2.40
990168 MIXED FRUIT	4 OZ	500	43	0.01	5	*N/A*	*N/A*	0.08	*N/A*	0	11.20	1.13	0.36

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000245 FRUIT,FRESH ASSORTED	EACH	250	19	0.02	0	4	*N/A*	0.08	0.00	0	4.86	0.69	0.26
000245 FRUIT,FRESH ASSORTED	EACH	100	8	0.01	0	1	*N/A*	0.03	0.00	0	1.95	0.28	0.10
990187 VEGGIE VARIETY	.5 CUP	250	4	0.00	9	*0	*0	0.01	*0.00	*0	0.92	0.28	0.18
990140 MILK VARIETY	8 OZ	740	82	0.00	101	11	*N/A*	0.00	0.00	5	11.84	*N/A*	7.89
990177 CONDIMENTS OFFERES	1 EACH	300	14	0.00	70	0	0	1.20	0.00	2	0.50	0.00	0.00
Weighted Daily Average			623	*5.43	902	*27	*2	*16.98	*0.13	*85	80.34	*9.57	32.78
% of Calories				*7.84%		*17.3%	*1.3%	*24.5%	*0.2%		51.6%		21.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Tuesday - 12/17/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990129 T TACO FILLING TACO BAR	3	300	9	0.10	149	*0	*0	*0.22	*0.00	*1	1.57	0.17	0.32
990075 CHICKEN PATTY SANDWICH	1 EACH	50	27	0.20	43	0	0	1.00	0.00	2	3.00	0.40	1.40
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	0.40	71	1	1	2.00	0.00	3	6.00	0.67	2.67
990154 PEPPERONI PIZZA	1 SLICE	100	32	*0.03	47	*0	*0	0.84	*0.00	2	*2.64	*0.22	1.15
990087 HAWAIIAN PIZZA	1 SLICE	100	32	0.01	41	*1	*0	0.56	*0.00	1	3.43	*0.26	1.13
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
990193 LUNCH PARFAIT	1 portion	50	21	*0.00	*13	2	*0	*0.27	*0.00	*0	2.70	*0.17	0.57

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000426 GREEN BEANS: frozen,boiled	CUP	400	20	0.03	1	1	*N/A*	0.12	0.00	0	4.64	2.16	1.07
000245 FRUIT,FRESH ASSORTED	EACH	400	30	0.03	0	6	*N/A*	0.12	0.00	0	7.78	1.10	0.42
000245 FRUIT,FRESH ASSORTED	EACH	350	27	0.02	0	5	*N/A*	0.11	0.00	0	6.81	0.96	0.36
990187 VEGGIE VARIETY	.5 CUP	350	6	0.00	12	*0	*0	0.02	*0.00	*0	1.28	0.39	0.25
990190 FROZEN FRUIT	4 OZ	350	47	0.01	3	*N/A*	*N/A*	0.04	0.00	0	12.11	0.58	0.21
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	300	14	0.00	70	0	0	1.20	0.00	2	0.50	0.00	0.00
Weighted Daily Average			427	*0.95	*617	*29	*2	*7.09	*0.00	*18	*67.65	*7.48	18.97
% of Calories				*2.00%		*27.2%	*1.9%	*14.9%	*0.0%		*63.4%		17.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Wednesday - 12/18/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990131 NACHO BAR	2 oz	200	25	0.05	113	*0	*0	*0.66	*0.00	*11	1.05	0.11	3.35
990081 CHEESEBURGER	EACH	100	71	1.00	117	1	1	3.40	0.13	14	5.80	0.40	4.20
990154 PEPPERONI PIZZA	1 SLICE	100	32	*0.03	47	*0	*0	0.84	*0.00	2	*2.64	*0.22	1.15
990085 VEGGIE PIZZA	1 SLICE	100	44	0.01	122	*0	*0	1.90	*0.00	1	3.53	*0.26	1.13
990082 HAMBURGER	EACH	50	29	0.50	37	0	0	1.40	0.07	7	2.00	0.20	1.87

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990195 CHEF'S CHOICE SHAKER SALAD	20 OZ	50	10	*0.17	25	0	*0	0.55	*0.00	8	0.37	*0.07	0.86
990194 CHEFS CHOICE SUB SANDWICH	EACH	50	24	0.13	64	1	1	0.60	0.00	3	3.18	0.38	1.42
000245 FRUIT,FRESH ASSORTED	EACH	400	30	0.03	0	6	*N/A*	0.12	0.00	0	7.78	1.10	0.42
000245 FRUIT,FRESH ASSORTED	EACH	350	27	0.02	0	5	*N/A*	0.11	0.00	0	6.81	0.96	0.36
990187 VEGGIE VARIETY	.5 CUP	350	6	0.00	12	*0	*0	0.02	*0.00	*0	1.28	0.39	0.25
000139 SALAD,TOSSED: no dressing	.5 CUP	400	12	0.02	10	2	*N/A*	0.12	0.00	0	2.70	0.91	0.59
990190 FROZEN FRUIT	4 OZ	100	13	0.00	1	*N/A*	*N/A*	0.01	0.00	0	3.46	0.17	0.06
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	100	5	0.00	23	0	0	0.40	0.00	1	0.17	0.00	0.00
Weighted Daily Average			410	*1.95	675	*27	*1	*10.13	*0.20	*52	*52.78	*5.20	23.66
% of Calories				*4.28%		*26.3%	*1.0%	*22.2%	*0.4%		*51.5%		23.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Thursday - 12/19/2024

Reimbursable Meal Total 750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990218 HAM DINNER FOR WINTER BREAK	1 PLATE	400	205	0.66	682	*2	*0	1.84	0.02	23	32.14	3.23	12.81
990075 CHICKEN PATTY SANDWICH	1 EACH	100	55	0.40	87	1	1	2.00	0.00	3	6.00	0.80	2.80
990076 SPICY CHICKEN PATTY SANDWICH	1 EACH	100	53	0.40	71	1	1	2.00	0.00	3	6.00	0.67	2.67

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990154 PEPPERONI PIZZA	1 SLICE	50	16	*0.01	24	*0	*0	0.42	*0.00	1	*1.32	*0.11	0.58
990088 CHEESEBURGER PIZZA	1 SLICE	50	21	0.00	30	*0	*0	0.75	*0.00	2	1.32	*0.11	1.08
990193 LUNCH PARFAIT	1 portion	25	10	*0.00	*6	1	*0	*0.13	*0.00	*0	1.35	*0.08	0.28
990194 CHEFS CHOICE SUB SANDWICH	EACH	25	12	0.07	32	0	0	0.30	0.00	1	1.59	0.19	0.71
990105 FRENCH FRIES	1/2 CUP	300	9	*0.04	21	*0	*N/A*	0.41	*N/A*	*N/A*	1.23	0.09	0.09
000245 FRUIT,FRESH ASSORTED	EACH	300	23	0.02	0	4	*N/A*	0.09	0.00	0	5.84	0.83	0.31
000245 FRUIT,FRESH ASSORTED	EACH	450	34	0.03	0	6	*N/A*	0.14	0.00	0	8.75	1.24	0.47
990187 VEGGIE VARIETY	.5 CUP	450	7	0.00	16	*0	*0	0.02	*0.00	*0	1.65	0.51	0.32
990093 TOPPINGS FOR PATTIES	.5 CUP	100	5	0.00	1	1	0	0.01	0.00	0	1.11	0.27	0.23
990190 FROZEN FRUIT	4 OZ	300	40	0.00	3	*N/A*	*N/A*	0.03	0.00	0	10.38	0.50	0.18
990140 MILK VARIETY	8 OZ	750	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990177 CONDIMENTS OFFERES	1 EACH	100	5	0.00	23	0	0	0.40	0.00	1	0.17	0.00	0.00
Weighted Daily Average			578	*1.65	*1098	*28	*2	*8.54	*0.02	*39	*90.84	*8.62	30.52
% of Calories				*2.57%		*19.4%	*1.4%	*13.3%	*0.0%		*62.9%		21.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*542	*2.68	*812	*29	*2	*12.15	*0.13	*49	*77.78	*7.94	*27.45
% of Calories		*4.45%		*21.4%	*1.5%	*20.2%	*0.2%		*57.4%		*20.3%

**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.*