

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

Menu Name: STORY LUNCH

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 11/01/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990071 CHICKEN STROMBOLI,K-12	SERVINGS	15	330	6.26	758	*6	12.69	30.93
000602 SALAD,SPINACH	1 CUP	13	12	0.01	13	1	0.29	1.89
001287 DRESSING,RANCH,RTU	2 TBSP	13	114	2.07	197	1	11.38	2.07
000277 COLESLAW	1/2 CUP	10	123	1.40	213	9	8.40	12.23
000085 ORANGE,HALVES	1/2 EACH	14	36	0.01	0	7	0.09	8.88
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			673	9.20	1255	*37	28.82	69.86
% of Calories				12.30%		*22.0%	38.5%	41.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Thursday - 11/02/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990115 CHICKEN NACHOS,USDA	3 OZ	15	396	6.86	881	*1	23.19	26.78

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000487 FRENCH FRIES,OVEN HEAT	1/2 CUP	15	130	0.00	30	0	2.95	20.08
000523 KETCHUP,2 TBSP	2 TBSP	12	40	0.00	320	8	0.00	10.00
001370 BEANS,BLACK,1/2 CUP	1/2 CUP	8	77	0.00	99	0	0.00	14.17
000021 PEARS,CND,1/2 CUP	1/2 CUP	15	60	0.00	5	12	0.00	16.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			777	7.06	1398	*37	26.47	97.48
% of Calories				8.18%		*19.0%	30.7%	50.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Friday - 11/03/2017

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000235 PARENT/TEACHER CONFERENCE	EACH	1	0	0.00	0	*N/A*	0.00	0.00
Weighted Daily Average			0	0.00	0	*N/A*	0.00	0.00
% of Calories				0%		*N/A*	0%	0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Monday - 11/06/2017

Reimbursable Meal Total 15

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000914 PIZZA,CHEESE,WG	SLICE	15	320	2.00	520	6	11.00	38.00
000602 SALAD,SPINACH	1 CUP	10	12	0.01	13	1	0.29	1.89
001287 DRESSING,RANCH,RTU	2 TBSP	12	114	2.07	197	1	11.38	2.07
000478 TOMATOES,CHERRY	1/4 CUP	9	12	0.00	6	1	0.00	2.40
000099 STRAWBERRIES, DICED CUP	4.5 OZ	14	80	0.00	0	16	0.00	20.93
000395 COOKIE,CHOCOLATE CHIP,WG,1 OZ	1 OZ	15	120	3.00	70	9	6.00	17.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
000914 PIZZA,CHEESE,WG	SLICE	15	320	2.00	520	6	11.00	38.00
000602 SALAD,SPINACH	1 CUP	10	12	0.01	13	1	0.29	1.89
001287 DRESSING,RANCH,RTU	2 TBSP	12	114	2.07	197	1	11.38	2.07
000478 TOMATOES,CHERRY	1/4 CUP	9	12	0.00	6	1	0.00	2.40
000099 STRAWBERRIES, DICED CUP	4.5 OZ	14	80	0.00	0	16	0.00	20.93
000395 COOKIE,CHOCOLATE CHIP,WG,1 OZ	1 OZ	15	120	3.00	70	9	6.00	17.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			1479	13.72	1866	99	53.26	195.91
% of Calories				8.35%		26.8%	32.4%	53.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Tuesday - 11/07/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001411 PORK TOSTADA,K-8,SHRD PORK	EACH	15	334	4.51	416	6	14.06	34.58
000377 CUCUMBER,RAW	1/4 CUP	9	5	0.01	1	1	0.07	0.98
000066 BEANS,VEG,CND	1/2 CUP	9	129	0.00	456	6	1.00	23.01
990084 PEACHES,DICED CUP	1/2 CUP	15	66	0.00	9	15	0.00	17.01
001353 PUDDING,CHOCOLATE,RT, CUP	3 OZ	14	140	6.00	125	15	7.00	19.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			730	10.31	990	57	21.57	102.79
% of Calories				12.71%		31.2%	26.6%	56.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Wednesday - 11/08/2017

Reimbursable Meal Total 15

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000734 SLOPPY JOES,K-5	1/2 CUP	15	362	4.14	541	10	14.47	35.58
000513 POTATO WEDGES,RANCH	1/2 CUP	14	114	1.12	142	0	3.36	17.98
000523 KETCHUP,2 TBSP	2 TBSP	14	40	0.00	320	8	0.00	10.00
001231 COLESLAW,1/4 CUP	1/4 CUP	13	61	0.70	106	4	4.20	6.11
990083 APPLESAUCE,CHERRY	1/2 CUP	15	50	0.00	15	12	0.00	14.00
000822 MILK,CHOCOLATE	HALF PINT	12	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			727	6.09	1250	50	21.74	99.58
% of Calories				7.54%		27.5%	26.9%	54.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Thursday - 11/09/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001300 CHICKEN TORTILLA SOUP,K-12	1 CUP	14	257	4.18	1185	*4	9.06	22.64
000570 SALAD,ROMAINE	1 CUP	10	13	0.00	7	1	0.34	2.01
001287 DRESSING,RANCH,RTU	2 TBSP	10	114	2.07	197	1	11.38	2.07
001053 AVOCADO,1/4 CUP	1/4 CUP	8	58	0.78	3	0	5.35	3.11

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000021 PEARS,CND,1/2 CUP	1/2 CUP	12	60	0.00	5	12	0.00	16.00
001217 CHURRO,WG,APPLE	EACH	15	150	1.00	60	9	4.00	27.00
000822 MILK,CHOCOLATE	HALF PINT	12	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			671	7.00	1477	*41	23.62	83.91
% of Calories				9.39%		*24.4%	31.7%	50.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Friday - 11/10/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000124 SAUSAGE PATTIE,K-8,USDA	1 EACH	12	60	1.00	100	0	4.00	0.00
001253 EGG PATTIE,K-12	1 EACH	13	50	1.00	120	0	3.00	1.00
001352 PANCAKES	2 EACH	15	140	0.00	270	6	4.00	26.00
000349 SYRUP,PANCAKE	1.5 OZ	15	110	0.00	5	13	0.14	28.00
000151 PEPPERS,MIXED BELL	1/4 CUP	12	5	0.00	1	1	0.00	1.04
000022 CARROT STICKS	1/2 CUP	13	35	0.00	35	10	0.00	8.00
000839 APPLE,HALF	1/2 EACH	15	39	0.02	1	8	0.13	10.29
000822 MILK,CHOCOLATE	HALF PINT	12	120	0.00	180	18	0.00	20.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			532	1.99	661	53	10.57	91.52
% of Calories				3.37%		39.8%	17.9%	68.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Monday - 11/13/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990067 PORK CUTLET PARMIGIANA	EACH	13	353	6.83	374	5	19.00	24.51
000424 GREEN BEANS,USDA,1/2 CUP	1/2 CUP	13	16	0.00	150	1	0.00	3.00
000570 SALAD,ROMAINE	1 CUP	12	13	0.00	7	1	0.34	2.01
001287 DRESSING,RANCH,RTU	2 TBSP	12	114	2.07	197	1	11.38	2.07
000907 WATERMELON,CHUNKS,1/2 CUP	1/2 CUP	13	24	0.01	1	5	0.12	6.04
000808 GARLIC BREAD,MINI,WG,1 EA	1 EACH	14	70	0.50	95	0	2.50	11.00
000822 MILK,CHOCOLATE	HALF PINT	11	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			618	8.36	864	27	28.78	59.87
% of Calories				12.17%		17.5%	41.9%	38.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

Tuesday - 11/14/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001276 CHICKEN NUGGETS,K-8	4 EACH	15	117	1.52	168	1	7.11	7.11
000855 BARBECUE SAUCE,1 TBSP	1 TBSP	8	17	0.00	217	3	0.00	3.75
000487 FRENCH FRIES,OVEN HEAT	1/2 CUP	15	130	0.00	30	0	2.95	20.08
000523 KETCHUP,2 TBSP	2 TBSP	8	40	0.00	320	8	0.00	10.00
000151 PEPPERS,MIXED BELL	1/4 CUP	10	5	0.00	1	1	0.00	1.04
000958 BEANS,BLACK,1/4 CUP	1/4 CUP	9	39	0.00	50	0	0.00	7.08
000134 KIWI,1/2 CUP	1 EACH	13	42	0.02	2	6	0.36	10.12
000394 ROLL,WG,1.5 OZ	1.5 OZ	15	110	0.00	130	*3	2.00	18.00
000822 MILK,CHOCOLATE	HALF PINT	12	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			568	1.84	815	*32	12.87	84.83
% of Calories				2.92%		*22.5%	20.4%	59.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Wednesday - 11/15/2017

Reimbursable Meal Total 15

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990094 BEEF TACO,K-12	2 EACH	15	344	6.38	379	*4	14.94	30.52
001051 SALSA,USDA	1/8 CUP	4	10	0.00	35	1	0.00	2.00
000570 SALAD,ROMAINE	1 CUP	13	13	0.00	7	1	0.34	2.01
001287 DRESSING,RANCH,RTU	2 TBSP	13	114	2.07	197	1	11.38	2.07
001231 COLESLAW,1/4 CUP	1/4 CUP	8	61	0.70	106	4	4.20	6.11
001362 YOGURT,STICK	2.5 OZ	14	50	0.00	30	8	0.50	10.00
990078 APPLESAUCE,PEACH	1/2 CUP	14	50	0.00	15	12	0.00	14.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			701	8.75	837	*45	28.13	79.31
% of Calories				11.23%		*25.7%	36.1%	45.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Thursday - 11/16/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990114 CHICKEN ALFREDO FLORENTINE,USDA	1 CUP	15	320	3.31	445	*5	9.77	33.85
001015 PEAS,1/2 CUP	1/2 CUP	5	62	0.00	68	4	0.00	11.00
000264 CAULIFLOWER,raw: fresh,1/4 CUP	1/4 CUP	9	7	0.04	9	1	0.08	1.41

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001287 DRESSING,RANCH,RTU	2 TBSP	9	114	2.07	197	1	11.38	2.07
000920 PINEAPPLE CHUNKS, JUICE PK,	1/2 CUP	12	80	0.00	0	20	0.00	22.00
000154 SHERBET,RASPBERRY	SERVING	14	100	0.50	15	21	1.00	23.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			689	5.24	778	*60	17.91	97.74
% of Calories				6.84%		*34.8%	23.4%	56.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Friday - 11/17/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001254 SUB SANDWICH,HAM/TURK/CHEESE,K-12	1 EACH	15	316	2.25	789	4	9.18	33.50
001031 LETTUCE & TOMATO,1/2 CUP	1/2 CUP	10	13	0.02	6	2	0.14	2.82
000447 MAYO-LITE	TBSP	7	70	1.00	90	0	7.01	0.00
000544 MUSTARD	1 TSP	3	0	0.00	182	0	0.00	0.00
001258 FRENCH FRIES,WEDGES	1/2 CUP	15	102	1.00	100	0	3.00	15.99
000523 KETCHUP,2 TBSP	2 TBSP	13	40	0.00	320	8	0.00	10.00
000866 BEANS,VEG,CND,1/4 CUP	1/4 CUP	7	65	0.00	228	3	0.50	11.50

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000021 PEARS,CND,1/2 CUP	1/2 CUP	15	60	0.00	5	12	0.00	16.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			703	3.93	1533	43	16.11	100.47
% of Calories				5.03%		24.5%	20.6%	57.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Monday - 11/20/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001169 COWBOY CAVATINI	3/4 CUP	15	300	5.36	478	*2	13.90	25.98
000478 TOMATOES,CHERRY	1/4 CUP	10	12	0.00	6	1	0.00	2.40
000264 CAULIFLOWER,raw: fresh,1/4 CUP	1/4 CUP	12	7	0.04	9	1	0.08	1.41
001287 DRESSING,RANCH,RTU	2 TBSP	12	114	2.07	197	1	11.38	2.07
000099 STRAWBERRIES, DICED CUP	4.5 OZ	15	80	0.00	0	16	0.00	20.93
001362 YOGURT,STICK	2.5 OZ	15	50	0.00	30	8	0.50	10.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			653	7.24	850	*45	23.90	80.36
% of Calories				9.98%		*27.6%	32.9%	49.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Tuesday - 11/21/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990054 TERIYAKI CHICKEN LO MEIN,K-12	SERVING	15	279	1.59	586	*14	5.45	37.87
001308 BROCCOLI & CHEESE SAUCE	1/2 CUP	14	76	1.36	196	*1	2.86	8.15
001113 CUCUMBER,RAW,ENGLISH	1/4 CUP	12	4	0.00	1	0	0.05	0.64
990084 PEACHES,DICED CUP	1/2 CUP	14	66	0.00	9	15	0.00	17.01
000394 ROLL,WG,1.5 OZ	1.5 OZ	15	110	0.00	130	*3	2.00	18.00
000822 MILK,CHOCOLATE	HALF PINT	12	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			643	3.16	1078	*49	10.66	98.47
% of Calories				4.42%		*30.5%	14.9%	61.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Wednesday - 11/22/2017

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000191 THANKSGIVING HOLIDAY								
Weighted Daily Average			0	0.00	0	0	0.00	0.00
% of Calories				0%		0%	0%	0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Thursday - 11/23/2017

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000191 THANKSGIVING HOLIDAY								
Weighted Daily Average			0	0.00	0	0	0.00	0.00
% of Calories				0%		0%	0%	0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Friday - 11/24/2017

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000191 THANKSGIVING HOLIDAY								
Weighted Daily Average			0	0.00	0	0	0.00	0.00
% of Calories				0%		0%	0%	0%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Monday - 11/27/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000760 CHICKEN & GRAVY,K-8	1/2 CUP	15	76	0.01	376	*0	2.59	3.25
001158 POTATOES,MASHED,K-8	1/2 CUP	15	50	0.07	17	1	0.14	10.82
000843 BROCCOLI,RAW,1/4 CUP	1/4 CUP	14	6	0.01	6	0	0.07	1.18
001287 DRESSING,RANCH,RTU	2 TBSP	14	114	2.07	197	1	11.38	2.07
001027 BREAD STICK,CHEESE,EA	EACH	15	150	2.50	220	1	5.00	17.01
990084 PEACHES,DICED CUP	1/2 CUP	15	66	0.00	9	15	0.00	17.01
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			572	4.72	985	*35	18.75	70.20
% of Calories				7.43%		*24.5%	29.5%	49.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

Tuesday - 11/28/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000800 SPAGHETTI & MEAT SAUCE,K-8	3/4 CUP	15	266	3.30	118	*5	11.48	27.49
000424 GREEN BEANS,USDA,1/2 CUP	1/2 CUP	14	16	0.00	150	1	0.00	3.00
000151 PEPPERS,MIXED BELL	1/4 CUP	15	5	0.00	1	1	0.00	1.04
000036 FRUIT COCKTAIL	1/2 CUP	12	60	0.00	5	12	0.00	14.91
000808 GARLIC BREAD,MINI,WG,1 EA	1 EACH	15	70	0.50	95	0	2.50	11.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			522	4.00	531	*33	14.31	73.31
% of Calories				6.90%		*25.3%	24.7%	56.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Wednesday - 11/29/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990071 CHICKEN STROMBOLI,K-12	SERVINGS	15	330	6.26	758	*6	12.69	30.93
000602 SALAD,SPINACH	1 CUP	13	12	0.01	13	1	0.29	1.89
001287 DRESSING,RANCH,RTU	2 TBSP	13	114	2.07	197	1	11.38	2.07

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000277 COLESLAW	1/2 CUP	10	123	1.40	213	9	8.40	12.23
000085 ORANGE,HALVES	1/2 EACH	14	36	0.01	0	7	0.09	8.88
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			673	9.20	1255	*37	28.82	69.86
% of Calories				12.30%		*22.0%	38.5%	41.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

Thursday - 11/30/2017

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990115 CHICKEN NACHOS,USDA	3 OZ	15	396	6.86	881	*1	23.19	26.78
000487 FRENCH FRIES,OVEN HEAT	1/2 CUP	15	130	0.00	30	0	2.95	20.08
000523 KETCHUP,2 TBSP	2 TBSP	12	40	0.00	320	8	0.00	10.00
001370 BEANS,BLACK,1/2 CUP	1/2 CUP	8	77	0.00	99	0	0.00	14.17
000021 PEARS,CND,1/2 CUP	1/2 CUP	15	60	0.00	5	12	0.00	16.00
000822 MILK,CHOCOLATE	HALF PINT	13	120	0.00	180	18	0.00	20.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			777	7.06	1398	*37	26.47	97.48
% of Calories				8.18%		*19.0%	30.7%	50.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=35	

**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.