

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

Menu Name: MS Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 415

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
990045 WG BREADED CHICKEN DRUMSTICK - 2 each	2 EACH	350	321	4.22	760	0	18.57	0.00	84	8.44	\$0.000
000815 BREAD, PULLMAN, CASEY'S - 1 OZ	1 SLICE	350	59	0.00	110	1	0.84	0.00	0	10.96	\$0.000
000066 POTATO PEARLS 1/2 C	1/2 CUP	350	70	0.00	16	1	0.63	0.00	0	14.34	\$0.000
000417 CARROTS DICED 1/4 CUP	1/4 CUP	150	5	0.00	8	1	0.00	0.00	0	0.95	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	100	0	0.00	0	*N/A*	0.01	0.00	0	0.09	\$0.000
000655 BROCCOLI CUTS 1/8C	1/8 CUP	25	0	0.00	0	0	0.00	0.00	0	0.08	\$0.000
000678 CUCUMBER, WITH PEEL, RAW 1/8 C	1/8 CUP	10	0	0.00	0	*N/A*	0.00	0.00	0	0.01	\$0.000
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	350	13	0.00	29	*N/A*	0.05	0.00	0	2.70	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	383	74	0.00	5	*N/A*	0.00	0.00	0	18.46	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	25	2	0.00	0	0	0.01	0.00	0	0.55	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	411	68	0.98	283	*N/A*	6.83	0.00	10	1.95	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	27	0.36	31	3	0.60	0.00	2	3.13	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	33	0.00	47	4	0.00	0.00	2	4.70	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	165	48	0.00	72	7	0.00	0.00	2	7.95	\$0.000
Weighted Daily Average			719	5.56	1360	*17	27.54	0.00	100	74.31	\$0.000
% of Calories				6.96%		*9.5%	34.5%	0.0%		41.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Tuesday - 12/04/2018

Reimbursable Meal Total 355

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	355	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000851 PULLED PORK, ADV PIERRE-2.35OZ	2.35 OZ	355	80	0.50	160	0	2.00	0.00	40	0.00	\$0.000
000801 CHIPS DORITO NACHO RED FAT WG	OZ	355	130	0.50	200	0	5.00	0.00	0	20.00	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	168	7	0.00	0	0	0.00	0.00	0	1.18	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	100	1	0.00	0	*N/A*	0.01	0.00	0	0.11	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	3	0.00	1	*N/A*	0.03	0.00	0	0.59	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	17	0	0.00	0	*N/A*	0.00	0.00	0	0.06	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	21	1	0.00	4	0	0.01	0.00	0	0.13	\$0.000
000698 SPINACH, RAW, 1/4 C	1/4 CUP	18	0	0.00	0	*N/A*	0.00	0.00	0	0.01	\$0.000
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	325	77	0.03	2	17	0.19	0.00	0	19.69	\$0.000

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.28	\$0.000
000624 CHOC CHIP COOKIE DOUGH - OTIS	EACH	355	105	1.11	92	9	3.28	0.05	9	18.11	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	320	7	0.00	59	*N/A*	0.00	0.00	0	1.48	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	80	1	0.00	11	*N/A*	0.00	0.00	0	0.23	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	100	19	0.28	80	*N/A*	1.94	0.00	3	0.56	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	31	0.42	37	3	0.70	0.00	3	3.66	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	155	52	0.00	79	8	0.00	0.00	2	8.73	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	25	0.00	37	3	0.00	0.00	1	3.66	\$0.000
Weighted Daily Average			694	4.35	1011	*46	16.68	0.05	63	106.35	\$0.000
% of Calories				5.64%		*26.5%	21.6%	0.1%		61.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

### Wednesday - 12/05/2018

### Reimbursable Meal Total 355

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	355	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000434 TAVERN MEAT - 2 oz meat	2 OZ	355	180	3.97	92	*0	10.63	0.46	54	3.11	\$0.000
000807 POTATO, WEDGE CUT- 1/2 C	1/2 CUP	350	99	0.00	15	0	2.46	0.00	0	17.75	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000275 PICKLES,CUCUMBER,DILL	3 SLICE	330	2	0.01	171	*N/A*	0.03	0.00	0	0.51	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	18	0	0.00	0	*N/A*	0.00	0.00	0	0.07	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	0	*N/A*	0.01	0.00	0	0.16	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	300	68	0.00	4	13	0.00	0.00	0	15.21	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	6	0.01	1	1	0.03	0.00	0	1.53	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	350	8	0.00	65	*N/A*	0.00	0.00	0	1.62	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	80	1	0.00	11	*N/A*	0.00	0.00	0	0.23	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	150	15	0.21	60	*N/A*	1.46	0.00	2	0.42	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	31	0.42	37	3	0.70	0.00	3	3.66	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	51	0.00	76	8	0.00	0.00	2	8.45	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	105	27	0.00	38	4	0.00	0.00	1	3.85	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	100	38	0.00	32	*N/A*	0.00	0.00	1	8.24	\$0.000
Weighted Daily Average			666	6.12	823	*31	18.33	0.46	63	88.80	\$0.000
% of Calories				8.27%		*18.6%	24.8%	0.6%		53.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Thursday - 12/06/2018

Reimbursable Meal Total 365

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	365	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000087 CHICKEN PATTY ITALIAN GRILL CN	EACH	365	170	3.00	530	0	13.00	0.00	40	2.00	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	250	10	0.00	7	1	0.00	0.00	0	1.71	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	2	0.00	1	*N/A*	0.02	0.00	0	0.44	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	3	0.00	1	*N/A*	0.03	0.00	0	0.58	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	15	0	0.00	0	*N/A*	0.00	0.00	0	0.06	\$0.000
000950 SIDEKICKS FRUIT SLUSH ASST	1 EACH	350	88	0.00	29	19	0.00	0.00	0	21.67	\$0.000
000089 FRESH FRUIT - VARIETY, 1/4 C	1/4 CUP	60	3	0.00	0	1	0.02	0.00	0	0.74	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	200	33	0.00	126	7	0.00	0.00	0	7.67	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	165	54	0.00	81	8	0.00	0.00	2	9.04	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	25	0.00	36	3	0.00	0.00	1	3.56	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	30	0.41	36	3	0.68	0.00	3	3.56	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	100	19	0.27	78	*N/A*	1.89	0.00	3	0.54	\$0.000
000937 COOKIE, DOUBLE CHOC CHIP - BES	1 EACH	365	100	1.00	110	8	2.50	0.00	*N/A*	17.00	\$0.000
Weighted Daily Average			687	6.18	1284	*53	21.62	0.00	*54	95.43	\$0.000
% of Calories				8.10%		*30.9%	28.3%	0.0%		55.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Friday - 12/07/2018

Reimbursable Meal Total 360

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000813 BUN, CANADIAN, CASEY'S - 1.2OZ	1 EACH	360	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000307 HAMBURGER PATTY - 2.0 OZ	EACH	360	110	2.00	270	0	5.00	0.00	35	1.00	\$0.000
000039 CHEESE, AMERICAN, REDUCED SOD	EACH	300	29	1.04	129	0	1.67	0.00	6	0.83	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	250	89	0.00	185	10	0.04	*0.00	0	19.79	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	2	0.00	2	*N/A*	0.02	0.00	0	0.45	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	20	2	0.00	0	*N/A*	0.02	0.00	0	0.39	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.07	\$0.000
000359 CHERRY CRISP	1/2 CUP	300	68	0.51	10	*11	0.89	0.00	2	14.88	\$0.000
000089 FRESH FRUIT - VARIETY, 1/4 C	1/4 CUP	115	6	0.00	1	1	0.03	0.00	0	1.44	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	25	2	0.00	1	0	0.01	0.00	0	0.44	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	325	7	0.00	59	*N/A*	0.00	0.00	0	1.49	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	80	1	0.00	11	*N/A*	0.00	0.00	0	0.22	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	75	23	0.31	27	2	0.52	0.00	2	2.71	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	125	42	0.00	62	6	0.00	0.00	2	6.94	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	160	40	0.00	58	5	0.00	0.00	2	5.78	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	360	135	0.00	112	*N/A*	0.00	0.00	4	29.25	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	60	2	0.00	4	0	0.01	0.00	0	0.49	\$0.000
Weighted Daily Average			649	4.89	1082	*39	10.21	*0.00	53	102.17	\$0.000
% of Calories				6.78%		*24.0%	14.2%	*0.0%		63.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

### Monday - 12/10/2018

Reimbursable Meal Total 363

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000636 CHICKEN CHUNKS, WG, BRD - 5 EA	5 EACH	363	263	2.86	401	1	14.89	0.00	23	16.03	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	363	90	1.00	140	2	2.00	0.00	0	15.00	\$0.000
000900 REDI-SHRED POTATO BAKE-1/4 CUP	1/4 CUP	363	45	0.56	255	1	1.31	0.00	2	7.12	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	250	18	0.00	31	2	0.00	0.00	0	3.63	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	100	1	0.00	0	*N/A*	0.01	0.00	0	0.11	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	3	0.00	1	*N/A*	0.03	0.00	0	0.58	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	300	66	0.00	4	12	0.00	0.00	0	14.88	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	70	7	0.01	1	1	0.04	0.00	0	1.75	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	300	50	0.00	190	10	0.00	0.00	0	11.57	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	50	0.00	74	7	0.00	0.00	2	8.26	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	113	28	0.00	40	4	0.00	0.00	2	4.05	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	30	0.41	36	3	0.69	0.00	3	3.58	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	100	19	0.27	79	*N/A*	1.90	0.00	3	0.54	\$0.000
Weighted Daily Average			670	5.12	1252	*44	20.87	0.00	34	87.10	\$0.000
% of Calories				6.88%		*26.3%	28.0%	0.0%		52.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

## Tuesday - 12/11/2018

Reimbursable Meal Total 361

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000119 CREAMED TURKEY - 4 OZ	4 OZ	361	120	2.00	450	0	6.00	0.00	50	2.00	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	175	7	0.00	0	0	0.00	0.00	0	1.21	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	2	0.00	1	*N/A*	0.02	0.00	0	0.44	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	18	1	0.00	3	0	0.01	0.00	0	0.11	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	3	0.00	1	*N/A*	0.03	0.00	0	0.58	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	175	33	0.00	27	*N/A*	0.00	0.00	1	7.09	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	200	46	0.02	1	10	0.12	0.00	0	11.92	\$0.000
000089 FRESH FRUIT - VARIETY, 1/4 C	1/4 CUP	50	3	0.00	0	0	0.01	0.00	0	0.62	\$0.000
000586 SWEET POTATO PIE - #30 SCOOP	#30 SCOOP	275	93	0.50	157	*7	2.89	0.00	13	16.45	\$0.000



# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	161	54	0.00	80	8	0.00	0.00	2	8.92	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	30	0.42	36	3	0.69	0.00	3	3.60	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	25	0.00	36	3	0.00	0.00	1	3.60	\$0.000
000120 BISCUIT BAKED WG 2.8", 2 OZ	2 OZ	361	210	9.00	460	2	10.00	0.00	0	27.00	\$0.000
Weighted Daily Average			626	11.95	1253	*34	19.76	0.00	70	83.55	\$0.000
% of Calories				17.18%		*21.7%	28.4%	0.0%		53.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

### Wednesday - 12/12/2018

Reimbursable Meal Total 350

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000137 PORK CHOPETTE BRD, WG, NOI	EACH	350	250	3.50	390	1	14.00	0.00	90	15.00	\$0.000
000813 BUN, CANADIAN, CASEY'S - 1.2OZ	1 EACH	350	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000513 FRENCH FRIES - 1/2 cup	1/2 CUP	240	61	0.00	18	*N/A*	2.04	0.00	0	10.18	\$0.000
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	80	4	0.00	3	*N/A*	0.00	0.00	0	0.61	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	15	0	0.00	0	*N/A*	0.00	0.00	0	0.06	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	0	*N/A*	0.02	0.00	0	0.17	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	20	1	0.00	3	0	0.01	0.00	0	0.13	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	150	34	0.00	2	*N/A*	0.00	0.00	0	8.57	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	6	0.01	1	1	0.03	0.00	0	1.55	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	300	7	0.00	56	*N/A*	0.00	0.00	0	1.41	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	65	1	0.00	9	*N/A*	0.00	0.00	0	0.19	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	75	7	0.11	31	*N/A*	0.74	0.00	1	0.21	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	51	0.00	77	8	0.00	0.00	2	8.57	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	16	0.21	19	2	0.36	0.00	1	1.86	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	39	0.00	56	5	0.00	0.00	2	5.57	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	250	71	0.71	79	6	2.14	0.00	11	12.86	\$0.000
Weighted Daily Average			640	5.54	894	*25	21.33	0.00	107	82.93	\$0.000
% of Calories				7.79%		*15.6%	30.0%	0.0%		51.8%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Thursday - 12/13/2018

Reimbursable Meal Total 345

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000400 CHILI W/ BEANS, 8 OZ	8 OZ	345	111	2.44	316	*N/A*	6.14	0.00	24	6.46	\$0.000
000415 CORN, CUT - 1/2 cup	1/2 CUP	300	65	0.00	0	*N/A*	0.65	0.00	0	13.70	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	17	0	0.00	0	*N/A*	0.00	0.00	0	0.07	\$0.000
000408 PEPPER GREEN BELL - 1/8 C	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.03	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000662	1/8 CUP	50	5	0.01	1	*N/A*	0.05	0.00	0	1.01	\$0.000
	TOMATOES,FRESH, RED/ORG, 1/8 c										
000071	1/2 CUP	345	70	0.00	10	*N/A*	0.00	0.00	0	17.00	\$0.000
	LG T SYRP - 1/2 C.										
000683	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.31	\$0.000
	FRESH FRUIT - VARIETY, 1/2 C										
000693	3 EACH	200	104	0.00	313	0	1.74	0.00	0	17.39	\$0.000
	CRACKERS SALTINE WG 3-2PK										
000186	2.5 OZ	345	190	2.00	210	8	5.00	0.00	10	33.00	\$0.000
	CINNAMON ROLL DOUGH - WG										
001008	1/2PINT	145	46	0.63	55	5	1.05	0.00	4	5.46	\$0.000
	DEANS 1% LOW FAT MILK										
001007	1/2PINT	45	12	0.00	17	2	0.00	0.00	1	1.70	\$0.000
	DEANS FAT FREE MILK										
001005	1/2PINT	155	54	0.00	81	8	0.00	0.00	2	8.99	\$0.000
	DEANS TRUMOO FAT FREE CHOCOLAT										
Weighted Daily Average			663	5.08	1003	*24	14.67	0.00	41	106.12	\$0.000
% of Calories				6.90%		*14.5%	19.9%	0.0%		64.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

### Friday - 12/14/2018

Reimbursable Meal Total 350

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000812	1 EACH	350	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
	BUN, HAMBURGER, CASEY'S - 1.8OZ										
000087	EACH	350	170	3.00	530	0	13.00	0.00	40	2.00	\$0.000
	CHICKEN PATTY ITALIAN GRILL CN										
000412	1/4 CUP	225	68	0.52	122	*0	2.98	0.00	76	9.78	\$0.000
	STUFFING - SCRATCH - 1/4 C										
000024	1/2 CUP	200	9	0.00	6	1	0.00	0.00	0	1.43	\$0.000
	BROCCOLI CUTS 1/2C										

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	2	0.00	2	*N/A*	0.02	0.00	0	0.46	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	3	0.00	1	*N/A*	0.03	0.00	0	0.60	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	15	0	0.00	0	*N/A*	0.00	0.00	0	0.06	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	45	1	0.00	1	0	0.00	0.00	0	0.19	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	21	1	0.00	4	0	0.01	0.00	0	0.13	\$0.000
000676 BEANS GARBANZO 1/8 cup	1/8 CUP	15	1	0.00	1	0	0.02	0.00	0	0.18	\$0.000
000064 APPLES, FRESH - WHOLE MEDIUM	EACH	220	60	0.03	1	12	0.19	0.00	0	15.78	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	6	0.01	1	1	0.03	0.00	0	1.55	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	150	26	0.00	99	5	0.00	0.00	0	6.00	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	150	30	0.42	122	*N/A*	2.96	0.00	4	0.84	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	155	53	0.00	80	8	0.00	0.00	2	8.86	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	150	47	0.64	56	5	1.07	0.00	4	5.57	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	45	12	0.00	17	2	0.00	0.00	1	1.67	\$0.000
Weighted Daily Average			628	6.13	1261	*37	23.32	0.00	127	79.10	\$0.000
% of Calories				8.79%		*23.6%	33.4%	0.0%		50.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Monday - 12/17/2018

Reimbursable Meal Total 345

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000737 CHICKEN ALFREDO 2 oz meat	1/2 CUP	345	174	3.06	300	*1	10.76	0.00	42	4.43	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	200	15	0.00	26	2	0.00	0.00	0	3.06	\$0.000
000381 LETTUCE ROMAINE 1 CUP	1 CUP	150	2	0.00	1	*N/A*	0.03	0.00	0	0.34	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	20	1	0.00	3	0	0.01	0.00	0	0.13	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	3	0.00	1	*N/A*	0.03	0.00	0	0.61	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	250	98	0.00	82	*N/A*	0.00	0.00	3	21.20	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	175	41	0.00	3	*N/A*	0.00	0.00	0	10.15	\$0.000
000001 MANDARIN ORANGES SGMNTS LT SYR	1/2 CUP	300	104	0.00	20	*N/A*	0.00	0.00	0	24.78	\$0.000
000679 STRAWBERRIES, FRESH, 1/2 C	1/2 CUP	35	3	0.00	0	0	0.02	0.00	0	0.64	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	110	35	0.48	41	4	0.80	0.00	3	4.14	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	85	22	0.00	32	3	0.00	0.00	1	3.20	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	52	0.00	78	8	0.00	0.00	2	8.70	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	90	18	0.26	75	*N/A*	1.80	0.00	3	0.51	\$0.000
000360 THOUSAND ISLAND DRS, 1 OZ	1 OZ	16	6	0.09	14	*N/A*	0.59	0.00	1	0.22	\$0.000
000603 FRENCH DRESSING FF, CLASS GOUR	1 OZ	16	1	0.00	15	*N/A*	0.00	0.00	0	0.39	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000880 GARLIC TOAST, MINI - 2 PC	2 EACH	345	140	1.00	190	0	5.00	0.00	0	24.00	\$0.000
Weighted Daily Average			714	4.90	880	*17	19.03	0.00	55	106.49	\$0.000
% of Calories				6.18%		*9.5%	24.0%	0.0%		59.7%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

**Tuesday - 12/18/2018**

**Reimbursable Meal Total 345**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	345	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000103 CHICKEN PATTY, WG, BRD	EACH	345	240	2.50	460	1	13.00	0.00	25	15.00	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	2	0.00	2	*N/A*	0.02	0.00	0	0.46	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	230	86	0.00	178	10	0.03	*0.00	0	19.00	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.08	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	250	61	0.03	2	13	0.15	0.00	0	15.59	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.31	\$0.000
000357 BANANAS, RAW, SMALL	EACH	85	22	0.03	0	3	0.08	0.00	0	5.68	\$0.000
000605 SANDWICH DRESSING - 1 TBSP	TBSP	200	17	0.00	67	*0	1.03	0.00	3	2.00	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	75	15	0.21	62	*N/A*	1.50	0.00	2	0.43	\$0.000

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001008 DEANS 1% LOW FAT MILK	1/2PINT	110	35	0.48	41	4	0.80	0.00	3	4.14	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	52	0.00	78	8	0.00	0.00	2	8.70	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	85	22	0.00	32	3	0.00	0.00	1	3.20	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	25	0	0.00	1	0	0.00	0.00	0	0.11	\$0.000
000655 BROCCOLI CUTS 1/8C	1/8 CUP	25	1	0.00	0	0	0.00	0.00	0	0.09	\$0.000
Weighted Daily Average			699	4.76	1144	*46	19.65	*0.00	36	99.80	\$0.000
% of Calories				6.13%		*26.3%	25.3%	*0.0%		57.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

### Wednesday - 12/19/2018

Reimbursable Meal Total 345

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000946 BUN, HOT DOG, CASEY'S- 1.5 OZ	1 BUN	345	114	1.06	187	3	2.56	0.00	2	20.04	\$0.000
000852 SHREDDED BEEF - 3.9 OZ	3.9 OZ	345	160	3.00	380	0	7.00	0.00	65	0.00	\$0.000
000867 CHEESE, SHRED MOZZ, BON. 1/2OZ	1/2 OZ	176	22	1.02	38	0	1.53	0.00	4	0.26	\$0.000
000513 FRENCH FRIES - 1/2 cup	1/2 CUP	345	89	0.00	26	*N/A*	2.97	0.00	0	14.85	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	80	3	0.00	5	0	0.02	0.00	0	0.68	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	15	0	0.00	0	*N/A*	0.00	0.00	0	0.06	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	0	*N/A*	0.02	0.00	0	0.17	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	20	1	0.00	3	0	0.01	0.00	0	0.13	\$0.000
000197 APPLES, FRESH, WHOLE - SMALL	EACH	300	68	0.04	1	14	0.22	0.00	0	17.87	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	6	0.01	1	1	0.04	0.00	0	1.58	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	50	4	0.01	2	1	0.02	0.00	0	0.92	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	220	5	0.00	42	*N/A*	0.00	0.00	0	1.05	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	65	1	0.00	10	*N/A*	0.00	0.00	0	0.19	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	75	7	0.11	31	*N/A*	0.75	0.00	1	0.21	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	52	0.00	78	8	0.00	0.00	2	8.70	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	110	35	0.48	41	4	0.80	0.00	3	4.14	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	85	22	0.00	32	3	0.00	0.00	1	3.20	\$0.000
Weighted Daily Average			591	5.73	878	*34	15.92	0.00	78	74.03	\$0.000
% of Calories				8.73%		*23.0%	24.2%	0.0%		50.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Thursday - 12/20/2018

Reimbursable Meal Total 345

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000016 PIZZA PEPP SMART WH GRAIN CN 4	EACH	345	300	5.00	530	10	12.00	0.00	25	33.00	\$0.000
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	220	11	0.00	8	*N/A*	0.00	0.00	0	1.70	\$0.000



# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	234	3	0.00	2	*N/A*	0.03	0.00	0	0.73	\$0.000
000408 PEPPER GREEN BELL - 1/8 C	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.03	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	334	68	0.00	10	*N/A*	0.00	0.00	0	16.46	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	65	7	0.01	1	1	0.04	0.00	0	1.71	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	334	97	0.97	106	8	2.90	0.00	15	17.43	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	234	47	0.67	194	*N/A*	4.68	0.00	7	1.34	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	110	35	0.48	41	4	0.80	0.00	3	4.14	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	52	0.00	78	8	0.00	0.00	2	8.70	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	85	22	0.00	32	3	0.00	0.00	1	3.20	\$0.000
Weighted Daily Average			642	7.13	1003	*34	20.45	0.00	53	88.42	\$0.000
% of Calories				10.00%		*21.2%	28.7%	0.0%		55.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

### Friday - 12/21/2018

Reimbursable Meal Total 345

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001042 CHICKEN HOLIDAY NUGGET- 3 EACH	3 EACH	345	226	3.16	316	1	12.65	0.00	32	13.55	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	345	90	1.00	140	2	2.00	0.00	0	15.00	\$0.000
000688 RICE PILAF - 1/4 C	1/4 cup	345	54	0.00	57	*N/A*	0.61	0.00	0	11.09	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	9	0.00	6	1	0.00	0.00	0	1.45	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	0	*N/A*	0.02	0.00	0	0.17	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	40	1	0.00	1	0	0.00	0.00	0	0.17	\$0.000
000678 CUCUMBER,WITH PEEL,RAW 1/8 C	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.03	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	300	70	0.00	4	13	0.00	0.00	0	15.65	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	6	0.01	1	1	0.04	0.00	0	1.58	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	200	35	0.00	133	7	0.00	0.00	0	8.12	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	75	2	0.00	14	*N/A*	0.00	0.00	0	0.36	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	20	0	0.00	3	*N/A*	0.00	0.00	0	0.06	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	190	38	0.54	157	*N/A*	3.80	0.00	5	1.09	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	110	35	0.48	41	4	0.80	0.00	3	4.14	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	52	0.00	78	8	0.00	0.00	2	8.70	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	85	22	0.00	32	3	0.00	0.00	1	3.20	\$0.000
Weighted Daily Average			641	5.19	986	*39	19.91	0.00	44	84.35	\$0.000
% of Calories				7.29%		*24.3%	28.0%	0.0%		52.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

*\*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.*