

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

Menu Name: HS Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 253

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000796 CORN DOG, TURKEY, WG, CN, EACH	EACH	60	57	0.36	159	3	2.13	0.00	4	7.83	\$0.000
000869 CHEESE STICK MOZZ, BON.	1 EACH	80	25	1.11	63	0	1.90	0.00	5	0.32	\$0.000
990045 WG BREADED CHICKEN DRUMSTICK - 2 each	2 EACH	170	256	3.36	605	0	14.79	0.00	67	6.72	\$0.000
000816 BREAD, PULLMAN, CASEY'S- 2 OZ	2 SLICES	250	138	0.00	257	2	1.98	0.00	0	25.69	\$0.000
000066 POTATO PEARLS 1/2 C	1/2 CUP	250	82	0.00	19	1	0.74	0.00	0	16.80	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	220	23	0.00	39	3	0.00	0.00	0	4.58	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	1	*N/A*	0.02	0.00	0	0.23	\$0.000
000655 BROCCOLI CUTS 1/8C	1/8 CUP	25	1	0.00	0	0	0.00	0.00	0	0.12	\$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	0.04	\$0.000
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	250	15	0.00	33	*N/A*	0.06	0.00	0	3.17	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	200	63	0.00	4	*N/A*	0.00	0.00	0	15.81	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	45	7	0.01	1	1	0.04	0.00	0	1.61	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	22	0.30	26	2	0.49	0.00	2	2.57	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	53	19	0.00	27	3	0.00	0.00	1	2.72	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	71	0.00	107	11	0.00	0.00	3	11.86	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	150	41	0.58	169	*N/A*	4.09	0.00	6	1.17	\$0.000
Weighted Daily Average			821	5.71	1510	*25	26.24	0.00	87	101.24	\$0.000
% of Calories				6.26%		*12.2%	28.8%	0.0%		49.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 12/04/2018

Reimbursable Meal Total 243

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000851 PULLED PORK, ADV PIERRE-2.35OZ	2.35 OZ	128	42	0.26	84	0	1.05	0.00	21	0.00	\$0.000
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	243	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000196 TURKEY BURGER - JENNIE-O 6148	EACH	115	47	0.71	147	0	2.60	0.00	26	0.47	\$0.000
000801 CHIPS DORITO NACHO RED FAT WG	OZ	243	130	0.50	200	0	5.00	0.00	0	20.00	\$0.000
000014 BEANS, GREEN, LOW-SODIUM, CANN	1/2 CUP	200	12	0.02	115	*N/A*	0.06	0.00	0	2.50	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	1	*N/A*	0.02	0.00	0	0.24	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	4	0.01	1	*N/A*	0.04	0.00	0	0.86	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	17	0	0.00	0	*N/A*	0.00	0.00	0	0.09	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	21	1	0.00	5	0	0.01	0.00	0	0.19	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000698 SPINACH, RAW, 1/4 C	1/4 CUP	18	0	0.00	0	*N/A*	0.00	0.00	0	0.02	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	225	77	0.03	2	17	0.19	0.00	0	19.92	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	8	0.01	1	1	0.04	0.00	0	1.86	\$0.000
000624 CHOC CHIP COOKIE DOUGH - OTIS	EACH	243	105	1.11	92	9	3.28	0.05	9	18.11	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	240	8	0.00	65	*N/A*	0.00	0.00	0	1.63	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	80	1	0.00	17	*N/A*	0.00	0.00	0	0.33	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	43	19	0.27	23	2	0.44	0.00	2	2.30	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	50	19	0.00	27	2	0.00	0.00	1	2.67	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	74	0.00	111	11	0.00	0.00	3	12.35	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	150	43	0.61	176	*N/A*	4.26	0.00	6	1.22	\$0.000
Weighted Daily Average			741	5.02	1316	*47	20.49	0.05	73	111.63	\$0.000
% of Calories				6.10%		*25.4%	24.9%	0.1%		60.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 12/05/2018

Reimbursable Meal Total 253

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000813 BUN, CANADIAN, CASEY'S - 1.2OZ	1 EACH	253	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000813 BUN, CANADIAN, CASEY'S - 1.2OZ	1 EACH	175	62	0.69	104	1	1.38	0.00	0	11.07	\$0.000

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Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000971 TAVERN MEAT - 3.2 oz #10	3.2 OZ	173	197	4.35	101	*0	11.64	0.50	59	3.41	\$0.000
000681 SHREDDED PORK	2.75 OZ	80	78	2.16	17	*N/A*	5.92	0.00	23	0.00	\$0.000
000807 POTATO, WEDGE CUT- 1/2 C	1/2 CUP	253	100	0.00	15	0	2.50	0.00	0	18.00	\$0.000
000275 PICKLES,CUCUMBER,DILL	3 SLICE	173	2	0.01	126	*N/A*	0.02	0.00	0	0.37	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	25	1	0.00	0	*N/A*	0.00	0.00	0	0.13	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	160	3	0.00	2	*N/A*	0.03	0.00	0	0.68	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	200	63	0.00	4	12	0.00	0.00	0	14.23	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	70	10	0.01	1	2	0.06	0.00	0	2.51	\$0.000
000627 RASPBERRIES, RAW, 1/2 C	1/2 CUP	30	4	0.00	0	0	0.05	0.00	0	0.87	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	240	8	0.00	62	*N/A*	0.00	0.00	0	1.56	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	100	2	0.00	20	*N/A*	0.00	0.00	0	0.40	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	60	26	0.36	31	3	0.59	0.00	2	3.08	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	47	0.00	71	7	0.00	0.00	2	7.91	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	93	33	0.00	48	4	0.00	0.00	2	4.78	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	50	7	0.10	28	*N/A*	0.68	0.00	1	0.19	\$0.000
000745 CHIPS, FRITO CORN CHIPS, 1 OZ	1 OZ	200	128	1.20	136	1	8.00	0.00	0	12.01	\$0.000

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Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000695 YOGURT, 1/4 C	1/4 CUP	175	47	0.00	39	*N/A*	0.00	0.00	1	10.12	\$0.000
Weighted Daily Average			908	9.88	956	*33	32.87	0.50	91	107.30	\$0.000
% of Calories				9.79%		*14.5%	32.6%	0.5%		47.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 12/06/2018

Reimbursable Meal Total 243

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000087 CHICKEN PATTY ITALIAN GRILL CN	EACH	128	90	1.58	279	0	6.85	0.00	21	1.05	\$0.000
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	243	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000845 HAMBURGER PATTY, ADV - 2.1 OZ	EACH	115	52	1.18	21	0	2.84	0.00	12	0.95	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	12	0.00	8	1	0.00	0.00	0	2.06	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	1	*N/A*	0.02	0.00	0	0.24	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	4	0.01	1	*N/A*	0.04	0.00	0	0.86	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	17	0	0.00	0	*N/A*	0.00	0.00	0	0.09	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	21	1	0.00	5	0	0.01	0.00	0	0.19	\$0.000
000698 SPINACH, RAW, 1/4 C	1/4 CUP	18	0	0.00	0	*N/A*	0.00	0.00	0	0.02	\$0.000
000709 PEACH DICED LGT SYRP - 1 C.	1 CUP	225	130	0.00	19	*N/A*	0.00	0.00	0	31.48	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	8	0.01	1	1	0.04	0.00	0	1.86	\$0.000

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Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000624 CHOC CHIP COOKIE DOUGH - OTIS	EACH	243	105	1.11	92	9	3.28	0.05	9	18.11	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	240	8	0.00	65	*N/A*	0.00	0.00	0	1.63	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	80	1	0.00	17	*N/A*	0.00	0.00	0	0.33	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	43	19	0.27	23	2	0.44	0.00	2	2.30	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	50	19	0.00	27	2	0.00	0.00	1	2.67	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	74	0.00	111	11	0.00	0.00	3	12.35	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	150	43	0.61	176	*N/A*	4.26	0.00	6	1.22	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	240	67	0.00	56	*N/A*	0.00	0.00	2	14.44	\$0.000
Weighted Daily Average			783	6.26	1150	*31	21.27	0.05	60	118.72	\$0.000
% of Calories				7.20%		*15.8%	24.4%	0.1%		60.6%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 12/07/2018

Reimbursable Meal Total 236

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	236	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000845 HAMBURGER PATTY, ADV - 2.1 OZ	EACH	136	63	1.44	26	0	3.46	0.00	14	1.15	\$0.000
000163 HAM PATTY FARMLAND- 918080	EACH	100	68	1.91	254	1	5.08	0.00	15	1.27	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	1	*N/A*	0.02	0.00	0	0.25	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000386 ONIONS, RAW 1/8	1/8 CUP	17	0	0.00	0	*N/A*	0.00	0.00	0	0.10	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	35	5	0.01	1	*N/A*	0.05	0.00	0	1.04	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	40	1	0.00	2	0	0.01	0.00	0	0.25	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	240	69	0.00	57	*N/A*	0.00	0.00	2	14.87	\$0.000
990028 CHEESE SLICE, BON. AM - 2SLICE *RESIZED*	SLICE	180	31	1.14	168	1	1.72	0.00	6	0.76	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	150	82	0.00	169	10	0.03	*0.00	0	18.12	\$0.000
000359 CHERRY CRISP	1/2 CUP	180	62	0.47	10	*10	0.82	0.00	2	13.62	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	230	68	0.00	10	*N/A*	0.00	0.00	0	16.57	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	9	0.01	1	2	0.05	0.00	0	2.30	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	150	5	0.00	42	*N/A*	0.00	0.00	0	1.05	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	100	2	0.00	22	*N/A*	0.00	0.00	0	0.42	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	135	20	0.28	82	*N/A*	1.97	0.00	3	0.56	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	51	0.00	76	8	0.00	0.00	2	8.47	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	38	0.00	55	5	0.00	0.00	2	5.51	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	36	17	0.23	20	2	0.38	0.00	2	1.98	\$0.000
Weighted Daily Average			741	6.99	1244	*41	17.08	*0.00	52	115.15	\$0.000
% of Calories				8.49%		*22.1%	20.7%	*0.0%		62.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

Monday - 12/10/2018

Reimbursable Meal Total 240

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000972 CHICKEN NUGGET, 5 PCS, ADV. P	5 NUGGETS	220	183	1.83	284	0	10.08	0.00	23	11.00	\$0.000
000133 SHRIMP POPPERS, WG, BRD - 3 OZ	3 OZ	80	60	0.33	177	0	2.33	0.00	15	7.00	\$0.000
000194 STRING CHEESE, MOZZARELLA, EA	EACH	80	27	1.00	70	*N/A*	2.00	0.00	5	0.33	\$0.000
000816 BREAD, PULLMAN, CASEY'S- 2 OZ	2 SLICES	240	140	0.00	260	2	2.00	0.00	0	26.00	\$0.000
000900 REDI-SHRED POTATO BAKE-1/4 CUP	1/4 CUP	225	42	0.53	239	1	1.23	0.00	2	6.68	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	138	15	0.00	26	2	0.00	0.00	0	3.03	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	200	4	0.01	3	*N/A*	0.04	0.00	0	0.89	\$0.000
000657 TOMATOES,FRESH, RED/ORG, 1/4 c	1/4 CUP	30	4	0.01	1	*N/A*	0.04	0.00	0	0.88	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	180	101	0.00	84	*N/A*	0.00	0.00	3	21.94	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	200	67	0.00	4	12	0.00	0.00	0	15.00	\$0.000
000679 STRAWBERRIES, FRESH, 1/2 C	1/2 CUP	75	8	0.00	0	1	0.07	0.00	0	1.98	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	140	35	0.00	134	7	0.00	0.00	0	8.17	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	100	14	0.21	60	*N/A*	1.44	0.00	2	0.41	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	65	30	0.41	35	3	0.68	0.00	3	3.52	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	75	28	0.00	41	4	0.00	0.00	2	4.06	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	50	0.00	75	8	0.00	0.00	2	8.33	\$0.000
Weighted Daily Average			809	4.32	1493	*40	19.92	0.00	56	119.22	\$0.000
% of Calories				4.81%		*19.8%	22.2%	0.0%		58.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 12/11/2018

Reimbursable Meal Total 245

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000187 BEEF TIPS & GRAVY 2 mt	2 OZ	60	44	1.04	69	*N/A*	1.96	0.00	26	0.66	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	200	12	0.00	0	1	0.00	0.00	0	2.04	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	130	1	0.00	0	*N/A*	0.02	0.00	0	0.21	\$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	0.04	\$0.000
000675 CARROTS, RAW - 1/8 CUP	1/8 CUP	40	1	0.00	2	0	0.01	0.00	0	0.24	\$0.000
000655 BROCCOLI CUTS 1/8C	1/8 CUP	35	1	0.00	1	0	0.00	0.00	0	0.18	\$0.000
000676 BEANS GARBANZO 1/8 cup	1/8 CUP	10	1	0.00	1	0	0.02	0.00	0	0.17	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	225	124	0.00	103	*N/A*	0.00	0.00	3	26.86	\$0.000
000766 APPLESAUCE, SWEETENED - 1/2 CUP	1/2 CUP	225	77	0.03	2	17	0.19	0.00	0	19.76	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	8	0.01	1	1	0.04	0.00	0	1.85	\$0.000
000079 CREAMED TURKEY ON WG BISCUIT	EACH	1	1	0.04	5	*0	0.06	0.00	0	0.13	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	130	18	0.26	76	*N/A*	1.83	0.00	3	0.52	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	22	0.31	27	2	0.51	0.00	2	2.65	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	55	20	0.00	29	3	0.00	0.00	1	2.92	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	140	69	0.00	103	10	0.00	0.00	3	11.43	\$0.000
000120 BISCUIT BAKED WG 2.8", 2 OZ	2 OZ	60	51	2.20	113	0	2.45	0.00	0	6.61	\$0.000
Weighted Daily Average			451	3.90	531	*35	7.08	0.00	38	76.27	\$0.000
% of Calories				7.78%		*31.0%	14.1%	0.0%		67.6%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 12/12/2018

Reimbursable Meal Total 236

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000137 PORK CHOPETTE BRD, WG, NOI	EACH	176	186	2.61	291	1	10.44	0.00	67	11.19	\$0.000
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	236	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000087 CHICKEN PATTY ITALIAN GRILL CN	EACH	60	43	0.76	135	0	3.31	0.00	10	0.51	\$0.000
000806 POTATO FRIES CC - 1/2 CUP	1/2 CUP	236	80	0.00	20	0	1.50	0.00	0	14.00	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	18	0	0.00	0	*N/A*	0.00	0.00	0	0.10	\$0.000
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	70	5	0.00	4	*N/A*	0.00	0.00	0	0.79	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	225	76	0.00	5	*N/A*	0.00	0.00	0	19.07	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	75	12	0.01	1	2	0.06	0.00	0	2.88	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	225	8	0.00	63	*N/A*	0.00	0.00	0	1.57	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	80	1	0.00	17	*N/A*	0.00	0.00	0	0.34	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	23	0.32	28	3	0.53	0.00	2	2.75	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	50	19	0.00	28	3	0.00	0.00	1	2.75	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	136	69	0.00	104	10	0.00	0.00	3	11.53	\$0.000
000362 COLESLAW	1/4 CUP	236	31	0.01	157	*2	1.30	0.00	3	4.95	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	180	46	0.00	175	9	0.00	0.00	0	10.68	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	236	100	1.00	110	8	3.00	0.00	15	18.00	\$0.000
Weighted Daily Average			850	6.20	1386	*42	23.62	0.00	107	127.96	\$0.000
% of Calories				6.56%		*19.8%	25.0%	0.0%		60.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 12/13/2018

Reimbursable Meal Total 248

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000776 CHICKEN TORT SOUP SCRATCH 8 OZ	8 OZ	80	62	0.51	149	*3	2.33	*0.00	14	4.86	\$0.000
000400 CHILI W/ BEANS, 8 OZ	8 OZ	168	75	1.65	214	*N/A*	4.16	0.00	16	4.38	\$0.000
000866 CHEESE, SHRED CHED, BON. 1/2OZ	1/2 OZ	168	37	2.03	58	0	3.05	0.00	10	0.34	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000415 CORN, CUT - 1/2 cup	1/2 CUP	240	73	0.00	0	*N/A*	0.73	0.00	0	15.24	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	17	0	0.00	0	*N/A*	0.00	0.00	0	0.09	\$0.000
000408 PEPPER GREEN BELL - 1/8 C	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.04	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	50	7	0.01	2	*N/A*	0.07	0.00	0	1.41	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	240	68	0.00	10	*N/A*	0.00	0.00	0	16.45	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	7	0.01	1	1	0.04	0.00	0	1.83	\$0.000
000693 CRACKERS SALTINE WG 3-2PK	3 EACH	200	145	0.00	435	0	2.42	0.00	0	24.19	\$0.000
000186 CINNAMON ROLL DOUGH - WG	2.5 OZ	248	190	2.00	210	8	5.00	0.00	10	33.00	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	22	0.30	26	2	0.50	0.00	2	2.62	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	50	18	0.00	26	2	0.00	0.00	1	2.62	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	148	72	0.00	107	11	0.00	0.00	3	11.94	\$0.000
Weighted Daily Average			776	6.51	1238	*28	18.30	*0.00	57	119.01	\$0.000
% of Calories				7.55%		*14.4%	21.2%	*0.0%		61.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 12/14/2018

Reimbursable Meal Total 239

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000137 PORK CHOPETTE BRD, WG, NOI	EACH	110	115	1.61	179	0	6.44	0.00	41	6.90	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	239	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000087 CHICKEN PATTY ITALIAN GRILL CN	EACH	129	92	1.62	286	0	7.02	0.00	22	1.08	\$0.000
000412 STUFFING - SCRATCH - 1/4 C	1/4 CUP	225	100	0.75	178	*0	4.36	0.00	111	14.32	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	13	0.00	8	1	0.00	0.00	0	2.09	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	3	0.00	2	*N/A*	0.03	0.00	0	0.67	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	4	0.01	1	*N/A*	0.05	0.00	0	0.88	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	15	0	0.00	0	*N/A*	0.00	0.00	0	0.08	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	45	1	0.00	2	0	0.01	0.00	0	0.28	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	21	1	0.00	5	0	0.01	0.00	0	0.19	\$0.000
000676 BEANS GARBANZO 1/8 cup	1/8 CUP	15	2	0.00	2	0	0.03	0.00	0	0.27	\$0.000
000064 APPLES, FRESH - WHOLE MEDIUM	EACH	220	87	0.05	2	17	0.28	0.00	0	23.10	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	9	0.01	1	2	0.05	0.00	0	2.27	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	150	38	0.00	144	8	0.00	0.00	0	8.79	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	150	43	0.62	179	*N/A*	4.33	0.00	6	1.24	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	139	70	0.00	105	10	0.00	0.00	3	11.63	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	23	0.31	27	3	0.52	0.00	2	2.72	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
001007 DEANS FAT FREE MILK	1/2PINT	50	19	0.00	27	3	0.00	0.00	1	2.72	\$0.000
Weighted Daily Average			760	6.49	1370	*47	26.13	0.00	186	103.23	\$0.000
% of Calories				7.69%		*24.7%	30.9%	0.0%		54.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 12/17/2018

Reimbursable Meal Total 241

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000737 CHICKEN ALFREDO 2 oz meat	1/2 CUP	175	126	2.22	218	*0	7.81	0.00	31	3.22	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	125	14	0.00	23	2	0.00	0.00	0	2.73	\$0.000
000381 LETTUCE ROMAINE 1 CUP	1 CUP	150	2	0.01	1	*N/A*	0.04	0.00	0	0.48	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	20	1	0.00	5	0	0.01	0.00	0	0.18	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	4	0.01	1	*N/A*	0.04	0.00	0	0.87	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	190	106	0.00	89	*N/A*	0.00	0.00	3	23.06	\$0.000
000001 MANDARIN ORANGES SGMNTS LT SYR	1/2 CUP	241	120	0.00	22	*N/A*	0.00	0.00	0	28.50	\$0.000
000679 STRAWBERRIES, FRESH, 1/2 C	1/2 CUP	35	4	0.00	0	1	0.03	0.00	0	0.92	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	60	27	0.37	32	3	0.62	0.00	2	3.24	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	80	30	0.00	43	4	0.00	0.00	2	4.32	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	101	50	0.00	75	8	0.00	0.00	2	8.38	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	90	26	0.37	107	*N/A*	2.58	0.00	4	0.74	\$0.000
000360 THOUSAND ISLAND DRS, 1 OZ	1 OZ	16	8	0.13	19	*N/A*	0.84	0.00	1	0.31	\$0.000
000603 FRENCH DRESSING FF, CLASS GOUR	1 OZ	16	2	0.00	22	*N/A*	0.00	0.00	0	0.55	\$0.000
000880 GARLIC TOAST, MINI - 2 PC	2 EACH	241	140	1.00	190	0	5.00	0.00	0	24.00	\$0.000
000837 TUNA AND NOODLES - 1 CUP	1 CUP	65	108	0.49	504	*0	2.26	0.00	28	9.09	\$0.000
001042 CHICKEN HOLIDAY NUGGET- 3 EACH	3 EACH	180	169	2.36	236	1	9.45	0.00	24	10.12	\$0.000
000134 CORNDOG, MINI CHICKEN CN 6 EA	6 EACH	60	67	0.87	102	1	2.99	0.00	10	7.47	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	215	80	0.89	125	2	1.78	0.00	0	13.38	\$0.000
000521 RICE PILAF - 1/2 C	1/2 cup	230	104	0.00	109	*N/A*	1.17	0.00	0	21.17	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	12	0.00	8	1	0.00	0.00	0	2.07	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	1	*N/A*	0.02	0.00	0	0.24	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	40	1	0.00	2	0	0.01	0.00	0	0.24	\$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	0.04	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	220	73	0.00	5	14	0.00	0.00	0	16.43	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	9	0.01	1	2	0.05	0.00	0	2.26	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	200	50	0.00	191	10	0.00	0.00	0	11.62	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	75	3	0.00	21	*N/A*	0.00	0.00	0	0.51	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000070 MUSTARD PACKETS - 580330	EACH	20	0	0.00	4	*N/A*	0.00	0.00	0	0.08	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	190	54	0.78	225	*N/A*	5.44	0.00	8	1.55	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	23	0.31	27	2	0.52	0.00	2	2.70	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	50	0.00	75	7	0.00	0.00	2	8.30	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	90	34	0.00	49	4	0.00	0.00	2	4.85	\$0.000
000753 PUDDING, CHOCOLATE UNIPRO	1/2 CUP	150	62	0.00	100	10	0.00	0.00	0	14.32	\$0.000
Weighted Daily Average			1562	9.83	2632	*72	40.67	0.00	120	227.96	\$0.000
% of Calories				5.66%		*18.4%	23.4%	0.0%		58.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 12/18/2018

Reimbursable Meal Total 243

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000643 FISH PATTY - POLLOCK WG	EACH	40	30	0.25	40	0	1.32	0.00	6	2.63	\$0.000
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	243	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000103 CHICKEN PATTY, WG, BRD	EACH	203	200	2.09	384	1	10.86	0.00	21	12.53	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	3	0.00	2	*N/A*	0.03	0.00	0	0.66	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	230	122	0.00	252	14	0.05	*0.00	0	26.98	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.11	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000655 BROCCOLI CUTS 1/8C	1/8 CUP	175	5	0.00	4	0	0.00	0.00	0	0.90	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	225	77	0.03	2	17	0.19	0.00	0	19.92	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	8	0.01	1	1	0.04	0.00	0	1.86	\$0.000
000357 BANANAS, RAW, SMALL	EACH	85	31	0.04	0	4	0.12	0.00	0	8.07	\$0.000
000304 Tartar Sauce - 2 TBSP	2 TBSP	40	10	0.10	40	*N/A*	0.59	0.00	1	1.31	\$0.000
000605 SANDWICH DRESSING - 1 TBSP	TBSP	175	21	0.00	83	*1	1.28	0.00	3	2.49	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	75	21	0.30	88	*N/A*	2.13	0.00	3	0.61	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	63	29	0.39	34	3	0.65	0.00	3	3.37	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	110	54	0.00	81	8	0.00	0.00	2	9.05	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	70	26	0.00	37	3	0.00	0.00	1	3.74	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	65	2	0.00	3	0	0.01	0.00	0	0.39	\$0.000
Weighted Daily Average			781	4.71	1273	*57	20.27	*0.00	41	118.63	\$0.000
% of Calories				5.43%		*29.2%	23.4%	*0.0%		60.8%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 12/19/2018

Reimbursable Meal Total 240

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000036 RIB-B-Q PORK RIB PATTIE - ADV	EACH	64	59	1.35	124	2	4.05	0.00	11	2.16	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	240	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000852 SHREDDED BEEF - 3.9 OZ	3.9 OZ	176	117	2.20	279	0	5.13	0.00	48	0.00	\$0.000
000867 CHEESE, SHRED MOZZ, BON. 1/2OZ	1/2 OZ	176	31	1.47	55	0	2.20	0.00	6	0.37	\$0.000
000513 FRENCH FRIES - 1/2 cup	1/2 CUP	240	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	4	0.00	7	0	0.02	0.00	0	0.97	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	15	0	0.00	0	*N/A*	0.00	0.00	0	0.08	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	1	*N/A*	0.02	0.00	0	0.24	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	20	1	0.00	5	0	0.01	0.00	0	0.18	\$0.000
000197 APPLES, FRESH, WHOLE - SMALL	EACH	150	49	0.03	1	10	0.16	0.00	0	12.84	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	9	0.01	1	2	0.05	0.00	0	2.27	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	50	6	0.01	3	1	0.03	0.00	0	1.32	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	220	8	0.00	60	*N/A*	0.00	0.00	0	1.51	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	65	1	0.00	14	*N/A*	0.00	0.00	0	0.27	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	75	11	0.15	45	*N/A*	1.08	0.00	2	0.31	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	50	0.00	75	8	0.00	0.00	2	8.33	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	23	0.31	27	2	0.52	0.00	2	2.71	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	90	34	0.00	49	4	0.00	0.00	2	4.88	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000571 EGGLESS CHOCOLATE CAKE	EACH	240	111	0.16	129	*12	0.62	*0.00	0	24.80	\$0.000
Weighted Daily Average			753	7.18	1148	*46	20.35	*0.00	77	104.95	\$0.000
% of Calories				8.58%		*24.4%	24.3%	*0.0%		55.8%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 12/20/2018

Reimbursable Meal Total 234

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000016 PIZZA PEPP SMART WH GRAIN CN 4	EACH	124	159	2.65	281	5	6.36	0.00	13	17.49	\$0.000
000029 PIZZA CHEESE SMART WG CN 4X6	EACH	110	141	2.35	207	5	5.17	0.00	12	15.51	\$0.000
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	220	16	0.00	12	*N/A*	0.00	0.00	0	2.50	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	234	5	0.01	4	*N/A*	0.05	0.00	0	1.07	\$0.000
000408 PEPPER GREEN BELL - 1/8 C	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.05	\$0.000
000729 PEAS, GREEN, CANNED, LS 1/8 C	1/8 CUP	60	4	0.00	9	*N/A*	0.02	0.00	0	0.69	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	230	69	0.00	10	*N/A*	0.00	0.00	0	16.71	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	65	10	0.01	1	2	0.06	0.00	0	2.52	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	234	100	1.00	110	8	3.00	0.00	15	18.00	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	234	69	0.99	286	*N/A*	6.90	0.00	10	1.97	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	54	25	0.35	30	3	0.58	0.00	2	3.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	51	0.00	77	8	0.00	0.00	2	8.55	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	80	31	0.00	44	4	0.00	0.00	2	4.44	\$0.000
000815 BREAD, PULLMAN, CASEY'S - 1 OZ	1 SLICE	234	70	0.00	130	1	1.00	0.00	0	13.00	\$0.000
Weighted Daily Average			750	7.35	1201	*36	23.13	0.00	56	105.49	\$0.000
% of Calories				8.82%		*19.2%	27.8%	0.0%		56.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 12/21/2018

Reimbursable Meal Total 240

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
001042 CHICKEN HOLIDAY NUGGET- 3 EACH	3 EACH	180	169	2.37	237	1	9.49	0.00	24	10.17	\$0.000
000134 CORNDOG, MINI CHICKEN CN 6 EA	6 EACH	60	68	0.87	102	1	3.00	0.00	10	7.50	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	215	81	0.90	125	2	1.79	0.00	0	13.44	\$0.000
000521 RICE PILAF - 1/2 C	1/2 cup	230	104	0.00	110	*N/A*	1.17	0.00	0	21.26	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	12	0.00	8	1	0.00	0.00	0	2.08	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	150	1	0.00	1	*N/A*	0.02	0.00	0	0.24	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	40	1	0.00	2	0	0.01	0.00	0	0.24	\$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	0.04	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Cost
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	220	73	0.00	5	14	0.00	0.00	0	16.50	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	9	0.01	1	2	0.05	0.00	0	2.27	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	200	50	0.00	192	10	0.00	0.00	0	11.67	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	75	3	0.00	21	*N/A*	0.00	0.00	0	0.51	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	20	0	0.00	4	*N/A*	0.00	0.00	0	0.08	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	190	55	0.78	226	*N/A*	5.46	0.00	8	1.56	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	23	0.31	27	2	0.52	0.00	2	2.71	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	50	0.00	75	8	0.00	0.00	2	8.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	90	34	0.00	49	4	0.00	0.00	2	4.88	\$0.000
000753 PUDDING, CHOCOLATE UNIPRO	1/2 CUP	150	62	0.00	100	10	0.00	0.00	0	14.38	\$0.000
Weighted Daily Average			796	5.25	1285	*55	21.51	0.00	48	117.86	\$0.000
% of Calories				5.94%		*27.6%	24.3%	0.0%		59.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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

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.