

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

Menu Name: Elementary Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 750

	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
990045 WG BREADED CHICKEN DRUMSTICK - 2 each	2 EACH	750	380	5.00	901	0	22.02	0.00	100	10.01	\$0.000
990038 MASHED POTATOES - 1/4 CUP	1/4 CUP	750	34	0.10	130	0	0.34	0.00	0	7.31	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	450	16	0.00	27	2	0.00	0.00	0	3.16	\$0.000
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	350	7	0.00	16	*N/A*	0.03	0.00	0	1.50	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	750	80	0.00	5	*N/A*	0.00	0.00	0	20.00	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	29	0.40	35	3	0.67	0.00	3	3.47	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	400	64	0.00	96	10	0.00	0.00	3	10.67	\$0.000
Weighted Daily Average			629	5.50	1235	*17	23.04	0.00	106	58.71	\$0.000
% of Calories				7.87%		*10.8%	33.0%	0.0%		37.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Tuesday - 12/04/2018

Reimbursable Meal Total 750

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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	750	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000851 PULLED PORK, ADV PIERRE-2.35OZ	2.35 OZ	750	80	0.50	160	0	2.00	0.00	40	0.00	\$0.000
000801 CHIPS DORITO NACHO RED FAT WG	OZ	750	130	0.50	200	0	5.00	0.00	0	20.00	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	650	13	0.00	0	1	0.00	0.00	0	2.17	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	350	1	0.00	0	*N/A*	0.02	0.00	0	0.18	\$0.000
000766 APPLESAUCE, SWEETENED - 1/2 CUP	1/2 CUP	750	84	0.04	2	18	0.21	0.00	0	21.51	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	350	32	0.46	133	*N/A*	3.22	0.00	5	0.92	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	350	28	0.00	107	6	0.00	0.00	0	6.53	\$0.000
Weighted Daily Average			628	3.49	1006	*43	14.76	0.00	56	94.44	\$0.000
% of Calories				5.00%		*27.4%	21.2%	0.0%		60.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Wednesday - 12/05/2018

Reimbursable Meal Total 709

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
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	709	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000434 TAVERN MEAT - 2 oz meat	2 OZ	709	180	3.97	92	*0	10.63	0.46	54	3.11	\$0.000
000807 POTATO, WEDGE CUT- 1/2 C	1/2 CUP	709	100	0.00	15	0	2.50	0.00	0	18.00	\$0.000
000275 PICKLES,CUCUMBER,DILL	3 SLICE	616	2	0.01	160	*N/A*	0.03	0.00	0	0.47	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	700	79	0.00	5	15	0.00	0.00	0	17.77	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	230	3	0.00	21	*N/A*	0.00	0.00	0	0.53	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	117	1	0.00	8	*N/A*	0.00	0.00	0	0.17	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	31	0.42	37	3	0.71	0.00	3	3.67	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	259	44	0.00	66	7	0.00	0.00	2	7.31	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	250	32	0.00	46	4	0.00	0.00	2	4.58	\$0.000
Weighted Daily Average			611	5.90	670	*32	16.86	0.46	60	79.61	\$0.000
% of Calories				8.69%		*20.9%	24.8%	0.7%		52.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 12/06/2018

Reimbursable Meal Total 750

	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
000378 WG TAVERN/HOT DOG BUN - 2 OZ	2 OZ	750	214	1.00	196	*N/A*	6.00	0.00	332	38.00	\$0.000

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Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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	750	170	3.00	530	0	13.00	0.00	40	2.00	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	650	13	0.00	9	1	0.00	0.00	0	2.17	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	500	3	0.00	2	*N/A*	0.03	0.00	0	0.71	\$0.000
000950 SIDEKICKS FRUIT SLUSH ASST	1 EACH	700	86	0.00	28	18	0.00	0.00	0	21.09	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	700	56	0.00	215	11	0.00	0.00	0	13.07	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
Weighted Daily Average			653	4.50	1133	*45	19.87	0.00	379	93.31	\$0.000
% of Calories				6.20%		*27.6%	27.4%	0.0%		57.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Friday - 12/07/2018

Reimbursable Meal Total 750

	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	750	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000307 HAMBURGER PATTY - 2.0 OZ	EACH	750	110	2.00	270	0	5.00	0.00	35	1.00	\$0.000
000039 CHEESE, AMERICAN, REDUCED SOD	EACH	700	33	1.17	145	0	1.87	0.00	7	0.93	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	675	116	0.00	240	14	0.05	*0.00	0	25.65	\$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
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	500	3	0.00	2	*N/A*	0.03	0.00	0	0.71	\$0.000
000359 CHERRY CRISP	1/2 CUP	750	82	0.62	12	*13	1.07	0.00	3	17.86	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	600	7	0.00	53	*N/A*	0.00	0.00	0	1.32	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	350	2	0.00	24	*N/A*	0.00	0.00	0	0.47	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
Weighted Daily Average			553	5.29	1049	*43	10.85	*0.00	51	80.21	\$0.000
% of Calories				8.61%		*31.1%	17.7%	*0.0%		58.0%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Monday - 12/10/2018

Reimbursable Meal Total 750

	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
000636 CHICKEN CHUNKS, WG, BRD - 5 EA	5 EACH	750	263	2.86	401	1	14.89	0.00	23	16.03	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	750	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	750	45	0.56	255	1	1.31	0.00	2	7.12	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	450	16	0.00	27	2	0.00	0.00	0	3.16	\$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
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	500	53	0.00	3	10	0.00	0.00	0	12.00	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	500	40	0.00	153	8	0.00	0.00	0	9.33	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
Weighted Daily Average			618	4.93	1133	39	19.04	0.00	31	78.92	\$0.000
% of Calories				7.18%		25.2%	27.7%	0.0%		51.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Tuesday - 12/11/2018

Reimbursable Meal Total 750

	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
000119 CREAMED TURKEY - 4 OZ	4 OZ	750	120	2.00	450	0	6.00	0.00	50	2.00	\$0.000
000014 BEANS, GREEN, LOW-SODIUM, CANN	1/2 CUP	700	13	0.02	131	*N/A*	0.06	0.00	0	2.84	\$0.000
000766 APPLESAUCE, SWEETENED - 1/2 CUP	1/2 CUP	700	78	0.03	2	17	0.20	0.00	0	20.08	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
000411 BISCUIT BAKED WG, MINI - 1 oz	1.13 OZ	750	100	4.50	230	1	5.00	0.00	0	13.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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
000586 SWEET POTATO PIE - #30 SCOOP	#30 SCOOP	650	106	0.57	178	*8	3.28	0.00	14	18.72	\$0.000
Weighted Daily Average			527	7.62	1144	*40	15.37	0.00	71	72.90	\$0.000
% of Calories				13.01%		*30.4%	26.2%	0.0%		55.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Wednesday - 12/12/2018

Reimbursable Meal Total 750

	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	750	250	3.50	390	1	14.00	0.00	90	15.00	\$0.000
000813 BUN, CANADIAN, CASEY'S - 1.2OZ	1 EACH	750	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000513 FRENCH FRIES - 1/2 cup	1/2 CUP	725	86	0.00	25	*N/A*	2.87	0.00	0	14.36	\$0.000
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	350	8	0.00	6	*N/A*	0.00	0.00	0	1.24	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	750	80	0.00	5	*N/A*	0.00	0.00	0	20.00	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	650	7	0.00	57	*N/A*	0.00	0.00	0	1.43	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	65	0	0.00	4	*N/A*	0.00	0.00	0	0.09	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
Weighted Daily Average			632	5.00	791	*18	19.70	0.00	97	84.38	\$0.000
% of Calories				7.12%		*11.4%	28.1%	0.0%		53.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 12/13/2018

Reimbursable Meal Total 750

	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
000400 CHILI W/ BEANS, 8 OZ	8 OZ	750	111	2.44	316	*N/A*	6.14	0.00	24	6.46	\$0.000
000415 CORN, CUT - 1/2 cup	1/2 CUP	750	75	0.00	0	*N/A*	0.75	0.00	0	15.75	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	750	70	0.00	10	*N/A*	0.00	0.00	0	17.00	\$0.000
000692 CRACKERS SALTINE WG 1-2PK	EACH	650	52	0.00	156	0	0.87	0.00	0	8.67	\$0.000
000186 CINNAMON ROLL DOUGH - WG	2.5 OZ	750	190	2.00	210	8	5.00	0.00	10	33.00	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
Weighted Daily Average			608	4.94	845	*23	13.59	0.00	41	97.14	\$0.000
% of Calories				7.31%		*15.1%	20.1%	0.0%		63.9%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

Friday - 12/14/2018

Reimbursable Meal Total 750

	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	750	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000087 CHICKEN PATTY ITALIAN GRILL CN	EACH	750	170	3.00	530	0	13.00	0.00	40	2.00	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	650	13	0.00	9	1	0.00	0.00	0	2.17	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	350	2	0.00	2	*N/A*	0.02	0.00	0	0.50	\$0.000
000064 APPLES, FRESH - WHOLE MEDIUM	EACH	750	95	0.05	2	19	0.31	0.00	0	25.10	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	700	56	0.00	215	11	0.00	0.00	0	13.07	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	350	32	0.46	133	*N/A*	3.22	0.00	5	0.92	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
Weighted Daily Average			628	5.51	1292	*50	20.87	0.00	56	86.88	\$0.000
% of Calories				7.90%		*31.8%	29.9%	0.0%		55.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Monday - 12/17/2018

Reimbursable Meal Total 750

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
000751 CHICKEN ALFREDO W/PASTA -CC MX	EACH	750	196	3.35	704	*3	6.41	0.00	30	20.72	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	350	12	0.00	21	1	0.00	0.00	0	2.46	\$0.000
000381 LETTUCE ROMAINE 1 CUP	1 CUP	400	2	0.00	1	*N/A*	0.04	0.00	0	0.41	\$0.000
000001 MANDARIN ORANGES SGMNTS LT SYR	1/2 CUP	750	120	0.00	22	*N/A*	0.00	0.00	0	28.50	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	400	37	0.53	152	*N/A*	3.68	0.00	5	1.05	\$0.000
000880 GARLIC TOAST, MINI - 2 PC	2 EACH	750	140	1.00	190	0	5.00	0.00	0	24.00	\$0.000
Weighted Daily Average			618	5.38	1244	*19	15.96	0.00	42	93.40	\$0.000
% of Calories				7.83%		*12.3%	23.2%	0.0%		60.5%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Tuesday - 12/18/2018

Reimbursable Meal Total 750

	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	750	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000103 CHICKEN PATTY, WG, BRD	EACH	750	240	2.50	460	1	13.00	0.00	25	15.00	\$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
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	550	4	0.00	3	*N/A*	0.04	0.00	0	0.78	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	550	94	0.00	195	11	0.04	*0.00	0	20.90	\$0.000
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	750	84	0.04	2	18	0.21	0.00	0	21.51	\$0.000
000605 SANDWICH DRESSING - 1 TBSP	TBSP	600	24	0.00	92	*1	1.42	0.00	4	2.76	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
Weighted Daily Average			646	4.04	1056	*48	17.54	*0.00	35	93.23	\$0.000
% of Calories				5.63%		*29.7%	24.4%	*0.0%		57.7%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Wednesday - 12/19/2018

Reimbursable Meal Total 750

	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
000946 BUN, HOT DOG, CASEY'S- 1.5 OZ	1 BUN	750	114	1.06	187	3	2.56	0.00	2	20.04	\$0.000
000852 SHREDDED BEEF - 3.9 OZ	3.9 OZ	750	160	3.00	380	0	7.00	0.00	65	0.00	\$0.000
000867 CHEESE, SHRED MOZZ, BON. 1/2OZ	1/2 OZ	500	28	1.33	50	0	2.00	0.00	5	0.33	\$0.000
000513 FRENCH FRIES - 1/2 cup	1/2 CUP	750	89	0.00	26	*N/A*	2.97	0.00	0	14.85	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	600	10	0.01	17	1	0.06	0.00	0	2.34	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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
000197 APPLES, FRESH, WHOLE - SMALL	EACH	750	78	0.04	2	16	0.25	0.00	0	20.55	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	3	0.00	0	1	0.02	0.00	0	0.72	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	700	8	0.00	61	*N/A*	0.00	0.00	0	1.54	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	150	1	0.00	10	*N/A*	0.00	0.00	0	0.20	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	600	55	0.79	229	*N/A*	5.52	0.00	8	1.58	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
Weighted Daily Average			657	6.74	1115	*35	21.21	0.00	86	78.41	\$0.000
% of Calories				9.23%		*21.3%	29.1%	0.0%		47.7%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 12/20/2018

Reimbursable Meal Total 750

	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	750	300	5.00	530	10	12.00	0.00	25	33.00	\$0.000
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	600	13	0.00	11	*N/A*	0.00	0.00	0	2.13	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	350	2	0.00	2	*N/A*	0.02	0.00	0	0.50	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	750	70	0.00	10	*N/A*	0.00	0.00	0	17.00	\$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
000815 BREAD, PULLMAN, CASEY'S - 1 OZ	1 SLICE	750	70	0.00	130	1	1.00	0.00	0	13.00	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	350	32	0.46	133	*N/A*	3.22	0.00	5	0.92	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
Weighted Daily Average			598	5.96	969	*26	17.07	0.00	36	82.81	\$0.000
% of Calories				8.97%		*17.4%	25.7%	0.0%		55.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Friday - 12/21/2018

Reimbursable Meal Total 750

	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	750	226	3.16	316	1	12.65	0.00	32	13.55	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	750	90	1.00	140	2	2.00	0.00	0	15.00	\$0.000
000688 RICE PILAF - 1/4 C	1/4 cup	450	33	0.00	34	*N/A*	0.37	0.00	0	6.66	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	650	13	0.00	9	1	0.00	0.00	0	2.17	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	350	1	0.00	0	*N/A*	0.02	0.00	0	0.18	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	700	75	0.00	5	14	0.00	0.00	0	16.80	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	450	36	0.00	138	7	0.00	0.00	0	8.40	\$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
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	350	32	0.46	133	*N/A*	3.22	0.00	5	0.92	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
Weighted Daily Average			616	5.12	929	*40	19.09	0.00	43	79.94	\$0.000
% of Calories				7.48%		*26.0%	27.9%	0.0%		51.9%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 01/03/2019

Reimbursable Meal Total 750

	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	750	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000851 PULLED PORK, ADV PIERRE-2.35OZ	2.35 OZ	750	80	0.50	160	0	2.00	0.00	40	0.00	\$0.000
000801 CHIPS DORITO NACHO RED FAT WG	OZ	750	130	0.50	200	0	5.00	0.00	0	20.00	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	650	13	0.00	0	1	0.00	0.00	0	2.17	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	350	1	0.00	0	*N/A*	0.02	0.00	0	0.18	\$0.000
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	750	84	0.04	2	18	0.21	0.00	0	21.51	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	350	32	0.46	133	*N/A*	3.22	0.00	5	0.92	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	250	37	0.50	43	4	0.83	0.00	3	4.33	\$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
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	56	0.00	84	8	0.00	0.00	2	9.33	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	18	0.00	26	2	0.00	0.00	1	2.60	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	350	28	0.00	107	6	0.00	0.00	0	6.53	\$0.000
Weighted Daily Average			618	3.50	977	*42	14.28	0.00	51	91.58	\$0.000
% of Calories				5.10%		*27.2%	20.8%	0.0%		59.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Friday - 01/04/2019

Reimbursable Meal Total 710

	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
000814 BUN, HOT DOG, CASEY'S - 1.8 OZ	1 EACH	710	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000121 TURKEY MEATBALLS - 4 each	4 EACH	710	121	2.02	297	2	6.75	0.00	37	6.07	\$0.000
000867 CHEESE, SHRED MOZZ, BON. 1/2OZ	1/2 OZ	675	40	1.90	71	0	2.85	0.00	7	0.48	\$0.000
000706 MARINARA SAUCE - 1/4 CUP	1/4 CUP	675	65	0.40	294	*N/A*	2.82	0.00	0	9.43	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	500	91	0.00	188	11	0.04	*0.00	0	20.07	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	650	64	0.00	9	*N/A*	0.00	0.00	0	15.56	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	310	52	0.00	79	8	0.00	0.00	2	8.73	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	25	0.00	37	3	0.00	0.00	1	3.66	\$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
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	31	0.42	37	3	0.70	0.00	3	3.66	\$0.000
Weighted Daily Average			630	6.25	1230	*30	16.17	*0.00	51	91.67	\$0.000
% of Calories				8.93%		*19.0%	23.1%	*0.0%		58.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Monday - 01/07/2019

Reimbursable Meal Total 733

	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	733	300	5.00	530	10	12.00	0.00	25	33.00	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	650	13	0.00	9	1	0.00	0.00	0	2.22	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	600	4	0.01	3	*N/A*	0.04	0.00	0	0.88	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	733	80	0.00	5	15	0.00	0.00	0	18.00	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	600	56	0.81	234	*N/A*	5.65	0.00	8	1.61	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	168	25	0.34	30	3	0.57	0.00	2	2.98	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	340	56	0.00	83	8	0.00	0.00	2	9.28	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	225	28	0.00	40	4	0.00	0.00	2	3.99	\$0.000
Weighted Daily Average			562	6.16	934	*41	18.26	0.00	39	71.95	\$0.000
% of Calories				9.86%		*29.2%	29.2%	0.0%		51.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

Tuesday - 01/08/2019

Reimbursable Meal Total 196

	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	199	91	1.02	152	2	2.03	0.00	0	16.24	\$0.000
000948 FISH FILLET, 3.6 OZ - FISHERY	EACH	199	183	1.52	244	1	8.12	0.00	36	16.24	\$0.000
000899 CHEESE SLICE, BON. AMER-1SLICE	1 SLICE	190	39	1.45	213	1	2.18	0.00	7	0.97	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	40	1	0.00	1	*N/A*	0.01	0.00	0	0.22	\$0.000
000769 BEAN BAKED, VEGT, RS - 1/2 C.	1/2 CUP	95	68	0.00	179	6	0.00	0.00	0	14.54	\$0.000
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	168	72	0.03	2	15	0.18	0.00	0	18.44	\$0.000
000942 Tartar Sauce - 1 TBSP	1 TBSP	38	6	0.06	24	*N/A*	0.35	0.00	1	0.77	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	60	34	0.46	40	4	0.77	0.00	3	3.98	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	61	0.00	92	9	0.00	0.00	3	10.20	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	36	17	0.00	24	2	0.00	0.00	1	2.39	\$0.000
Weighted Daily Average			571	4.54	971	*40	13.64	0.00	50	84.00	\$0.000
% of Calories				7.16%		*28.0%	21.5%	0.0%		58.8%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Wednesday - 01/09/2019

Reimbursable Meal Total 733

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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	733	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000157 TACO MEAT - #16 SCOOP	2 OZ	733	171	3.50	78	*1	9.47	0.40	47	5.50	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	650	60	0.00	50	*N/A*	0.00	0.00	2	12.97	\$0.000
000358 LETTUCE,ICEBERG, SHRED 1/4 C.	1/4 CUP	550	2	0.00	1	*N/A*	0.02	0.00	0	0.40	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	550	20	0.00	34	2	0.00	0.00	0	3.95	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	733	80	0.00	5	*N/A*	0.00	0.00	0	20.00	\$0.000
000947 CHIPS, FRITO CORN CHIPS,0.5 OZ	0.5 OZ	733	81	0.76	86	1	5.06	0.00	0	7.59	\$0.000
000601 SALSA, CANNED - 2 OZ	2 OZ	400	11	0.00	75	1	0.00	0.00	0	2.13	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	57	0.00	86	9	0.00	0.00	2	9.55	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	30	0.41	35	3	0.68	0.00	3	3.55	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	183	22	0.00	32	3	0.00	0.00	1	3.25	\$0.000
Weighted Daily Average			624	5.67	632	*21	17.23	0.40	55	84.90	\$0.000
% of Calories				8.18%		*13.5%	24.9%	0.6%		54.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 01/10/2019

Reimbursable Meal Total 733

	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
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	650	13	0.00	0	1	0.00	0.00	0	2.22	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	733	13	0.01	21	1	0.07	0.00	0	2.92	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	733	80	0.00	0	*N/A*	0.00	0.00	0	19.00	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	733	135	0.00	112	*N/A*	0.00	0.00	4	29.25	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	600	7	0.00	54	*N/A*	0.00	0.00	0	1.35	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	350	57	0.00	86	9	0.00	0.00	2	9.55	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	30	0.41	35	3	0.68	0.00	3	3.55	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	183	22	0.00	32	3	0.00	0.00	1	3.25	\$0.000
000816 BREAD, PULLMAN, CASEY'S- 2 OZ	2 SLICES	733	140	0.00	260	2	2.00	0.00	0	26.00	\$0.000
000864 CHEESE SLICE, BON. AM - 2SLICE	2 SLICE	733	80	3.00	440	2	4.50	0.00	15	2.00	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	300	28	0.40	117	*N/A*	2.82	0.00	4	0.81	\$0.000
Weighted Daily Average			606	3.82	1158	*21	10.08	0.00	29	99.89	\$0.000
% of Calories				5.67%		*13.9%	15.0%	0.0%		65.9%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Friday - 01/11/2019

Reimbursable Meal Total 660

	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
000888 ORANGE CHICKEN, SCHWAN-#12	1/3 CUP	660	150	1.50	190	7	6.00	0.00	80	9.00	\$0.000
000151 PASTA PLS SPAGHETTI CKD 1/2 C	1/2 CUP	660	105	0.00	12	*N/A*	1.00	0.00	0	19.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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	660	75	0.00	0	*N/A*	0.75	0.00	0	15.75	\$0.000
000663 CELERY STICKS 4" - 1/4 C.	1/4 CUP	50	1	0.00	5	0	0.01	0.00	0	0.17	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	650	69	0.00	10	*N/A*	0.00	0.00	0	16.74	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	33	0.45	39	4	0.76	0.00	3	3.94	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	260	47	0.00	71	7	0.00	0.00	2	7.88	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	27	0.00	39	4	0.00	0.00	2	3.94	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	650	89	0.98	138	2	1.97	0.00	0	14.77	\$0.000
Weighted Daily Average			596	2.94	504	*23	10.49	0.00	87	91.19	\$0.000
% of Calories				4.44%		*15.4%	15.8%	0.0%		61.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Monday - 01/14/2019

Reimbursable Meal Total 754

	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
990045 WG BREADED CHICKEN DRUMSTICK - 2 each	2 EACH	754	380	5.00	901	0	22.02	0.00	100	10.01	\$0.000
000855 POTATO PEARLS, BASIC -1/4 CUP	1/4 CUP	700	32	0.00	125	0	0.00	0.00	0	7.43	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	450	9	0.00	6	1	0.00	0.00	0	1.49	\$0.000
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	450	9	0.00	20	*N/A*	0.03	0.00	0	1.91	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	700	74	0.00	5	14	0.00	0.00	0	16.71	\$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.	200	9	0.13	38	*N/A*	0.91	0.00	1	0.26	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	400	32	0.00	122	6	0.00	0.00	0	7.43	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	354	56	0.00	85	8	0.00	0.00	2	9.39	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	29	0.40	34	3	0.66	0.00	3	3.45	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	24	0.00	34	3	0.00	0.00	1	3.45	\$0.000
Weighted Daily Average			655	5.53	1370	*36	23.63	0.00	108	61.52	\$0.000
% of Calories				7.60%		*22.0%	32.5%	0.0%		37.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Tuesday - 01/15/2019

Reimbursable Meal Total 671

	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
000206 CHICKEN NOODLE SOUP - 6 OZ	6 OZ	671	148	1.14	510	*0	4.60	0.00	49	10.78	\$0.000
000691 CRACKERS SALTINE WG 2-2PK	2 EACH	671	120	0.00	360	0	2.00	0.00	0	20.00	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	425	10	0.00	0	1	0.00	0.00	0	1.58	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	400	7	0.01	13	1	0.04	0.00	0	1.74	\$0.000
000543 PEANUT BUTTER, SINGLE SERVE	EACH	671	80	1.00	65	*N/A*	7.00	0.00	0	4.00	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	650	81	0.04	2	17	0.20	0.00	0	20.84	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	150	25	0.34	29	3	0.56	0.00	2	2.91	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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	341	61	0.00	91	9	0.00	0.00	3	10.16	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	180	24	0.00	35	3	0.00	0.00	1	3.49	\$0.000
Weighted Daily Average			556	2.52	1106	*34	14.41	0.00	55	75.50	\$0.000
% of Calories				4.08%		*24.5%	23.3%	0.0%		54.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Wednesday - 01/16/2019

Reimbursable Meal Total 690

	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
000979 PIZZA CRUNCHERS, RICH'S, 2 PCS	2 PCS	690	200	4.00	400	1	9.00	0.00	15	20.00	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	500	1	0.00	1	*N/A*	0.03	0.00	0	0.28	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	450	17	0.00	29	2	0.00	0.00	0	3.44	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	650	66	0.00	9	*N/A*	0.00	0.00	0	16.01	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	290	50	0.00	76	8	0.00	0.00	2	8.41	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	32	0.43	38	3	0.72	0.00	3	3.77	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	26	0.00	38	3	0.00	0.00	1	3.77	\$0.000
001016 JONNY POP, STRAW&BANANA	1 EACH	690	50	0.50	25	10	1.00	0.00	5	10.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

	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
000045 CHIPS SUNCHIPS HARVEST CHEDDAR	EACH	600	123	0.88	141	*N/A*	5.28	0.00	0	16.73	\$0.000
Weighted Daily Average			566	5.82	756	*27	16.03	0.00	26	82.40	\$0.000
% of Calories				9.25%		*19.1%	25.5%	0.0%		58.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 01/17/2019

Reimbursable Meal Total 734

	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
000140 CHILI W/ BEANS, 6 OZ	6 OZ	734	83	1.83	237	*N/A*	4.61	0.00	18	4.84	\$0.000
000415 CORN, CUT - 1/2 cup	1/2 CUP	600	61	0.00	0	*N/A*	0.61	0.00	0	12.87	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	650	71	0.00	0	*N/A*	0.00	0.00	0	16.83	\$0.000
000691 CRACKERS SALTINE WG 2-2PK	2 EACH	725	119	0.00	356	0	1.98	0.00	0	19.75	\$0.000
000186 CINNAMON ROLL DOUGH - WG	2.5 OZ	734	190	2.00	210	8	5.00	0.00	10	33.00	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	30	0.41	35	3	0.68	0.00	3	3.54	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	334	55	0.00	82	8	0.00	0.00	2	9.10	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	25	0.00	35	3	0.00	0.00	1	3.54	\$0.000
Weighted Daily Average			633	4.24	955	*23	12.88	0.00	34	103.48	\$0.000
% of Calories				6.03%		*14.5%	18.3%	0.0%		65.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Base Menu Spreadsheet

Weighted Values

Dec 3, 2018 thru Jan 21, 2019

Friday - 01/18/2019

Reimbursable Meal Total 727

	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
000946 BUN, HOT DOG, CASEY'S- 1.5 OZ	1 BUN	727	114	1.06	187	3	2.56	0.00	2	20.04	\$0.000
000805 HOT DOG, LOW SODIUM, PORK	1 EACH	727	180	5.00	270	1	16.00	0.00	35	2.00	\$0.000
000779 BEAN BKD, ELEM SCRT - 1/2 C.	1/2 CUP	600	167	0.00	274	13	0.04	*0.00	0	35.88	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	350	6	0.01	10	1	0.04	0.00	0	1.41	\$0.000
000197 APPLES, FRESH, WHOLE - SMALL	EACH	600	64	0.04	1	13	0.21	0.00	0	16.96	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	700	8	0.00	63	*N/A*	0.00	0.00	0	1.59	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	120	1	0.00	8	*N/A*	0.00	0.00	0	0.17	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	250	12	0.17	49	*N/A*	1.19	0.00	2	0.34	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	30	0.41	36	3	0.69	0.00	3	3.58	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	300	50	0.00	74	7	0.00	0.00	2	8.25	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	227	28	0.00	41	4	0.00	0.00	2	4.06	\$0.000
Weighted Daily Average			660	6.69	1014	*45	20.72	*0.00	45	94.26	\$0.000
% of Calories				9.12%		*27.3%	28.3%	*0.0%		57.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Monday - 01/21/2019

Reimbursable Meal Total 670

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
000889 TERIYAKI CHICKEN, SCHWAN- #12	1/3 CUP	670	130	1.00	300	7	4.50	0.00	85	9.00	\$0.000
000057 RICE, BROWN, #8 - 1/2 cup	1/2 CUP	670	85	0.00	0	*N/A*	0.75	0.00	0	18.00	\$0.000
000193 PEAS, GREEN, CANNED, LS 1/2 C	1/2 CUP	500	44	0.04	104	*N/A*	0.22	0.00	0	7.98	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	350	7	0.01	11	1	0.04	0.00	0	1.53	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	650	78	0.00	5	15	0.00	0.00	0	17.46	\$0.000
000633 PUDDING, CHOCOLATE UNIPRO	1/4 CUP	650	49	0.00	78	8	0.00	0.00	0	11.16	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	350	36	0.51	149	*N/A*	3.60	0.00	5	1.03	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	33	0.45	39	4	0.75	0.00	3	3.88	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	27	0.00	39	4	0.00	0.00	1	3.88	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	370	66	0.00	99	10	0.00	0.00	3	11.04	\$0.000
Weighted Daily Average			554	2.01	824	*47	9.86	0.00	97	84.96	\$0.000
% of Calories				3.27%		*33.9%	16.0%	0.0%		61.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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.