

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: MS Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Friday - 02/01/2019

Reimbursable Meal Total 345

	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	345	149	1.49	249	4	3.48	0.00	5	26.86	\$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
000014 BEANS, GREEN, LOW-SODIUM, CANN	1/2 CUP	322	13	0.02	131	*N/A*	0.06	0.00	0	2.84	\$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
000269 ORANGES, 1 EACH, 1/2 CUP	EACH	335	60	0.03	0	*N/A*	0.15	0.00	0	14.95	\$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
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

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Feb 1, 2019 thru Feb 28, 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
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			635	4.76	1124	*24	20.16	0.00	41	85.85	\$0.000
% of Calories				6.75%		*15.1%	28.6%	0.0%		54.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Monday - 02/04/2019

Reimbursable Meal Total 352

	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	352	300	5.00	530	10	12.00	0.00	25	33.00	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	130	1	0.00	0	*N/A*	0.01	0.00	0	0.14	\$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
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
000675 CARROTS, RAW - 1/8 CUP	1/8 CUP	50	1	0.00	1	0	0.01	0.00	0	0.21	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	9	0.00	6	1	0.00	0.00	0	1.42	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	350	80	0.00	0	*N/A*	0.00	0.00	0	18.89	\$0.000
000357 BANANAS, RAW, SMALL	EACH	50	13	0.02	0	2	0.05	0.00	0	3.28	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	25	2	0.00	1	0	0.01	0.00	0	0.45	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	352	100	1.00	110	8	3.00	0.00	15	18.00	\$0.000
000603 FRENCH DRESSING FF, CLASS GOUR	1 OZ	30	2	0.00	28	*N/A*	0.00	0.00	0	0.71	\$0.000

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Feb 1, 2019 thru Feb 28, 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
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	130	13	0.18	53	*N/A*	1.27	0.00	2	0.36	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	76	24	0.32	28	3	0.54	0.00	2	2.81	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	76	19	0.00	28	3	0.00	0.00	1	2.81	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	200	68	0.00	102	10	0.00	0.00	3	11.36	\$0.000
Weighted Daily Average			631	6.53	887	*36	16.89	0.00	48	93.50	\$0.000
% of Calories				9.31%		*22.8%	24.1%	0.0%		59.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Tuesday - 02/05/2019

Reimbursable Meal Total 369

	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
000151 PASTA PLS SPAGHETTI CKD 1/2 C	1/2 CUP	369	105	0.00	12	*N/A*	1.00	0.00	0	19.00	\$0.000
000393 MEAT SAUCE - 3 oz	3 OZ	369	167	4.91	220	*0	12.11	0.00	48	2.24	\$0.000
000825 BREAD STICK, WG, CASEY'S - 1	EACH	369	130	0.50	330	1	3.00	0.00	0	23.00	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	325	13	0.00	0	1	0.00	0.00	0	2.20	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	50	1	0.00	1	0	0.00	0.00	0	0.20	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	2	0.00	1	*N/A*	0.02	0.00	0	0.43	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	16	1	0.00	3	0	0.01	0.00	0	0.10	\$0.000
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	369	84	0.04	2	18	0.21	0.00	0	21.51	\$0.000

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000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	75	8	0.01	1	1	0.04	0.00	0	1.84	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	150	14	0.20	58	*N/A*	1.40	0.00	2	0.40	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	59	18	0.24	21	2	0.40	0.00	2	2.08	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	150	37	0.00	53	5	0.00	0.00	2	5.28	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	160	52	0.00	78	8	0.00	0.00	2	8.67	\$0.000
Weighted Daily Average			630	5.89	781	*36	18.19	0.00	56	86.96	\$0.000
% of Calories				8.41%		*22.9%	26.0%	0.0%		55.2%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Wednesday - 02/06/2019

Reimbursable Meal Total 365

	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	365	263	2.86	401	1	14.89	0.00	23	16.03	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	365	90	1.00	140	2	2.00	0.00	0	15.00	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	365	129	0.00	266	15	0.05	*0.00	0	28.50	\$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
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	20	1	0.00	3	0	0.01	0.00	0	0.12	\$0.000
000655 BROCCOLI CUTS 1/8C	1/8 CUP	20	0	0.00	0	0	0.00	0.00	0	0.07	\$0.000
000464 YOGURT, 1/8 C	1/8 CUP	250	23	0.00	19	*N/A*	0.00	0.00	1	5.01	\$0.000

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Feb 1, 2019 thru Feb 28, 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
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	325	71	0.00	4	13	0.00	0.00	0	16.03	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.24	\$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
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	49	0.00	74	7	0.00	0.00	2	8.22	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	115	28	0.00	41	4	0.00	0.00	2	4.10	\$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
000855 POTATO PEARLS, BASIC -1/4 CUP	1/4 CUP	365	35	0.00	135	0	0.00	0.00	0	8.00	\$0.000
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	150	6	0.00	14	*N/A*	0.02	0.00	0	1.32	\$0.000
Weighted Daily Average			751	4.56	1213	*47	19.58	*0.00	33	107.84	\$0.000
% of Calories				5.46%		*25.0%	23.5%	*0.0%		57.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Thursday - 02/07/2019

Reimbursable Meal Total 353

	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	353	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000157 TACO MEAT - #16 SCOOP	2 OZ	353	171	3.50	78	*1	9.47	0.40	47	5.50	\$0.000
000897 CHEESE, SHRED CHED, BON. 1/4OZ	1/4 OZ	325	25	1.38	39	0	2.07	0.00	7	0.23	\$0.000
000358 LETTUCE,ICEBERG, SHRED 1/4 C.	1/4 CUP	150	1	0.00	1	*N/A*	0.01	0.00	0	0.23	\$0.000

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Feb 1, 2019 thru Feb 28, 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
000040 PEAS: frozen,boiled 1/2 cup	1/2 CUP	200	35	0.02	33	2	0.12	0.00	0	6.46	\$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
000386 ONIONS, RAW 1/8	1/8 CUP	19	0	0.00	0	*N/A*	0.00	0.00	0	0.07	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	25	2	0.00	1	*N/A*	0.03	0.00	0	0.50	\$0.000
000464 YOGURT, 1/8 C	1/8 CUP	300	29	0.00	24	*N/A*	0.00	0.00	1	6.21	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	325	64	0.00	9	*N/A*	0.00	0.00	0	15.65	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	50	4	0.01	2	1	0.02	0.00	0	0.90	\$0.000
000089 FRESH FRUIT - VARIETY, 1/4 C	1/4 CUP	50	3	0.00	0	0	0.01	0.00	0	0.64	\$0.000
000947 CHIPS, FRITO CORN CHIPS,0.5 OZ	0.5 OZ	353	81	0.76	86	1	5.06	0.00	0	7.59	\$0.000
000830 SALSA, CANNED - 1 OZ	1 OZ	325	9	0.00	63	1	0.00	0.00	0	1.80	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	80	25	0.34	29	3	0.57	0.00	2	2.95	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	170	58	0.00	87	9	0.00	0.00	2	9.63	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	103	26	0.00	38	4	0.00	0.00	1	3.79	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	200	7	0.01	12	1	0.04	0.00	0	1.66	\$0.000
Weighted Daily Average			631	7.02	651	*23	19.41	0.40	61	79.84	\$0.000
% of Calories				10.01%		*14.6%	27.7%	0.6%		50.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Friday - 02/08/2019

Reimbursable Meal Total 364

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	364	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000302 EGG PATTY - SUNNYFRESH	EACH	364	50	1.00	120	0	3.00	0.00	100	1.00	\$0.000
000938 SAUSAGE PATTY,PORK, ADV-1.2OZ	1 PATTY	364	69	1.66	199	0	4.62	0.00	16	0.00	\$0.000
000920 POTATO TRI TATER PATTY - 1PC	1 EACH	364	115	0.75	315	0	5.00	0.00	0	15.50	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	250	18	0.00	31	2	0.00	0.00	0	3.62	\$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
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
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	120	2	0.00	1	*N/A*	0.02	0.00	0	0.35	\$0.000
000269 ORANGES, 1 EACH, 1/2 CUP	EACH	350	60	0.03	0	*N/A*	0.15	0.00	0	14.80	\$0.000
000936 COOKIE, CHOC CHIP - BEST MAID	1 EACH	364	110	1.00	105	10	3.00	0.00	5	18.00	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	75	8	0.01	1	1	0.04	0.00	0	1.87	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	350	8	0.00	63	*N/A*	0.00	0.00	0	1.58	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	104	31	0.43	37	3	0.71	0.00	3	3.71	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	120	30	0.00	43	4	0.00	0.00	2	4.29	\$0.000

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Feb 1, 2019 thru Feb 28, 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	140	46	0.00	69	7	0.00	0.00	2	7.69	\$0.000
Weighted Daily Average			687	6.37	1205	*31	19.54	0.00	127	96.52	\$0.000
% of Calories				8.34%		*18.0%	25.6%	0.0%		56.2%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Monday - 02/11/2019

Reimbursable Meal Total 352

	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
000184 WHOLE WHEAT TORTILLA - 8"	EACH	352	120	1.00	160	*N/A*	3.00	0.00	0	20.00	\$0.000
000451 CHICKEN FAJITA MEAT - 2.8 oz	2.8OZ	352	120	2.00	310	0	6.00	0.00	75	2.00	\$0.000
000897 CHEESE, SHRED CHED, BON. 1/4OZ	1/4 OZ	325	25	1.38	39	0	2.08	0.00	7	0.23	\$0.000
000830 SALSA, CANNED - 1 OZ	1 OZ	325	9	0.00	63	1	0.00	0.00	0	1.81	\$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
000011 BROCCOLI NORMANDY FLAVRPAC	1/2 CUP	250	12	0.00	14	1	0.00	0.00	0	2.37	\$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
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
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
000745 CHIPS, FRITO CORN CHIPS, 1 OZ	1 OZ	352	162	1.52	172	1	10.12	0.00	0	15.19	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	325	74	0.00	0	*N/A*	0.00	0.00	0	17.54	\$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
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.29	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	160	55	0.00	82	8	0.00	0.00	2	9.09	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	75	23	0.32	28	3	0.53	0.00	2	2.77	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	117	30	0.00	43	4	0.00	0.00	2	4.32	\$0.000
Weighted Daily Average			641	6.24	914	*19	21.82	0.00	88	77.74	\$0.000
% of Calories				8.76%		*11.9%	30.6%	0.0%		48.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Tuesday - 02/12/2019

Reimbursable Meal Total 354

	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
000772 PIZZA CHILI - 6 OZ LDL	6 OZ	354	245	3.23	738	*4	8.19	0.09	26	29.33	\$0.000
000867 CHEESE, SHRED MOZZ, BON. 1/2OZ	1/2 OZ	354	42	2.00	75	0	3.00	0.00	8	0.50	\$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
000415 CORN, CUT - 1/2 cup	1/2 CUP	200	42	0.00	0	*N/A*	0.42	0.00	0	8.90	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	25	1	0.00	4	0	0.01	0.00	0	0.16	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	150	5	0.00	9	1	0.03	0.00	0	1.24	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	250	48	0.00	40	*N/A*	0.00	0.00	1	10.33	\$0.000
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	300	71	0.03	2	15	0.18	0.00	0	18.23	\$0.000

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
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
000815 BREAD, PULLMAN, CASEY'S - 1 OZ	1 SLICE	354	70	0.00	130	1	1.00	0.00	0	13.00	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	150	29	0.42	121	*N/A*	2.92	0.00	4	0.83	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	175	59	0.00	89	9	0.00	0.00	2	9.89	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	79	25	0.33	29	3	0.56	0.00	2	2.90	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	25	0.00	37	3	0.00	0.00	1	3.67	\$0.000
Weighted Daily Average			669	6.03	1275	*37	16.36	0.09	45	100.42	\$0.000
% of Calories				8.11%		*22.1%	22.0%	0.1%		60.0%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Wednesday - 02/13/2019

Reimbursable Meal Total 343

	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	343	114	1.06	187	3	2.56	0.00	2	20.04	\$0.000
000948 FISH FILLET, 3.6 OZ - FISHERY	EACH	343	180	1.50	240	1	8.00	0.00	35	16.00	\$0.000
000899 CHEESE SLICE, BON. AMER-1SLICE	1 SLICE	335	39	1.47	215	1	2.20	0.00	7	0.98	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	2	0.00	2	*N/A*	0.02	0.00	0	0.47	\$0.000
000678 CUCUMBER,WITH PEEL,RAW 1/8 C	1/8 CUP	25	0	0.00	0	*N/A*	0.00	0.00	0	0.03	\$0.000

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	50	1	0.00	2	0	0.01	0.00	0	0.21	\$0.000
000633 PUDDING, CHOCOLATE UNIPRO	1/4 CUP	325	47	0.00	76	8	0.00	0.00	0	10.90	\$0.000
000769 BEAN BAKED, VEGT, RS - 1/2 C.	1/2 CUP	160	65	0.00	173	6	0.00	0.00	0	13.99	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	300	70	0.00	4	*N/A*	0.00	0.00	0	17.49	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.32	\$0.000
000942 Tartar Sauce - 1 TBSP	1 TBSP	200	18	0.17	72	*N/A*	1.05	0.00	2	2.31	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	150	15	0.22	62	*N/A*	1.51	0.00	2	0.43	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	99	32	0.43	38	3	0.72	0.00	3	3.75	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	144	50	0.00	76	8	0.00	0.00	2	8.40	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	26	0.00	38	3	0.00	0.00	1	3.79	\$0.000
Weighted Daily Average			666	4.85	1184	*34	16.09	0.00	55	100.12	\$0.000
% of Calories				6.55%		*20.4%	21.7%	0.0%		60.1%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Thursday - 02/14/2019

Reimbursable Meal Total 350

	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
000280 CHICKEN ALFREDO 1.5 oz meat	1/2 CUP	350	118	2.41	248	*1	8.60	0.00	18	4.00	\$0.000
000151 PASTA PLS SPAGHETTI CKD 1/2 C	1/2 CUP	350	105	0.00	12	*N/A*	1.00	0.00	0	19.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
000170 CARROTS DICED 1/2 CUP	1/2 CUP	200	15	0.00	26	2	0.00	0.00	0	3.01	\$0.000
000939 PEAS: frozen,boiled 1/4 cup	1/4 CUP	250	22	0.01	21	1	0.08	0.00	0	4.07	\$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
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
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	50	1	0.00	2	0	0.01	0.00	0	0.21	\$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
000695 YOGURT, 1/4 C	1/4 CUP	300	58	0.00	48	*N/A*	0.00	0.00	2	12.54	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	325	65	0.00	9	*N/A*	0.00	0.00	0	15.79	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	45	5	0.00	1	1	0.03	0.00	0	1.16	\$0.000
000880 GARLIC TOAST, MINI - 2 PC	2 EACH	350	140	1.00	190	0	5.00	0.00	0	24.00	\$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
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	31	0.43	37	3	0.71	0.00	3	3.71	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	26	0.00	37	3	0.00	0.00	1	3.71	\$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
Weighted Daily Average			670	4.29	835	*19	18.41	0.00	31	101.24	\$0.000
% of Calories				5.76%		*11.3%	24.7%	0.0%		60.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Friday - 02/15/2019

Reimbursable Meal Total 344

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
000213 FRENCH TOAST CINN - SUNNYFRESH	3 STICKS	344	210	1.50	330	*N/A*	8.00	0.00	115	30.00	\$0.000
000014 BEANS, GREEN, LOW-SODIUM, CANN	1/2 CUP	250	10	0.01	102	*N/A*	0.05	0.00	0	2.21	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	225	4	0.00	0	*N/A*	0.01	0.00	0	0.88	\$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
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	120	1	0.00	0	*N/A*	0.01	0.00	0	0.13	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	250	27	0.02	3	5	0.15	0.00	0	6.59	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.32	\$0.000
000349 SYRUP,PANCAKE	1 TBSP	344	46	0.00	16	4	0.00	*N/A*	0	12.06	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	275	7	0.00	53	*N/A*	0.00	0.00	0	1.32	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	120	24	0.34	100	*N/A*	2.41	0.00	3	0.69	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	160	56	0.00	84	8	0.00	0.00	2	9.30	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	90	29	0.39	34	3	0.65	0.00	3	3.40	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	94	25	0.00	36	3	0.00	0.00	1	3.55	\$0.000
000920 POTATO TRI TATER PATTY - 1PC	1 EACH	344	115	0.75	315	0	5.00	0.00	0	15.50	\$0.000
990050 CRACKERS, EDUCATIONAL SNACK	EACH	300	113	0.87	83	7	3.49	0.00	0	19.19	\$0.000
Weighted Daily Average			671	3.91	1155	*32	19.80	*0.00	125	106.16	\$0.000
% of Calories				5.24%		*19.1%	26.6%	*0.0%		63.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 2019

Tuesday - 02/19/2019

Reimbursable Meal Total 360

	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	360	170	3.00	530	0	13.00	0.00	40	2.00	\$0.000
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	360	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000040 PEAS: frozen,boiled 1/2 cup	1/2 CUP	250	43	0.03	40	2	0.15	0.00	0	7.92	\$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
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	65	1	0.00	2	0	0.01	0.00	0	0.26	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	35	3	0.01	1	*N/A*	0.04	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
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	21	1	0.00	3	0	0.01	0.00	0	0.13	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	325	76	0.03	2	16	0.19	0.00	0	19.42	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.26	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	250	42	0.00	160	8	0.00	0.00	0	9.72	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	150	29	0.41	119	*N/A*	2.87	0.00	4	0.82	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	160	53	0.00	80	8	0.00	0.00	2	8.89	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	31	0.42	36	3	0.69	0.00	3	3.61	\$0.000

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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	100	25	0.00	36	3	0.00	0.00	1	3.61	\$0.000
Weighted Daily Average			621	5.40	1232	*46	20.01	0.00	50	82.83	\$0.000
% of Calories				7.83%		*29.6%	29.0%	0.0%		53.4%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Wednesday - 02/20/2019

Reimbursable Meal Total 374

	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	374	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000566 TEDDY GRAHAMS - 1 OZ	EACH	374	120	0.50	90	7	4.00	0.00	0	21.00	\$0.000
000307 HAMBURGER PATTY - 2.0 OZ	EACH	374	110	2.00	270	0	5.00	0.00	35	1.00	\$0.000
000899 CHEESE SLICE, BON. AMER-1SLICE	1 SLICE	374	40	1.50	220	1	2.25	0.00	8	1.00	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	250	86	0.00	178	10	0.03	*0.00	0	19.05	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	50	1	0.00	1	0	0.00	0.00	0	0.20	\$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
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	2	0.00	1	*N/A*	0.02	0.00	0	0.43	\$0.000
000464 YOGURT, 1/8 C	1/8 CUP	200	18	0.00	15	*N/A*	0.00	0.00	1	3.91	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	35	3	0.01	1	*N/A*	0.03	0.00	0	0.66	\$0.000

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	300	64	0.00	4	12	0.00	0.00	0	14.44	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.21	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	120	1	0.00	16	*N/A*	0.00	0.00	0	0.32	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	350	8	0.00	62	*N/A*	0.00	0.00	0	1.54	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	160	51	0.00	77	8	0.00	0.00	2	8.56	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	110	26	0.00	38	4	0.00	0.00	1	3.82	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	104	31	0.42	36	3	0.70	0.00	3	3.61	\$0.000
Weighted Daily Average			707	5.93	1231	*49	15.07	*0.00	49	104.81	\$0.000
% of Calories				7.55%		*27.7%	19.2%	*0.0%		59.3%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Thursday - 02/21/2019

Reimbursable Meal Total 355

	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	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
000513 FRENCH FRIES - 1/2 cup	1/2 CUP	355	89	0.00	26	*N/A*	2.97	0.00	0	14.85	\$0.000
000275 PICKLES,CUCUMBER,DILL	3 SLICE	330	2	0.01	171	*N/A*	0.03	0.00	0	0.51	\$0.000

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
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
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	340	77	0.00	0	*N/A*	0.00	0.00	0	18.20	\$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
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	295	14	0.00	11	*N/A*	0.00	0.00	0	2.21	\$0.000
Weighted Daily Average			680	6.12	841	*19	18.84	0.46	63	91.10	\$0.000
% of Calories				8.10%		*11.2%	24.9%	0.6%		53.6%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Friday - 02/22/2019

Reimbursable Meal Total 360

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
000979 PIZZA CRUNCHERS, RICH'S, 2 PCS	2 PCS	360	200	4.00	400	1	9.00	0.00	15	20.00	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	250	10	0.00	7	1	0.00	0.00	0	1.74	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	70	1	0.00	2	0	0.01	0.00	0	0.28	\$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
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	20	1	0.00	3	0	0.01	0.00	0	0.12	\$0.000
000001 MANDARIN ORANGES SGMNTS LT SYR	1/2 CUP	360	120	0.00	22	*N/A*	0.00	0.00	0	28.50	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	160	53	0.00	80	8	0.00	0.00	2	8.89	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	31	0.42	36	3	0.69	0.00	3	3.61	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	25	0.00	36	3	0.00	0.00	1	3.61	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	150	14	0.21	60	*N/A*	1.44	0.00	2	0.41	\$0.000
000617 ANIMAL CRACKERS	OZ	300	106	0.82	123	*N/A*	3.27	0.00	0	17.97	\$0.000
000327 SAUCE SPAGHETTI TRAD POUCH - 5	1/4 CUP	360	35	0.25	330	*N/A*	0.50	0.00	0	7.50	\$0.000
001043 PIZZA CRUNCHERS, RICH'S, 1 PCS	1 PCS	360	100	2.00	200	0	4.50	0.00	8	10.00	\$0.000
Weighted Daily Average			698	7.69	1299	*17	19.43	0.00	31	102.80	\$0.000
% of Calories				9.92%		*9.7%	25.1%	0.0%		58.9%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Monday - 02/25/2019

Reimbursable Meal Total 372

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
001042 CHICKEN HOLIDAY NUGGET- 3 EACH	3 EACH	377	229	3.21	321	1	12.82	0.00	32	13.74	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	372	90	1.00	140	2	2.00	0.00	0	15.00	\$0.000
000856 POTATO PEARLS, BASIC -1/2 CUP	1/2 CUP	372	70	0.00	270	0	0.00	0.00	0	16.00	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	255	18	0.00	31	2	0.00	0.00	0	3.61	\$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
000655 BROCCOLI CUTS 1/8C	1/8 CUP	25	1	0.00	0	0	0.00	0.00	0	0.08	\$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
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	370	15	0.00	34	*N/A*	0.06	0.00	0	3.19	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	250	54	0.00	3	*N/A*	0.00	0.00	0	13.44	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	5	0.00	1	1	0.03	0.00	0	1.22	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	150	28	0.40	115	*N/A*	2.78	0.00	4	0.79	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	30	0.40	35	3	0.67	0.00	3	3.49	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	110	27	0.00	38	4	0.00	0.00	1	3.84	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	162	52	0.00	78	8	0.00	0.00	2	8.71	\$0.000
Weighted Daily Average			619	5.01	1067	*21	18.37	0.00	42	83.30	\$0.000
% of Calories				7.28%		*13.6%	26.7%	0.0%		53.8%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Tuesday - 02/26/2019

Reimbursable Meal Total 360

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
000206 CHICKEN NOODLE SOUP - 6 OZ	6 OZ	360	148	1.14	510	*0	4.60	0.00	49	10.78	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	200	8	0.00	0	1	0.00	0.00	0	1.39	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	100	3	0.00	6	0	0.02	0.00	0	0.81	\$0.000
000663 CELERY STICKS 4" - 1/4 C.	1/4 CUP	125	4	0.01	21	0	0.04	0.00	0	0.77	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	25	2	0.00	1	*N/A*	0.02	0.00	0	0.49	\$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
000695 YOGURT, 1/4 C	1/4 CUP	250	47	0.00	39	*N/A*	0.00	0.00	1	10.16	\$0.000
000815 BREAD, PULLMAN, CASEY'S - 1 OZ	1 SLICE	360	70	0.00	130	1	1.00	0.00	0	13.00	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	300	70	0.03	2	15	0.17	0.00	0	17.93	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	60	6	0.00	1	1	0.03	0.00	0	1.51	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	100	19	0.27	79	*N/A*	1.92	0.00	3	0.55	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	31	0.42	36	3	0.69	0.00	3	3.61	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	160	53	0.00	80	8	0.00	0.00	2	8.89	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	25	0.00	36	3	0.00	0.00	1	3.61	\$0.000
000749 WOWBUTTER - 1 TBSP	1 TBSP	350	97	1.46	49	2	7.29	0.00	0	3.89	\$0.000

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
000691 CRACKERS SALTINE WG 2-2PK	2 EACH	275	92	0.00	275	0	1.53	0.00	0	15.28	\$0.000
Weighted Daily Average			677	3.35	1265	*36	17.34	0.00	59	92.76	\$0.000
% of Calories				4.45%		*21.3%	23.1%	0.0%		54.8%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Wednesday - 02/27/2019

Reimbursable Meal Total 352

	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
000029 PIZZA CHEESE SMART WG CN 4X6	EACH	352	300	5.00	440	10	11.00	0.00	25	33.00	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	130	1	0.00	0	*N/A*	0.01	0.00	0	0.14	\$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
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
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	9	0.00	6	1	0.00	0.00	0	1.42	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	350	80	0.00	0	*N/A*	0.00	0.00	0	18.89	\$0.000
000357 BANANAS, RAW, SMALL	EACH	50	13	0.02	0	2	0.05	0.00	0	3.28	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	25	2	0.00	1	0	0.01	0.00	0	0.45	\$0.000
000571 EGGLESS CHOCOLATE CAKE	EACH	352	111	0.16	129	*12	0.62	*0.00	0	24.80	\$0.000
000603 FRENCH DRESSING FF, CLASS GOUR	1 OZ	30	2	0.00	28	*N/A*	0.00	0.00	0	0.71	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	130	13	0.18	53	*N/A*	1.27	0.00	2	0.36	\$0.000

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 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
001008 DEANS 1% LOW FAT MILK	1/2PINT	76	24	0.32	28	3	0.54	0.00	2	2.81	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	76	19	0.00	28	3	0.00	0.00	1	2.81	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	200	68	0.00	102	10	0.00	0.00	3	11.36	\$0.000
Weighted Daily Average			641	5.68	815	*40	13.50	*0.00	33	100.09	\$0.000
% of Calories				7.98%		*25.0%	19.0%	*0.0%		62.5%	
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0				

Thursday - 02/28/2019

Reimbursable Meal Total 350

	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	350	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000947 CHIPS, FRITO CORN CHIPS,0.5 OZ	0.5 OZ	315	73	0.68	77	0	4.56	0.00	0	6.83	\$0.000
000121 TURKEY MEATBALLS - 4 each	4 EACH	350	121	2.02	297	2	6.75	0.00	37	6.07	\$0.000
000867 CHEESE, SHRED MOZZ, BON. 1/2OZ	1/2 OZ	350	42	2.00	75	0	3.00	0.00	8	0.50	\$0.000
000961 SPAGHETTI SAUCE - 1/4 CUP	1/4 CUP	325	28	0.00	65	4	0.46	0.00	0	5.57	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	300	110	0.00	228	13	0.04	*0.00	0	24.43	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	120	1	0.00	0	*N/A*	0.01	0.00	0	0.13	\$0.000
000655 BROCCOLI CUTS 1/8C	1/8 CUP	35	1	0.00	0	0	0.00	0.00	0	0.12	\$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

Feb 1, 2019 thru Feb 28, 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
000386 ONIONS, RAW 1/8	1/8 CUP	17	0	0.00	0	*N/A*	0.00	0.00	0	0.07	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	300	60	0.00	9	*N/A*	0.00	0.00	0	14.57	\$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
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	100	10	0.14	41	*N/A*	0.99	0.00	1	0.28	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	100	31	0.43	37	3	0.71	0.00	3	3.71	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	26	0.00	37	3	0.00	0.00	1	3.71	\$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
Weighted Daily Average			702	6.79	1165	*38	19.56	*0.00	52	100.17	\$0.000
% of Calories				8.71%		*21.7%	25.1%	*0.0%		57.1%	
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

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.