

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: HS Lunch
Site:

Include Cost: Yes
Report Style: Detailed

Friday - 02/01/2019

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
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	243	149	1.49	249	4	3.48	0.00	5	26.86	\$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
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
000386 ONIONS, RAW 1/8	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.11	\$0.000
000655 BROCCOLI CUTS 1/8C	1/8 CUP	175	5	0.00	4	0	0.00	0.00	0	0.90	\$0.000
000269 ORANGES, 1 EACH, 1/2 CUP	EACH	200	51	0.02	0	*N/A*	0.13	0.00	0	12.67	\$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

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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	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
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	234	96	0.96	106	8	2.89	0.00	14	17.33	\$0.000
Weighted Daily Average			750	5.67	1268	*34	23.58	0.00	60	107.09	\$0.000
% of Calories				6.80%		*18.1%	28.3%	0.0%		57.1%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 02/04/2019

Reimbursable Meal Total 250

	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	154	185	3.08	326	6	7.39	0.00	15	20.33	\$0.000
000029 PIZZA CHEESE SMART WG CN 4X6	EACH	96	115	1.92	169	4	4.22	0.00	10	12.67	\$0.000
000381 LETTUCE ROMAINE 1 CUP	1 CUP	150	2	0.01	1	*N/A*	0.04	0.00	0	0.46	\$0.000
000408 PEPPER GREEN BELL - 1/8 C	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.04	\$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	0.23	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	12	0.00	8	1	0.00	0.00	0	2.00	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	225	72	0.00	0	*N/A*	0.00	0.00	0	17.10	\$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
000068 BANANAS, RAW, MEDIUM	EACH	200	84	0.11	1	11	0.31	0.00	0	21.56	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	50	5	0.01	3	1	0.03	0.00	0	1.27	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	240	96	0.96	106	8	2.88	0.00	14	17.28	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	200	55	0.79	229	*N/A*	5.52	0.00	8	1.58	\$0.000
000603 FRENCH DRESSING FF, CLASS GOUR	1 OZ	25	3	0.00	33	*N/A*	0.00	0.00	0	0.83	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	70	31	0.42	36	3	0.70	0.00	3	3.64	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	80	29	0.00	42	4	0.00	0.00	2	4.16	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	48	0.00	72	7	0.00	0.00	2	8.00	\$0.000
000815 BREAD, PULLMAN, CASEY'S - 1 OZ	1 SLICE	250	70	0.00	130	1	1.00	0.00	0	13.00	\$0.000
Weighted Daily Average			809	7.29	1156	*47	22.10	0.00	54	124.19	\$0.000
% of Calories				8.11%		*23.2%	24.6%	0.0%		61.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 02/05/2019

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
000581 CHICKEN ALFREDO - CC MIX, 6 OZ	EACH	60	49	0.98	198	*1	1.85	0.00	10	4.16	\$0.000
000151 PASTA PLS SPAGHETTI CKD 1/2 C	1/2 CUP	253	105	0.00	12	*N/A*	1.00	0.00	0	19.00	\$0.000
000095 MEAT SAUCE - 4 oz	4 OZ	193	170	4.99	224	*0	12.32	0.00	49	2.28	\$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
000880 GARLIC TOAST, MINI - 2 PC	2 EACH	253	140	1.00	190	0	5.00	0.00	0	24.00	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	200	12	0.00	0	1	0.00	0.00	0	1.98	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	40	1	0.00	2	0	0.01	0.00	0	0.23	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	25	1	0.00	6	0	0.01	0.00	0	0.22	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	100	1	0.00	0	*N/A*	0.01	0.00	0	0.15	\$0.000
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	200	66	0.03	2	14	0.17	0.00	0	17.01	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	7	0.01	1	1	0.04	0.00	0	1.79	\$0.000
000197 APPLES, FRESH, WHOLE - SMALL	EACH	100	31	0.02	1	6	0.10	0.00	0	8.12	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	70	30	0.42	36	3	0.69	0.00	3	3.60	\$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	83	30	0.00	43	4	0.00	0.00	2	4.26	\$0.000
000474 ITALIAN DRESSING	1 OZ	20	11	0.18	22	*N/A*	1.11	0.00	0	0.16	\$0.000
000603 FRENCH DRESSING FF, CLASS GOUR	1 OZ	5	1	0.00	6	*N/A*	0.00	0.00	0	0.16	\$0.000
000360 THOUSAND ISLAND DRS, 1 OZ	1 OZ	5	3	0.04	6	*N/A*	0.25	0.00	0	0.09	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	100	27	0.39	113	*N/A*	2.73	0.00	4	0.78	\$0.000
Weighted Daily Average			732	8.05	933	*38	25.28	0.00	70	95.90	\$0.000
% of Calories				9.90%		*20.8%	31.1%	0.0%		52.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

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Feb 1, 2019 thru Feb 28, 2019

Wednesday - 02/06/2019

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
000133 SHRIMP POPPERS, WG, BRD - 3 OZ	3 OZ	80	60	0.33	177	0	2.33	0.00	15	7.00	\$0.000
000869 CHEESE STICK MOZZ, BON.	1 EACH	80	27	1.17	67	0	2.00	0.00	5	0.33	\$0.000
000065 CHICKEN CHUNKS WG CN FC - 9724	5 EACH	160	148	1.54	289	1	8.62	0.00	12	9.85	\$0.000
000066 POTATO PEARLS 1/2 C	1/2 CUP	200	69	0.00	16	1	0.62	0.00	0	14.17	\$0.000
000764 BEAN BAKED, VEGTARIAN - 1/2 C.	1/2 CUP	180	98	0.00	413	8	0.00	0.00	0	21.77	\$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
000655 BROCCOLI CUTS 1/8C	1/8 CUP	40	1	0.00	1	0	0.00	0.00	0	0.21	\$0.000
000464 YOGURT, 1/8 C	1/8 CUP	225	32	0.00	26	*N/A*	0.00	0.00	1	6.86	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	250	83	0.00	5	16	0.00	0.00	0	18.75	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	70	11	0.01	1	2	0.06	0.00	0	2.64	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	185	27	0.38	110	*N/A*	2.66	0.00	4	0.76	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	75	0.00	112	11	0.00	0.00	3	12.50	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	50	19	0.00	27	2	0.00	0.00	1	2.71	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	40	18	0.25	22	2	0.42	0.00	2	2.17	\$0.000
000815 BREAD, PULLMAN, CASEY'S - 1 OZ	1 SLICE	230	67	0.00	125	1	0.96	0.00	0	12.46	\$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
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	165	10	0.00	23	*N/A*	0.04	0.00	0	2.20	\$0.000
Weighted Daily Average			747	3.68	1420	*44	17.75	0.00	43	114.80	\$0.000
% of Calories				4.43%		*23.6%	21.4%	0.0%		61.5%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 02/07/2019

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
000087 CHICKEN PATTY ITALIAN GRILL CN	EACH	80	54	0.95	168	0	4.11	0.00	13	0.63	\$0.000
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	253	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000374 TACO MEAT #12 SCOOP	2.6 FL OZ	173	152	3.10	69	*1	8.40	0.35	42	4.88	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	200	53	0.00	44	*N/A*	0.00	0.00	1	11.56	\$0.000
000384 CHEDDAR CHEESE, RD FAT, 1/2 OZ	1/2 OZ	170	31	1.53	65	0	2.38	0.00	7	0.00	\$0.000
000358 LETTUCE,ICEBERG, SHRED 1/4 C.	1/4 CUP	150	1	0.00	1	*N/A*	0.01	0.00	0	0.32	\$0.000
000040 PEAS: frozen,boiled 1/2 cup	1/2 CUP	200	49	0.03	46	3	0.17	0.00	0	9.02	\$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
000386 ONIONS, RAW 1/8	1/8 CUP	19	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	4	0.01	1	*N/A*	0.05	0.00	0	0.97	\$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
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	200	55	0.00	8	*N/A*	0.00	0.00	0	13.44	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	70	8	0.01	4	2	0.04	0.00	0	1.75	\$0.000
000089 FRESH FRUIT - VARIETY, 1/4 C	1/4 CUP	50	4	0.00	0	1	0.02	0.00	0	0.89	\$0.000
000745 CHIPS, FRITO CORN CHIPS, 1 OZ	1 OZ	253	162	1.52	172	1	10.12	0.00	0	15.19	\$0.000
000830 SALSA, CANNED - 1 OZ	1 OZ	250	10	0.00	68	1	0.00	0.00	0	1.93	\$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	153	73	0.00	109	11	0.00	0.00	3	12.09	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	40	14	0.00	21	2	0.00	0.00	1	2.06	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	200	10	0.01	17	1	0.06	0.00	0	2.31	\$0.000
Weighted Daily Average			846	9.02	1042	*27	28.96	0.35	69	104.26	\$0.000
% of Calories				9.60%		*12.8%	30.8%	0.4%		49.3%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 02/08/2019

Reimbursable Meal Total 278

	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
000163 HAM PATTY FARMLAND- 918080	EACH	58	33	0.94	125	0	2.50	0.00	7	0.63	\$0.000
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	278	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000302 EGG PATTY - SUNNYFRESH	EACH	220	40	0.79	95	0	2.37	0.00	79	0.79	\$0.000

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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
000386 ONIONS, RAW 1/8	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.10	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	3	0.00	2	*N/A*	0.03	0.00	0	0.58	\$0.000
000172 SAUSAGE PATTY - PIERRE - 91095	EACH	200	50	1.08	187	*N/A*	2.88	0.00	18	0.00	\$0.000
000808 POTATO TRI TATER PATTY - 2PC (1/2 CUP VEG)	2 EACH	200	165	1.08	453	0	7.19	0.00	0	22.30	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	200	19	0.00	33	2	0.00	0.00	0	3.79	\$0.000
000269 ORANGES, 1 EACH, 1/2 CUP	EACH	255	57	0.02	0	*N/A*	0.14	0.00	0	14.12	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	80	11	0.01	1	2	0.06	0.00	0	2.61	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	20	0.27	23	2	0.45	0.00	2	2.34	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	43	0.00	65	6	0.00	0.00	2	7.19	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	75	24	0.00	35	3	0.00	0.00	1	3.51	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	200	97	0.00	81	*N/A*	0.00	0.00	3	21.04	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	250	90	0.90	99	7	2.70	0.00	13	16.19	\$0.000
Weighted Daily Average			802	6.59	1448	*28	21.81	0.00	131	122.08	\$0.000
% of Calories				7.40%		*14.0%	24.5%	0.0%		60.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 02/11/2019

Reimbursable Meal Total 243

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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
000374 TACO MEAT #12 SCOOP	2.6 FL OZ	90	82	1.68	37	*0	4.55	0.19	23	2.64	\$0.000
000184 WHOLE WHEAT TORTILLA - 8"	EACH	243	120	1.00	160	*N/A*	3.00	0.00	0	20.00	\$0.000
000451 CHICKEN FAJITA MEAT - 2.8 oz	2.8OZ	153	76	1.26	195	0	3.78	0.00	47	1.26	\$0.000
000384 CHEDDAR CHEESE, RD FAT, 1/2 OZ	1/2 OZ	200	37	1.87	79	0	2.92	0.00	8	0.00	\$0.000
000830 SALSA, CANNED - 1 OZ	1 OZ	225	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	3	0.00	2	*N/A*	0.03	0.00	0	0.66	\$0.000
000011 BROCCOLI NORMANDY FLAVRPAC	1/2 CUP	180	12	0.00	15	1	0.00	0.00	0	2.47	\$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
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	25	3	0.01	1	*N/A*	0.04	0.00	0	0.72	\$0.000
000696 YOGURT, 1/2 C	1/2 CUP	200	111	0.00	93	*N/A*	0.00	0.00	3	24.07	\$0.000
000745 CHIPS, FRITO CORN CHIPS, 1 OZ	1 OZ	200	133	1.25	142	1	8.33	0.00	0	12.50	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	225	74	0.00	0	*N/A*	0.00	0.00	0	17.59	\$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
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	110	54	0.00	81	8	0.00	0.00	2	9.05	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	58	26	0.36	31	3	0.60	0.00	2	3.10	\$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	75	28	0.00	40	4	0.00	0.00	2	4.01	\$0.000
Weighted Daily Average			778	7.44	941	*20	23.29	0.19	87	101.89	\$0.000
% of Calories				8.61%		*10.3%	26.9%	0.2%		52.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 02/12/2019

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
000207 CHICKEN NOODLE SOUP - 8 OZ	8 OZ	155	125	0.97	429	*0	3.88	0.00	41	9.09	\$0.000
000772 PIZZA CHILI - 6 OZ LDL	6 OZ	90	90	1.19	271	*2	3.01	0.03	10	10.77	\$0.000
000194 STRING CHEESE, MOZZARELLA, EA	EACH	90	29	1.10	77	*N/A*	2.20	0.00	6	0.37	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	100	1	0.00	0	*N/A*	0.01	0.00	0	0.16	\$0.000
000415 CORN, CUT - 1/2 cup	1/2 CUP	175	54	0.00	0	*N/A*	0.54	0.00	0	11.25	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	25	1	0.00	6	0	0.01	0.00	0	0.23	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	75	4	0.00	6	0	0.02	0.00	0	0.89	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	245	68	0.00	56	*N/A*	0.00	0.00	2	14.62	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	230	79	0.03	2	17	0.20	0.00	0	20.20	\$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
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	225	92	0.92	101	7	2.76	0.00	14	16.53	\$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
000816 BREAD, PULLMAN, CASEY'S- 2 OZ	2 SLICES	200	114	0.00	212	2	1.63	0.00	0	21.22	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	100	14	0.20	58	*N/A*	1.41	0.00	2	0.40	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	49	0.00	73	7	0.00	0.00	2	8.16	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	75	34	0.46	40	4	0.77	0.00	3	3.98	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	70	26	0.00	37	3	0.00	0.00	1	3.71	\$0.000
000357 BANANAS, RAW, SMALL	EACH	100	37	0.05	0	5	0.14	0.00	0	9.42	\$0.000
Weighted Daily Average			823	4.93	1372	*49	16.62	0.03	80	132.86	\$0.000
% of Calories				5.39%		*23.8%	18.2%	0.0%		64.6%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 02/13/2019

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
000137 PORK CHOPETTE BRD, WG, NOI	EACH	96	99	1.38	154	0	5.53	0.00	36	5.93	\$0.000
000814 BUN, HOT DOG, CASEY'S - 1.8 OZ	1 EACH	243	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000948 FISH FILLET, 3.6 OZ - FISHERY	EACH	147	109	0.91	145	1	4.84	0.00	21	9.68	\$0.000
000899 CHEESE SLICE, BON. AMER-1SLICE	1 SLICE	145	24	0.90	131	1	1.34	0.00	4	0.60	\$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

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
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
000122 CARROTS, RAW - 1/4 CUP	1/4 CUP	40	2	0.00	3	0	0.01	0.00	0	0.48	\$0.000
000753 PUDDING, CHOCOLATE UNIPRO	1/2 CUP	200	82	0.00	132	13	0.00	0.00	0	18.93	\$0.000
000769 BEAN BAKED, VEGT, RS - 1/2 C.	1/2 CUP	180	104	0.00	274	9	0.00	0.00	0	22.22	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	200	66	0.00	4	*N/A*	0.00	0.00	0	16.46	\$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
000942 Tartar Sauce - 1 TBSP	1 TBSP	125	16	0.15	63	*N/A*	0.92	0.00	2	2.04	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	60	17	0.24	71	*N/A*	1.70	0.00	2	0.49	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	55	25	0.34	29	3	0.57	0.00	2	2.94	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	125	62	0.00	93	9	0.00	0.00	3	10.29	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	63	23	0.00	34	3	0.00	0.00	1	3.37	\$0.000
Weighted Daily Average			780	5.43	1356	*43	17.99	0.00	72	119.99	\$0.000
% of Calories				6.27%		*22.1%	20.8%	0.0%		61.5%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 02/14/2019

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
000737 CHICKEN ALFREDO 2 oz meat	1/2 CUP	173	119	2.09	205	*0	7.36	0.00	29	3.03	\$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
000095 MEAT SAUCE - 4 oz	4 OZ	80	71	2.07	93	*0	5.11	0.00	20	0.95	\$0.000
000151 PASTA PLS SPAGHETTI CKD 1/2 C	1/2 CUP	253	105	0.00	12	*N/A*	1.00	0.00	0	19.00	\$0.000
000040 PEAS: frozen,boiled 1/2 cup	1/2 CUP	180	44	0.03	41	3	0.15	0.00	0	8.12	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	3	0.00	2	*N/A*	0.03	0.00	0	0.63	\$0.000
000664 CELERY STICKS 4" - 1/8 C.	1/8 CUP	20	1	0.00	5	0	0.01	0.00	0	0.17	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	180	19	0.00	32	2	0.00	0.00	0	3.75	\$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
000696 YOGURT, 1/2 C	1/2 CUP	200	107	0.00	89	*N/A*	0.00	0.00	3	23.12	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	200	55	0.00	8	*N/A*	0.00	0.00	0	13.44	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	7	0.01	1	1	0.04	0.00	0	1.79	\$0.000
000880 GARLIC TOAST, MINI - 2 PC	2 EACH	253	140	1.00	190	0	5.00	0.00	0	24.00	\$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
001008 DEANS 1% LOW FAT MILK	1/2PINT	70	30	0.42	36	3	0.69	0.00	3	3.60	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	73	26	0.00	38	3	0.00	0.00	1	3.75	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	110	52	0.00	78	8	0.00	0.00	2	8.70	\$0.000
Weighted Daily Average			820	6.20	999	*21	23.48	0.00	64	115.26	\$0.000
% of Calories				6.80%		*10.2%	25.8%	0.0%		56.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Base Menu Spreadsheet

Weighted Values

Feb 1, 2019 thru Feb 28, 2019

Friday - 02/15/2019

Reimbursable Meal Total 230

	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	230	210	1.50	330	*N/A*	8.00	0.00	115	30.00	\$0.000
000447 SAUSAGE COCKTAIL SMKIES- 4 EA	1.33 OZ	155	90	2.69	309	1	8.06	0.00	16	0.90	\$0.000
000014 BEANS, GREEN, LOW-SODIUM, CANN	1/2 CUP	150	9	0.01	91	*N/A*	0.04	0.00	0	1.98	\$0.000
000920 POTATO TRI TATER PATTY - 1PC	1 EACH	180	90	0.59	247	0	3.91	0.00	0	12.13	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	10	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	0.05	\$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
000464 YOGURT, 1/8 C	1/8 CUP	230	34	0.00	28	*N/A*	0.00	0.00	1	7.31	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	8	0.01	1	2	0.04	0.00	0	1.97	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	175	53	0.00	8	*N/A*	0.00	0.00	0	12.93	\$0.000
000349 SYRUP,PANCAKE	1 TBSP	200	40	0.00	14	4	0.00	*N/A*	0	10.49	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	125	65	0.00	98	10	0.00	0.00	3	10.87	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	24	0.33	28	3	0.54	0.00	2	2.83	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	55	22	0.00	31	3	0.00	0.00	1	3.11	\$0.000
000618 EGG OMELET W/ COLBY CHZ	EACH	75	36	0.98	68	0	2.61	0.00	64	0.33	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	60	3	0.00	5	0	0.02	0.00	0	0.76	\$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
990050 CRACKERS, EDUCATIONAL SNACK	EACH	230	130	1.00	95	8	4.00	0.00	0	22.00	\$0.000
Weighted Daily Average			815	7.11	1354	*30	27.26	*0.00	201	117.97	\$0.000
% of Calories				7.85%		*14.7%	30.1%	*0.0%		57.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 02/18/2019

Reimbursable Meal Total 249

	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
000849 PORK RIB PATTY BBQ, ADV, 2.4OZ	1 EACH	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
000040 PEAS: frozen,boiled 1/2 cup	1/2 CUP	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	\$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
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	0	0	0.00	0	0	0.00	0.00	0	0.00	\$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
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	0	0	0.00	0	0	0.00	0.00	0	0.00	\$0.000
Weighted Daily Average			1	0.00	5	*0	0.01	0.00	0	0.18	\$0.000
% of Calories				0.00%		*0%	9.0%	0.0%		72.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 02/19/2019

Reimbursable Meal Total 249

	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
000849 PORK RIB PATTY BBQ, ADV, 2.4OZ	1 EACH	72	38	0.72	127	1	2.02	0.00	12	0.87	\$0.000
000087 CHICKEN PATTY ITALIAN GRILL CN	EACH	177	121	2.13	377	0	9.24	0.00	28	1.42	\$0.000
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	249	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000040 PEAS: frozen,boiled 1/2 cup	1/2 CUP	200	50	0.03	46	3	0.17	0.00	0	9.16	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	150	3	0.00	2	*N/A*	0.03	0.00	0	0.64	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	60	3	0.00	5	0	0.02	0.00	0	0.70	\$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
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	30	4	0.01	1	*N/A*	0.04	0.00	0	0.84	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	10	0	0.00	0	*N/A*	0.00	0.00	0	0.05	\$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
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	225	76	0.03	2	16	0.19	0.00	0	19.44	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	50	7	0.01	1	1	0.04	0.00	0	1.82	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	225	61	0.00	51	*N/A*	0.00	0.00	2	13.22	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	249	100	1.00	110	8	3.00	0.00	15	18.00	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	150	21	0.30	86	*N/A*	2.08	0.00	3	0.59	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	125	30	0.00	115	6	0.00	0.00	0	7.03	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	72	0.00	108	11	0.00	0.00	3	12.05	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	22	0.30	26	2	0.50	0.00	2	2.61	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	49	18	0.00	26	2	0.00	0.00	1	2.56	\$0.000
Weighted Daily Average			776	6.03	1338	*55	20.83	0.00	71	118.05	\$0.000
% of Calories				6.99%		*28.4%	24.2%	0.0%		60.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 02/20/2019

Reimbursable Meal Total 245

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
000163 HAM PATTY FARMLAND- 918080	EACH	96	63	1.76	235	1	4.70	0.00	14	1.18	\$0.000
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	245	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000566 TEDDY GRAHAMS - 1 OZ	EACH	245	120	0.50	90	7	4.00	0.00	0	21.00	\$0.000
000845 HAMBURGER PATTY, ADV - 2.1 OZ	EACH	149	67	1.52	27	0	3.65	0.00	15	1.22	\$0.000
000899 CHEESE SLICE, BON. AMER-1SLICE	1 SLICE	245	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	220	116	0.00	239	14	0.05	*0.00	0	25.59	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	40	2	0.00	3	0	0.01	0.00	0	0.48	\$0.000
000386 ONIONS, RAW 1/8	1/8 CUP	10	0	0.00	0	*N/A*	0.00	0.00	0	0.05	\$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
000695 YOGURT, 1/4 C	1/4 CUP	200	55	0.00	46	*N/A*	0.00	0.00	2	11.94	\$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	1.00	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	200	65	0.00	4	12	0.00	0.00	0	14.69	\$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
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	175	6	0.00	47	*N/A*	0.00	0.00	0	1.18	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	65	1	0.00	14	*N/A*	0.00	0.00	0	0.27	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	49	0.00	73	7	0.00	0.00	2	8.16	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	100	37	0.00	53	5	0.00	0.00	2	5.31	\$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	45	20	0.28	24	2	0.46	0.00	2	2.39	\$0.000
Weighted Daily Average			794	7.08	1299	*54	18.23	*0.00	44	121.54	\$0.000
% of Calories				8.03%		*27.2%	20.7%	*0.0%		61.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 02/21/2019

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	180	64	0.71	107	1	1.42	0.00	0	11.38	\$0.000
000841 TAVERN MEAT - 1.6 oz #20	1.6 OZ	180	103	2.26	53	*0	6.05	0.26	31	1.77	\$0.000
000841 TAVERN MEAT - 1.6 oz #20	1.6 OZ	180	103	2.26	53	*0	6.05	0.26	31	1.77	\$0.000
000196 TURKEY BURGER - JENNIE-O 6148	EACH	80	32	0.47	98	0	1.74	0.00	17	0.32	\$0.000
000513 FRENCH FRIES - 1/2 cup	1/2 CUP	250	88	0.00	26	*N/A*	2.93	0.00	0	14.67	\$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
000671 PINEAPPLE CHUNKS: LITE, 1/2 C	1/2 CUP	200	52	0.01	1	13	0.12	0.00	0	13.40	\$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	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
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	80	19	0.00	73	4	0.00	0.00	0	4.43	\$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
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	253	100	1.00	110	8	3.00	0.00	15	18.00	\$0.000
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	175	11	0.00	9	*N/A*	0.00	0.00	0	1.84	\$0.000
Weighted Daily Average			804	8.19	1068	*44	24.75	0.52	101	106.06	\$0.000
% of Calories				9.17%		*21.9%	27.7%	0.6%		52.8%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Friday - 02/22/2019

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
000979 PIZZA CRUNCHERS, RICH'S, 2 PCS	2 PCS	120	98	1.96	196	0	4.41	0.00	7	9.80	\$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
000016 PIZZA PEPP SMART WH GRAIN CN 4	EACH	120	147	2.45	260	5	5.88	0.00	12	16.16	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	240	15	0.00	10	1	0.00	0.00	0	2.45	\$0.000
000675 CARROTS,RAW - 1/8 CUP	1/8 CUP	110	3	0.00	5	0	0.02	0.00	0	0.66	\$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
000676 BEANS GARBANZO 1/8 cup	1/8 CUP	5	1	0.00	1	0	0.01	0.00	0	0.09	\$0.000
000001 MANDARIN ORANGES SGMNTS LT SYR	1/2 CUP	240	118	0.00	22	*N/A*	0.00	0.00	0	27.92	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	200	30	0.02	3	6	0.16	0.00	0	7.40	\$0.000
000633 PUDDING, CHOCOLATE UNIPRO	1/4 CUP	200	41	0.00	65	7	0.00	0.00	0	9.39	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	125	61	0.00	92	9	0.00	0.00	3	10.20	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	45	20	0.28	24	2	0.46	0.00	2	2.39	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	75	28	0.00	40	4	0.00	0.00	2	3.98	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	150	21	0.30	87	*N/A*	2.11	0.00	3	0.60	\$0.000
000617 ANIMAL CRACKERS	OZ	240	125	0.96	144	*N/A*	3.84	0.00	0	21.13	\$0.000
000979 PIZZA CRUNCHERS, RICH'S, 2 PCS	2 PCS	120	98	1.96	196	0	4.41	0.00	7	9.80	\$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
000327 SAUCE SPAGHETTI TRAD POUCH - 5	1/4 CUP	120	17	0.12	162	*N/A*	0.24	0.00	0	3.67	\$0.000
Weighted Daily Average			824	8.06	1311	*35	21.57	0.00	36	126.04	\$0.000
% of Calories				8.80%		*17.0%	23.6%	0.0%		61.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Monday - 02/25/2019

Reimbursable Meal Total 251

	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
000062 SHRIMP POPPER BRD 110/LB OV CN	2.75 OZ	80	58	0.48	200	*N/A*	2.90	0.00	13	6.13	\$0.000
000869 CHEESE STICK MOZZ, BON.	1 EACH	80	25	1.12	64	0	1.91	0.00	5	0.32	\$0.000
001042 CHICKEN HOLIDAY NUGGET- 3 EACH	3 EACH	171	154	2.15	215	1	8.62	0.00	22	9.23	\$0.000
000820 TEA ROLL, CASEY'S - 2EACH	2 EACH	251	180	2.00	280	4	4.00	0.00	0	30.00	\$0.000
000856 POTATO PEARLS, BASIC -1/2 CUP	1/2 CUP	251	70	0.00	270	0	0.00	0.00	0	16.00	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	251	26	0.00	45	3	0.00	0.00	0	5.27	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	200	2	0.00	1	*N/A*	0.03	0.00	0	0.31	\$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	251	15	0.00	34	*N/A*	0.06	0.00	0	3.20	\$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
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	251	80	0.00	5	*N/A*	0.00	0.00	0	20.00	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	45	7	0.01	1	1	0.04	0.00	0	1.62	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	200	27	0.39	114	*N/A*	2.75	0.00	4	0.79	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	50	22	0.30	26	2	0.50	0.00	2	2.59	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	51	18	0.00	26	2	0.00	0.00	1	2.64	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	150	72	0.00	108	11	0.00	0.00	3	11.95	\$0.000
Weighted Daily Average			758	6.45	1389	*25	20.80	0.00	49	110.22	\$0.000
% of Calories				7.66%		*13.2%	24.7%	0.0%		58.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Tuesday - 02/26/2019

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
000963 CHICKEN NOODLE SOUP BERN 8 OZ	8 OZ	205	150	1.28	152	0	4.41	0.00	55	10.74	\$0.000
000732 BEEF VEGT SOUP 8 OZ = 2 OZ MT	8 OZ	40	42	0.89	127	*1	2.18	0.00	9	2.62	\$0.000
000691 CRACKERS SALTINE WG 2-2PK	2 EACH	150	73	0.00	220	0	1.22	0.00	0	12.24	\$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
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	60	3	0.00	5	0	0.02	0.00	0	0.72	\$0.000
000662 TOMATOES,FRESH, RED/ORG, 1/8 c	1/8 CUP	25	3	0.01	1	*N/A*	0.04	0.00	0	0.71	\$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
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
000749 WOWBUTTER - 1 TBSP	1 TBSP	245	100	1.50	50	2	7.50	0.00	0	4.00	\$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
000357 BANANAS, RAW, SMALL	EACH	75	28	0.03	0	4	0.10	0.00	0	7.06	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	100	14	0.20	58	*N/A*	1.41	0.00	2	0.40	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	75	34	0.46	40	4	0.77	0.00	3	3.98	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	105	51	0.00	77	8	0.00	0.00	2	8.57	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	65	24	0.00	34	3	0.00	0.00	1	3.45	\$0.000
000816 BREAD, PULLMAN, CASEY'S- 2 OZ	2 SLICES	245	140	0.00	260	2	2.00	0.00	0	26.00	\$0.000
Weighted Daily Average			759	4.41	1030	*43	19.90	0.00	72	104.38	\$0.000
% of Calories				5.23%		*22.7%	23.6%	0.0%		55.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Wednesday - 02/27/2019

Reimbursable Meal Total 250

	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	96	115	1.92	204	4	4.61	0.00	10	12.67	\$0.000
000029 PIZZA CHEESE SMART WG CN 4X6	EACH	154	185	3.08	271	6	6.78	0.00	15	20.33	\$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
000381 LETTUCE ROMAINE 1 CUP	1 CUP	150	2	0.01	1	*N/A*	0.04	0.00	0	0.46	\$0.000
000408 PEPPER GREEN BELL - 1/8 C	1/8 CUP	20	0	0.00	0	*N/A*	0.00	0.00	0	0.04	\$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	0.23	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	200	12	0.00	8	1	0.00	0.00	0	2.00	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	225	72	0.00	0	*N/A*	0.00	0.00	0	17.10	\$0.000
000068 BANANAS, RAW, MEDIUM	EACH	200	84	0.11	1	11	0.31	0.00	0	21.56	\$0.000
000073 CANTALOUPE, 1/2 C	1/2 CUP	50	5	0.01	3	1	0.03	0.00	0	1.27	\$0.000
000571 EGGLESS CHOCOLATE CAKE	EACH	245	108	0.15	126	*12	0.61	*0.00	0	24.31	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	200	55	0.79	229	*N/A*	5.52	0.00	8	1.58	\$0.000
000603 FRENCH DRESSING FF, CLASS GOUR	1 OZ	25	3	0.00	33	*N/A*	0.00	0.00	0	0.83	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	70	31	0.42	36	3	0.70	0.00	3	3.64	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	80	29	0.00	42	4	0.00	0.00	2	4.16	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	100	48	0.00	72	7	0.00	0.00	2	8.00	\$0.000
Weighted Daily Average			751	6.48	1026	*50	18.60	*0.00	39	118.22	\$0.000
% of Calories				7.77%		*26.6%	22.3%	*0.0%		63.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0				

Thursday - 02/28/2019

Reimbursable Meal Total 240

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
000849 PORK RIB PATTY BBQ, ADV, 2.4OZ	1 EACH	72	39	0.75	132	1	2.10	0.00	12	0.90	\$0.000
000814 BUN, HOT DOG, CASEY'S - 1.8 OZ	1 EACH	240	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000745 CHIPS, FRITO CORN CHIPS, 1 OZ	1 OZ	225	152	1.42	161	1	9.49	0.00	0	14.24	\$0.000
000121 TURKEY MEATBALLS - 4 each	4 EACH	240	121	2.02	297	2	6.75	0.00	37	6.07	\$0.000
000866 CHEESE, SHRED CHED, BON. 1/2OZ	1/2 OZ	150	34	1.88	53	0	2.81	0.00	9	0.31	\$0.000
000961 SPAGHETTI SAUCE - 1/4 CUP	1/4 CUP	160	20	0.00	47	3	0.33	0.00	0	4.00	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	145	78	0.00	161	9	0.03	*0.00	0	17.22	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	120	1	0.00	0	*N/A*	0.02	0.00	0	0.19	\$0.000
000655 BROCCOLI CUTS 1/8C	1/8 CUP	50	2	0.00	1	0	0.00	0.00	0	0.26	\$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
000386 ONIONS, RAW 1/8	1/8 CUP	17	0	0.00	0	*N/A*	0.00	0.00	0	0.10	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	200	58	0.00	8	*N/A*	0.00	0.00	0	14.17	\$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
001008 DEANS 1% LOW FAT MILK	1/2PINT	75	34	0.47	41	4	0.78	0.00	3	4.06	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	65	24	0.00	35	3	0.00	0.00	1	3.52	\$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
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			764	8.06	1233	*35	25.37	*0.00	65	99.69	\$0.000
% of Calories				9.49%		*18.3%	29.9%	*0.0%		52.2%	
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.