

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

**Menu Name:** Elementary Lunch

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

### Friday - 02/01/2019

**Reimbursable Meal Total 750**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001041 BUN, HAMBURGER, CASEY'S - 2 OZ	1 EACH	750	149	1.49	249	4	3.48	0.00	5	26.86	\$0.000
000103 CHICKEN PATTY, WG, BRD	EACH	750	240	2.50	460	1	13.00	0.00	25	15.00	\$0.000
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
000014 BEANS, GREEN, LOW-SODIUM, CANN	1/2 CUP	550	10	0.01	103	*N/A*	0.05	0.00	0	2.23	\$0.000
000269 ORANGES, 1 EACH, 1/2 CUP	EACH	700	58	0.02	0	*N/A*	0.15	0.00	0	14.37	\$0.000
000605 SANDWICH DRESSING - 1 TBSP	TBSP	750	30	0.00	116	*1	1.78	0.00	4	3.45	\$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			601	4.54	1083	*21	19.33	0.00	41	78.96	\$0.000
% of Calories				6.80%		*14.0%	28.9%	0.0%		52.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

### Monday - 02/04/2019

**Reimbursable Meal Total 704**

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000016 PIZZA PEPP SMART WH GRAIN CN 4	EACH	704	300	5.00	530	10	12.00	0.00	25	33.00	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	350	1	0.00	0	*N/A*	0.02	0.00	0	0.19	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	550	12	0.00	8	1	0.00	0.00	0	1.95	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	700	80	0.00	0	*N/A*	0.00	0.00	0	18.89	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	350	17	0.24	71	*N/A*	1.71	0.00	2	0.49	\$0.000
000912 COOKIE CHOC CHIP BEST MAID	1 EACH	704	100	1.00	110	8	3.00	0.00	15	18.00	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	304	52	0.00	78	8	0.00	0.00	2	8.64	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	31	0.43	37	3	0.71	0.00	3	3.69	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	26	0.00	37	3	0.00	0.00	1	3.69	\$0.000
Weighted Daily Average			618	6.67	871	*33	17.44	0.00	49	88.55	\$0.000
% of Calories				9.71%		*21.4%	25.4%	0.0%		57.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Tuesday - 02/05/2019

Reimbursable Meal Total 749

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000151 PASTA PLS SPAGHETTI CKD 1/2 C	1/2 CUP	749	105	0.00	12	*N/A*	1.00	0.00	0	19.00	\$0.000
000393 MEAT SAUCE - 3 oz	3 OZ	749	167	4.91	220	*0	12.11	0.00	48	2.24	\$0.000
000825 BREAD STICK, WG, CASEY'S - 1	EACH	749	130	0.50	330	1	3.00	0.00	0	23.00	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	375	8	0.00	0	1	0.00	0.00	0	1.25	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	600	2	0.00	1	*N/A*	0.03	0.00	0	0.31	\$0.000
000766 APPLESAUCE, SWEETENED - 1/2 CUP	1/2 CUP	650	73	0.03	2	16	0.18	0.00	0	18.67	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	550	25	0.36	105	*N/A*	2.53	0.00	4	0.72	\$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	224	27	0.00	39	4	0.00	0.00	1	3.89	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	325	52	0.00	78	8	0.00	0.00	2	8.68	\$0.000
Weighted Daily Average			618	6.20	822	*32	19.52	0.00	58	81.24	\$0.000
% of Calories				9.03%		*20.7%	28.4%	0.0%		52.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

### Wednesday - 02/06/2019

Reimbursable Meal Total 765

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000636 CHICKEN CHUNKS, WG, BRD - 5 EA	5 EACH	765	263	2.86	401	1	14.89	0.00	23	16.03	\$0.000
000122 CARROTS, RAW - 1/4 CUP	1/4 CUP	600	10	0.01	17	1	0.06	0.00	0	2.29	\$0.000
000779 BEAN BKD, ELEM SCRT - 1/2 C.	1/2 CUP	500	133	0.00	217	10	0.04	*0.00	0	28.41	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	700	73	0.00	5	14	0.00	0.00	0	16.47	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	325	51	0.00	76	8	0.00	0.00	2	8.50	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	29	0.39	34	3	0.65	0.00	3	3.40	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	240	28	0.00	41	4	0.00	0.00	2	4.08	\$0.000
000672 POTATO PEARLS 1/4 C	1/4 CUP	765	42	0.00	10	0	0.37	0.00	0	8.50	\$0.000
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	700	14	0.00	31	*N/A*	0.05	0.00	0	2.93	\$0.000
Weighted Daily Average			642	3.27	831	*41	16.06	*0.00	29	90.62	\$0.000
% of Calories				4.58%		*25.5%	22.5%	*0.0%		56.5%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 02/07/2019

Reimbursable Meal Total 698

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000813 BUN, CANADIAN, CASEY'S - 1.2OZ	1 EACH	698	90	1.00	150	2	2.00	0.00	0	16.00	\$0.000
000157 TACO MEAT - #16 SCOOP	2 OZ	698	171	3.50	78	*1	9.47	0.40	47	5.50	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	600	58	0.00	48	*N/A*	0.00	0.00	2	12.57	\$0.000
000780 CHEDDAR CHEESE, RD FAT, 1/4 OZ	1/4 OZ	698	23	1.14	48	0	1.77	0.00	5	0.00	\$0.000
000358 LETTUCE,ICEBERG, SHRED 1/4 C.	1/4 CUP	500	2	0.00	1	*N/A*	0.02	0.00	0	0.38	\$0.000
000040 PEAS: frozen,boiled 1/2 cup	1/2 CUP	500	45	0.03	41	3	0.15	0.00	0	8.17	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	600	60	0.00	9	*N/A*	0.00	0.00	0	14.61	\$0.000
000947 CHIPS, FRITO CORN CHIPS,0.5 OZ	0.5 OZ	698	81	0.76	86	1	5.06	0.00	0	7.59	\$0.000

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## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000830 SALSA, CANNED - 1 OZ	1 OZ	650	9	0.00	64	1	0.00	0.00	0	1.82	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	298	51	0.00	77	8	0.00	0.00	2	8.54	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	26	0.00	37	3	0.00	0.00	1	3.72	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	32	0.43	37	3	0.72	0.00	3	3.72	\$0.000
Weighted Daily Average			647	6.86	676	*21	19.19	0.40	60	82.64	\$0.000
% of Calories				9.54%		*13.0%	26.7%	0.6%		51.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

### Friday - 02/08/2019

Reimbursable Meal Total 718

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	718	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000302 EGG PATTY - SUNNYFRESH	EACH	718	50	1.00	120	0	3.00	0.00	100	1.00	\$0.000
000938 SAUSAGE PATTY,PORK, ADV-1.2OZ	1 PATTY	718	69	1.66	199	0	4.62	0.00	16	0.00	\$0.000
000920 POTATO TRI TATER PATTY - 1PC	1 EACH	718	115	0.75	315	0	5.00	0.00	0	15.50	\$0.000
000372 CARROTS, 1/2C	1/2 CUP	550	19	0.02	32	2	0.11	0.00	0	4.48	\$0.000
000269 ORANGES, 1 EACH, 1/2 CUP	EACH	650	56	0.02	0	*N/A*	0.14	0.00	0	13.93	\$0.000
000695 YOGURT, 1/4 C	1/4 CUP	600	56	0.00	47	*N/A*	0.00	0.00	2	12.22	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	500	6	0.00	46	*N/A*	0.00	0.00	0	1.15	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	31	0.42	36	3	0.70	0.00	3	3.62	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	218	27	0.00	39	4	0.00	0.00	2	3.95	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	300	50	0.00	75	8	0.00	0.00	2	8.36	\$0.000
Weighted Daily Average			620	5.37	1130	*20	16.57	0.00	124	88.20	\$0.000
% of Calories				7.80%		*12.9%	24.1%	0.0%		56.9%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

**Monday - 02/11/2019**

**Reimbursable Meal Total 701**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000184 WHOLE WHEAT TORTILLA - 8"	EACH	701	120	1.00	160	*N/A*	3.00	0.00	0	20.00	\$0.000
000451 CHICKEN FAJITA MEAT - 2.8 oz	2.8OZ	701	120	2.00	310	0	6.00	0.00	75	2.00	\$0.000
000897 CHEESE, SHRED CHED, BON. 1/4OZ	1/4 OZ	700	27	1.50	42	0	2.25	0.00	7	0.25	\$0.000
000830 SALSA, CANNED - 1 OZ	1 OZ	550	8	0.00	54	1	0.00	0.00	0	1.53	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	250	2	0.00	1	*N/A*	0.02	0.00	0	0.38	\$0.000
000011 BROCCOLI NORMANDY FLAVRPAC	1/2 CUP	450	11	0.00	13	1	0.00	0.00	0	2.14	\$0.000
000745 CHIPS, FRITO CORN CHIPS, 1 OZ	1 OZ	701	162	1.52	172	1	10.12	0.00	0	15.19	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	675	77	0.00	0	*N/A*	0.00	0.00	0	18.29	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	300	51	0.00	77	8	0.00	0.00	2	8.56	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	31	0.43	37	3	0.71	0.00	3	3.71	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	201	26	0.00	37	3	0.00	0.00	1	3.73	\$0.000
Weighted Daily Average			635	6.45	904	*18	22.10	0.00	89	75.78	\$0.000
% of Calories				9.14%		*11.3%	31.3%	0.0%		47.7%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

## Tuesday - 02/12/2019

## Reimbursable Meal Total 722

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000771 PIZZA CHILI - 4 OZ LDL	4 OZ	722	163	2.15	492	*3	5.46	0.06	17	19.55	\$0.000
000867 CHEESE, SHRED MOZZ, BON. 1/2OZ	1/2 OZ	722	42	2.00	75	0	3.00	0.00	8	0.50	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	350	2	0.00	2	*N/A*	0.02	0.00	0	0.52	\$0.000
000415 CORN, CUT - 1/2 cup	1/2 CUP	650	68	0.00	0	*N/A*	0.68	0.00	0	14.18	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	700	81	0.04	2	17	0.20	0.00	0	20.86	\$0.000
000815 BREAD, PULLMAN, CASEY'S - 1 OZ	1 SLICE	700	68	0.00	126	1	0.97	0.00	0	12.60	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	350	33	0.48	139	*N/A*	3.34	0.00	5	0.96	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	320	53	0.00	80	8	0.00	0.00	2	8.86	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	30	0.42	36	3	0.69	0.00	3	3.60	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001007 DEANS FAT FREE MILK	1/2PINT	202	25	0.00	36	3	0.00	0.00	1	3.64	\$0.000
Weighted Daily Average			567	5.08	988	*36	14.37	0.06	36	85.27	\$0.000
% of Calories				8.06%		*25.4%	22.8%	0.1%		60.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Wednesday - 02/13/2019

Reimbursable Meal Total 662

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000946 BUN, HOT DOG, CASEY'S- 1.5 OZ	1 BUN	662	114	1.06	187	3	2.56	0.00	2	20.04	\$0.000
000948 FISH FILLET, 3.6 OZ - FISHERY	EACH	662	180	1.50	240	1	8.00	0.00	35	16.00	\$0.000
000899 CHEESE SLICE, BON. AMER-1SLICE	1 SLICE	662	40	1.50	220	1	2.25	0.00	8	1.00	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	300	2	0.00	2	*N/A*	0.02	0.00	0	0.48	\$0.000
000769 BEAN BAKED, VEGT, RS - 1/2 C.	1/2 CUP	500	106	0.00	279	9	0.00	0.00	0	22.66	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	650	79	0.00	5	*N/A*	0.00	0.00	0	19.64	\$0.000
000942 Tartar Sauce - 1 TBSP	1 TBSP	300	14	0.13	56	*N/A*	0.81	0.00	2	1.80	\$0.000
001006 DEANS TRUMOO 1% CHOCOLATE MILK	1/2PINT	200	42	0.45	54	5	0.76	0.00	5	6.04	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	262	47	0.00	71	7	0.00	0.00	2	7.92	\$0.000



# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001007 DEANS FAT FREE MILK	1/2PINT	200	27	0.00	39	4	0.00	0.00	2	3.93	\$0.000
Weighted Daily Average			652	4.65	1154	*30	14.40	0.00	54	99.50	\$0.000
% of Calories				6.42%		*18.4%	19.9%	0.0%		61.0%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 02/14/2019

Reimbursable Meal Total 698

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000280 CHICKEN ALFREDO 1.5 oz meat	1/2 CUP	698	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	698	105	0.00	12	*N/A*	1.00	0.00	0	19.00	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	300	11	0.00	19	1	0.00	0.00	0	2.27	\$0.000
000939 PEAS: frozen,boiled 1/4 cup	1/4 CUP	550	25	0.02	23	1	0.09	0.00	0	4.49	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	650	65	0.00	9	*N/A*	0.00	0.00	0	15.83	\$0.000
000880 GARLIC TOAST, MINI - 2 PC	2 EACH	698	140	1.00	190	0	5.00	0.00	0	24.00	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	300	30	0.42	123	*N/A*	2.96	0.00	4	0.85	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	32	0.43	37	3	0.72	0.00	3	3.72	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	26	0.00	37	3	0.00	0.00	1	3.72	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	298	51	0.00	77	8	0.00	0.00	2	8.54	\$0.000
Weighted Daily Average			602	4.28	776	*18	18.37	0.00	29	86.43	\$0.000
% of Calories				6.40%		*12.0%	27.5%	0.0%		57.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Friday - 02/15/2019

Reimbursable Meal Total 735

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000213 FRENCH TOAST CINN - SUNNYFRESH	3 STICKS	735	210	1.50	330	*N/A*	8.00	0.00	115	30.00	\$0.000
000920 POTATO TRI TATER PATTY - 1PC	1 EACH	735	115	0.75	315	0	5.00	0.00	0	15.50	\$0.000
000014 BEANS, GREEN, LOW-SODIUM, CANN	1/2 CUP	600	11	0.02	114	*N/A*	0.06	0.00	0	2.48	\$0.000
000683 FRESH FRUIT - VARIETY, 1/2 C	1/2 CUP	735	37	0.03	4	7	0.20	0.00	0	9.06	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	600	7	0.00	54	*N/A*	0.00	0.00	0	1.34	\$0.000
000773 SYRUP, PANCAKE, 0.5 OZ	.5 OZ	680	39	0.13	13	10	0.20	0.00	1	9.84	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	300	49	0.00	73	7	0.00	0.00	2	8.16	\$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
001007 DEANS FAT FREE MILK	1/2PINT	235	29	0.00	42	4	0.00	0.00	2	4.16	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
990050 CRACKERS, EDUCATIONAL SNACK	EACH	700	124	0.95	90	8	3.81	0.00	0	20.95	\$0.000
Weighted Daily Average			650	3.79	1071	*39	17.94	0.00	122	105.03	\$0.000
% of Calories				5.25%		*24.0%	24.8%	0.0%		64.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

**Tuesday - 02/19/2019**

**Reimbursable Meal Total 681**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000087 CHICKEN PATTY ITALIAN GRILL CN	EACH	681	170	3.00	530	0	13.00	0.00	40	2.00	\$0.000
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	681	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000193 PEAS, GREEN, CANNED, LS 1/2 C	1/2 CUP	550	48	0.04	113	*N/A*	0.24	0.00	0	8.64	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	300	2	0.00	2	*N/A*	0.02	0.00	0	0.47	\$0.000
000766 APPLESAUCE,SWEETEN ED - 1/2 CUP	1/2 CUP	675	83	0.04	2	18	0.21	0.00	0	21.32	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	300	15	0.22	63	*N/A*	1.52	0.00	2	0.43	\$0.000
000030 BBQ SAUCE - MRS CLARK - 569110	1 OZ	425	37	0.00	144	7	0.00	0.00	0	8.74	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	300	53	0.00	79	8	0.00	0.00	2	8.81	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	190	31	0.42	36	3	0.70	0.00	3	3.63	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001007 DEANS FAT FREE MILK	1/2PINT	191	25	0.00	36	3	0.00	0.00	1	3.65	\$0.000
Weighted Daily Average			604	5.22	1226	*43	18.69	0.00	49	81.69	\$0.000
% of Calories				7.78%		*28.5%	27.8%	0.0%		54.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Wednesday - 02/20/2019

Reimbursable Meal Total 740

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	740	140	1.50	220	3	3.00	0.00	0	24.00	\$0.000
000566 TEDDY GRAHAMS - 1 OZ	EACH	740	120	0.50	90	7	4.00	0.00	0	21.00	\$0.000
000307 HAMBURGER PATTY - 2.0 OZ	EACH	740	110	2.00	270	0	5.00	0.00	35	1.00	\$0.000
000956 CHEESE SLICE, BON. AMER-1/2SLC	1/2 SLICE	740	20	0.75	110	0	1.12	0.00	4	0.50	\$0.000
000769 BEAN BAKED, VEGT, RS - 1/2 C.	1/2 CUP	400	76	0.00	200	6	0.00	0.00	0	16.22	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	350	6	0.01	10	1	0.03	0.00	0	1.38	\$0.000
000067 FRUIT MIX COCKTAIL - 1/2 CUP	1/2 CUP	650	70	0.00	4	13	0.00	0.00	0	15.81	\$0.000
000069 KETCHUP PACKET SCHOOL FOODSERV	EACH	700	8	0.00	62	*N/A*	0.00	0.00	0	1.56	\$0.000
000070 MUSTARD PACKETS - 580330	EACH	100	1	0.00	7	*N/A*	0.00	0.00	0	0.14	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	340	55	0.00	83	8	0.00	0.00	2	9.19	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	30	0.41	35	3	0.68	0.00	3	3.51	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001007 DEANS FAT FREE MILK	1/2PINT	200	24	0.00	35	3	0.00	0.00	1	3.51	\$0.000
Weighted Daily Average			659	5.16	1127	*46	13.84	0.00	45	97.82	\$0.000
% of Calories				7.05%		*27.9%	18.9%	0.0%		59.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 02/21/2019

Reimbursable Meal Total 709

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000812 BUN, HAMBURGER, CASEY'S - 1.8OZ	1 EACH	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
000513 FRENCH FRIES - 1/2 cup	1/2 CUP	709	89	0.00	26	*N/A*	2.97	0.00	0	14.85	\$0.000
000275 PICKLES,CUCUMBER,DILL	3 SLICE	616	2	0.01	160	*N/A*	0.03	0.00	0	0.47	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	700	79	0.00	0	*N/A*	0.00	0.00	0	18.76	\$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

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000003 MIXED VEGETABLES - 1/2 CUP	1/2 CUP	550	13	0.00	10	*N/A*	0.00	0.00	0	2.06	\$0.000
Weighted Daily Average			613	5.90	686	*17	17.33	0.46	60	79.51	\$0.000
% of Calories				8.66%		*11.1%	25.4%	0.7%		51.9%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Friday - 02/22/2019

Reimbursable Meal Total 690

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000979 PIZZA CRUNCHERS, RICH'S, 2 PCS	2 PCS	690	200	4.00	400	1	9.00	0.00	15	20.00	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	500	11	0.00	7	1	0.00	0.00	0	1.81	\$0.000
000665 LETTUCE,ICEBERG, SHRED 1/2 C.	1/2 CUP	450	3	0.00	2	*N/A*	0.03	0.00	0	0.70	\$0.000
000001 MANDARIN ORANGES SGMNTS LT SYR	1/2 CUP	650	113	0.00	21	*N/A*	0.00	0.00	0	26.85	\$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
000327 SAUCE SPAGHETTI TRAD POUCH - 5	1/4 CUP	500	25	0.18	239	*N/A*	0.36	0.00	0	5.43	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001043 PIZZA CRUNCHERS, RICH'S, 1 PCS	1 PCS	690	100	2.00	200	0	4.50	0.00	8	10.00	\$0.000
Weighted Daily Average			561	6.62	1021	*17	14.62	0.00	29	80.73	\$0.000
% of Calories				10.62%		*12.1%	23.5%	0.0%		57.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

### Monday - 02/25/2019

Reimbursable Meal Total 760

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001042 CHICKEN HOLIDAY NUGGET- 3 EACH	3 EACH	760	226	3.16	316	1	12.65	0.00	32	13.55	\$0.000
000818 TEA ROLL, CASEY'S - 1EACH	1 EACH	760	90	1.00	140	2	2.00	0.00	0	15.00	\$0.000
000856 POTATO PEARLS, BASIC -1/2 CUP	1/2 CUP	750	69	0.00	266	0	0.00	0.00	0	15.79	\$0.000
000170 CARROTS DICED 1/2 CUP	1/2 CUP	350	12	0.00	21	1	0.00	0.00	0	2.43	\$0.000
000147 CHICKEN GRAVY - SCRATCH - 1 OZ	1 OZ	750	15	0.00	33	*N/A*	0.06	0.00	0	3.16	\$0.000
000021 PEARS, DICED, LT SYP - 1/2 C	1/2 CUP	700	74	0.00	5	*N/A*	0.00	0.00	0	18.42	\$0.000
000238 RANCH DRESSING, LITE 1 OZ	1 OZ	250	23	0.32	94	*N/A*	2.27	0.00	3	0.65	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	209	30	0.41	36	3	0.69	0.00	3	3.58	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	225	27	0.00	38	4	0.00	0.00	1	3.85	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	326	51	0.00	77	8	0.00	0.00	2	8.58	\$0.000
Weighted Daily Average			617	4.90	1027	*19	17.66	0.00	41	85.01	\$0.000
% of Calories				7.15%		*12.3%	25.8%	0.0%		55.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Tuesday - 02/26/2019

Reimbursable Meal Total 755

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000206 CHICKEN NOODLE SOUP - 6 OZ	6 OZ	755	148	1.14	510	*0	4.60	0.00	49	10.78	\$0.000
000625 GREEN BEANS - 1/2 CUP	1/2 CUP	425	8	0.00	0	1	0.00	0.00	0	1.41	\$0.000
000122 CARROTS,RAW - 1/4 CUP	1/4 CUP	400	7	0.01	11	1	0.04	0.00	0	1.55	\$0.000
000590 WG Bread - 1 OZ, 1 ROLL	1 OZ	755	107	0.50	98	*N/A*	3.00	0.00	166	19.00	\$0.000
000766 APPLESAUCE,SWEETENED - 1/2 CUP	1/2 CUP	700	78	0.03	2	17	0.19	0.00	0	19.95	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	29	0.40	34	3	0.66	0.00	3	3.44	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	325	52	0.00	77	8	0.00	0.00	2	8.61	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	230	27	0.00	40	4	0.00	0.00	2	3.96	\$0.000



# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000749 WOWBUTTER - 1 TBSP	1 TBSP	755	100	1.50	50	2	7.50	0.00	0	4.00	\$0.000
Weighted Daily Average			556	3.58	823	*35	16.00	0.00	221	72.70	\$0.000
% of Calories				5.79%		*25.2%	25.9%	0.0%		52.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Wednesday - 02/27/2019

Reimbursable Meal Total 704

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000029 PIZZA CHEESE SMART WG CN 4X6	EACH	704	300	5.00	440	10	11.00	0.00	25	33.00	\$0.000
000380 LETTUCE ROMAINE 1/2 CUP	1/2 CUP	350	1	0.00	0	*N/A*	0.02	0.00	0	0.19	\$0.000
000024 BROCCOLI CUTS 1/2C	1/2 CUP	550	12	0.00	8	1	0.00	0.00	0	1.95	\$0.000
000075 PINEAPPLE TIDBITS, LITE, 1/2 C	1/2 CUP	700	80	0.00	0	*N/A*	0.00	0.00	0	18.89	\$0.000
000026 RANCH DRESSING LITE - 1/2 OZ.	1/2 OZ.	350	17	0.24	71	*N/A*	1.71	0.00	2	0.49	\$0.000
000571 EGGLESS CHOCOLATE CAKE	EACH	700	110	0.15	128	*12	0.61	*0.00	0	24.66	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	304	52	0.00	78	8	0.00	0.00	2	8.64	\$0.000
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	31	0.43	37	3	0.71	0.00	3	3.69	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001007 DEANS FAT FREE MILK	1/2PINT	200	26	0.00	37	3	0.00	0.00	1	3.69	\$0.000
Weighted Daily Average			628	5.83	799	*37	14.06	*0.00	34	95.21	\$0.000
% of Calories				8.36%		*23.6%	20.1%	*0.0%		60.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0				

Thursday - 02/28/2019

Reimbursable Meal Total 692

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
000946 BUN, HOT DOG, CASEY'S- 1.5 OZ	1 BUN	692	114	1.06	187	3	2.56	0.00	2	20.04	\$0.000
000121 TURKEY MEATBALLS - 4 each	4 EACH	692	121	2.02	297	2	6.75	0.00	37	6.07	\$0.000
000867 CHEESE, SHRED MOZZ, BON. 1/2OZ	1/2 OZ	692	42	2.00	75	0	3.00	0.00	8	0.50	\$0.000
000961 SPAGHETTI SAUCE - 1/4 CUP	1/4 CUP	692	30	0.00	70	4	0.50	0.00	0	6.00	\$0.000
000082 BEAN BKD, HS SCRATCH - 1/2 C.	1/2 CUP	600	112	0.00	231	13	0.05	*0.00	0	24.71	\$0.000
000071 PEACH DICED LGT SYRP - 1/2 C.	1/2 CUP	600	61	0.00	9	*N/A*	0.00	0.00	0	14.74	\$0.000
001005 DEANS TRUMOO FAT FREE CHOCOLAT	1/2PINT	292	51	0.00	76	8	0.00	0.00	2	8.44	\$0.000
001007 DEANS FAT FREE MILK	1/2PINT	200	26	0.00	38	3	0.00	0.00	1	3.76	\$0.000

# Base Menu Spreadsheet

## Weighted Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Cost
001008 DEANS 1% LOW FAT MILK	1/2PINT	200	32	0.43	38	3	0.72	0.00	3	3.76	\$0.000
Weighted Daily Average			589	5.52	1020	*37	13.58	*0.00	53	88.02	\$0.000
% of Calories				8.43%		*25.1%	20.8%	*0.0%		59.8%	
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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**