

Base Menu Spreadsheet

Portion Values

Jan 2, 2018 thru Jan 31, 2018

Menu Name: Lunch Middle School

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 01/02/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
008331 Chicken, Orange 4oz: CSD	4 oz	1	215	*N/A*	18.47	12.31
990060 Rice, Brown 1c: 1/17	1 cup	1	39	*0	7.61	0.87
008294 Broccoli, Frozen, Cuts 1/2c: CSD 1/17	1/2 cup	1	12	*N/A*	2.00	1.00
000213 Carrots, Diced, Frozen: SC 12-14	1/2 cup	1	27	*N/A*	5.64	0.42
000417 PEARS:GOV 6/11	1/2 cup	1	28	*N/A*	7.52	0.09
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000547 Bun, Hamburger 4" WW:SC 12-14	ea	1	140	*N/A*	26.00	6.00
000458 Hamburger, 2.5 oz:SC 12-14	Pattie	1	147	*N/A*	2.00	14.00
001049 Cheese, American, Sl:SC 12-14	slice	1	0	*N/A*	0.00	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch	ea	1	45	*N/A*	1.00	1.00

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Lite:5/14						
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1351	*24	152.48	61.43
% of Calories				*7.1%	45.1%	18.2%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 01/03/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990033 Turkey, Diced & Gravy JTM: CSD 2/17	1/2 cup	1	180	0	5.59	20.11
990032 Potato, Mashed Idahoan: CSD 2/17	1/2 cup	1	90	0	18.00	2.00
000550 Roll, Dinner 1.5oz:CSD	1 Roll	1	134	3	25.42	4.01
000453 Beans, Green 1/2c: CSD	1/2 cup	1	20	2	4.00	1.00
000378 Peaches, Diced, Del Monte 1/2c: CSD	1/2 cup	1	60	12	14.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000604 Pizza Ripper,Pepper.:SC 12-14	Slice	1	300	*N/A*	30.00	15.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1446	*33	172.14	68.86
% of Calories				*9.1%	47.6%	19.0%
Weekly Nutrient Guideline			600 - 700			

Thursday - 01/04/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000462 Nacho Chips:SC 12-14	serving (10 ea)	1	140	*N/A*	19.00	2.00
008320 Chili w/Beans:SC 12-14 *RESIZED*	1/2 cup	1	185	*N/A*	17.50	9.50
990038 Crumble, Cooked, Pork	1/3 cup	1	160	0	1.00	12.00
000595 Cheese Sauce, Cheddar, Nacho: CSD 2/17	2 oz	1	121	1	2.20	7.69
001040 Salsa:SC 12-14	1/4 cup	1	22	*N/A*	4.33	0.93
000529 Corn, frozen:SC 12-14	1/2 cup	1	67	*N/A*	15.92	2.10
008360 Apple Slices, raw, USDA:6/11 *RESIZED*	4 oz	1	70	*N/A*	18.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
990035 Sandwich, Chicken Pattie	1 Sandwich	1	480	*N/A*	42.00	33.00

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001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1952	*18	195.08	93.95
% of Calories				*3.7%	40.0%	19.3%
Weekly Nutrient Guideline			600 - 700			

Friday - 01/05/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000493 Pizza Ripper assort: SC 12-14	Slice	1	320	*N/A*	31.00	19.00
990020 Potato, Tater Tots Ore-ida 1/17	9 pcs	1	146	*N/A*	18.55	1.95
990055 Carrot, Baby, Raw .5 cup: CSD 3/21	1/2 cup	1	20	*N/A*	4.62	0.36
000419 Fruit, Mixed, Mission Pride:CSD	1/2 cup	1	61	11	17.27	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000594 Dressing, Ranch	ea	1	45	*N/A*	1.00	1.00

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Lite:5/14						
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1290	*35	155.68	49.04
% of Calories				*10.9%	48.3%	15.2%
Weekly Nutrient Guideline			600 - 700			

Monday - 01/08/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000548 Bun, Hoagie 4":SC 12-14	ea	1	110	*N/A*	21.00	5.00
000567 Rib-B-Q patty:SC 12-14	ea	1	202	*N/A*	13.89	14.41
000474 BBQ Sauce:SC 1-15	ea	1	40	*N/A*	10.00	0.00
001068 Pickle, Dill:SC 12-14	5 slices	1	0	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000616 Potato, Stealth Fries:SC 12-14	4 oz	1	189	*N/A*	29.70	2.70
008370 Celery, raw:6/11 *RESIZED*	1/2 cup	1	12	1	2.21	0.51
001093 Applesauce, Sysco: CSD	1/2 cup	1	82	16	21.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000604 Pizza Ripper,Pepper.:SC 12-14	Slice	1	300	*N/A*	30.00	15.00

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000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1637	*34	202.93	64.35
% of Calories				*8.3%	49.6%	15.7%
Weekly Nutrient Guideline			600 - 700			

Tuesday - 01/09/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chicken, Teriyaki 4oz: CSD	4 oz	1	183	*N/A*	6.86	17.14
990081 Chicken, Kung Pao (Yangs) 4oz: CSD	4 oz	1	134	5	11.58	14.74
990060 Rice, Brown 1c: 1/17	1 cup	1	39	*0	7.61	0.87
008294 Broccoli, Frozen, Cuts 1/2c: CSD 1/17	1/2 cup	1	12	*N/A*	2.00	1.00
000213 Carrots, Diced, Frozen: SC 12-14	1/2 cup	1	27	*N/A*	5.64	0.42
000438 PEARS:SC 12-14	1/2 cup	1	60	*N/A*	14.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000547 Bun, Hamburger 4" WW:SC 12-14	ea	1	140	*N/A*	26.00	6.00
000458 Hamburger, 2.5 oz:SC 12-14	Pattie	1	147	*N/A*	2.00	14.00
001049 Cheese, American,	slice	1	0	*N/A*	0.00	0.00

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SI:SC 12-14						
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1484	*29	158.92	80.90
% of Calories				*7.8%	42.8%	21.8%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 01/10/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000631 Chicken, Drumstick 6/16	Drumstick	1	190	*N/A*	5.00	16.00
000550 Roll, Dinner 1.5oz:CSD	1 Roll	1	134	3	25.42	4.01
990032 Potato, Mashed Idahoan: CSD 2/17	1/2 cup	1	90	0	18.00	2.00
000448 Gravy Country:Trio-6/11	1/4 cup	1	35	*N/A*	6.00	1.00
000453 Beans, Green 1/2c: CSD	1/2 cup	1	20	2	4.00	1.00
000378 Peaches, Diced, Del Monte 1/2c: CSD	1/2 cup	1	60	12	14.00	0.00
000203 Margarine, Land O Lakes, 5g: CSD	1 Cont.	1	20	0	0.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73

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000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000604 Pizza Ripper,Pepper.:SC 12-14	Slice	1	300	*N/A*	30.00	15.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1511	*33	177.56	65.74
% of Calories				*8.7%	47.0%	17.4%
Weekly Nutrient Guideline			600 - 700			

Thursday - 01/11/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000600 Hot Dog, with Bun:SC 12-14	Sandwich	1	260	*N/A*	21.00	11.00
008323 Chili, Canned: CSD 3/17	6 oz	1	255	*N/A*	24.10	13.08
000529 Corn, frozen:SC 12-14	1/2 cup	1	67	*N/A*	15.92	2.10
000218 Apple Slices, raw, USDA:6/11	2 oz	1	35	*N/A*	9.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
990035 Sandwich, Chicken Pattie	1 Sandwich	1	480	*N/A*	42.00	33.00
001179 Mustard Packet,	1 Packet	1	5	*N/A*	0.00	0.00

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Heinz: CSD						
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1804	*17	187.16	85.91
% of Calories				*3.8%	41.5%	19.0%
Weekly Nutrient Guideline			600 - 700			

Friday - 01/12/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000493 Pizza Ripper assort: SC 12-14	Slice	1	320	*N/A*	31.00	19.00
990020 Potato, Tater Tots Ore-ida 1/17	9 pcs	1	146	*N/A*	18.55	1.95
008298 CARROT BABY RAW:SC 12-14 *RESIZED*	1/2 cup	1	40	*N/A*	9.24	0.71
000419 Fruit, Mixed, Mission Pride:CSD	1/2 cup	1	61	11	17.27	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00

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000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1310	*35	160.30	49.40
% of Calories				*10.7%	48.9%	15.1%
Weekly Nutrient Guideline			600 - 700			

Tuesday - 01/16/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000624 Chicken, Lemongrass: 2-16	4 oz	1	150	*N/A*	19.00	11.00
990039 Chicken, General Tso's, Yangs: CSD 2/17	4oz	1	189	14	25.56	12.22
990060 Rice, Brown 1c: 1/17	1 cup	1	39	*0	7.61	0.87
008294 Broccoli, Frozen, Cuts 1/2c: CSD 1/17	1/2 cup	1	12	*N/A*	2.00	1.00
000213 Carrots, Diced, Frozen: SC 12-14	1/2 cup	1	27	*N/A*	5.64	0.42
000417 PEARS:GOV 6/11	1/2 cup	1	28	*N/A*	7.52	0.09
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000547 Bun, Hamburger 4" WW:SC 12-14	ea	1	140	*N/A*	26.00	6.00
000458 Hamburger, 2.5 oz:SC 12-14	Pattie	1	147	*N/A*	2.00	14.00
001049 Cheese, American, Sl:SC 12-14	slice	1	0	*N/A*	0.00	0.00
000236 Ketchup, Single	1 Packet	1	35	7	8.10	0.00

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Sauce Masters:CSD						
001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1475	*38	178.56	72.34
% of Calories				*10.3%	48.4%	19.6%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 01/17/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001003 Spaghetti, Gov:SC 12-14	1/2 cup	1	174	1	34.93	6.10
008312 Spaghetti Sauce:SC 1-15 *RESIZED*	2 oz	1	30	4	6.00	2.00
000188 Meatballs:SC 12-14	4 ea	1	158	*N/A*	5.00	13.00
000550 Roll, Dinner 1.5oz:CSD	1 Roll	1	134	3	25.42	4.01
990037 Beans, Green, 3/4c	3/4 cup	1	30	3	6.00	1.50
000378 Peaches, Diced, Del Monte 1/2c: CSD	1/2 cup	1	60	12	14.00	0.00
000203 Margarine, Land O Lakes, 5g: CSD	1 Cont.	1	20	0	0.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00

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000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000604 Pizza Ripper,Pepper.:SC 12-14	Slice	1	300	*N/A*	30.00	15.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1567	*40	196.49	68.34
% of Calories				*10.2%	50.2%	17.4%
Weekly Nutrient Guideline			600 - 700			

Thursday - 01/18/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000507 Corn Dog ,Mini WG;11/11	6 pc serving	1	250	*N/A*	31.00	11.00
000215 Beans, Baked: CSD	1/2 cup	1	150	15	31.00	6.00
000593 Potato, Twister:CSD	4 oz	1	108	*N/A*	13.50	1.35
008360 Apple Slices, raw, USDA:6/11 *RESIZED*	4 oz	1	70	*N/A*	18.00	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
990035 Sandwich, Chicken	1 Sandwich	1	480	*N/A*	42.00	33.00

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Pattie						
001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1805	*39	218.73	78.08
% of Calories				*8.6%	48.5%	17.3%
Weekly Nutrient Guideline			600 - 700			

Friday - 01/19/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000493 Pizza Ripper assort: SC 12-14	Slice	1	320	*N/A*	31.00	19.00
990020 Potato, Tater Tots Ore-ida 1/17	9 pcs	1	146	*N/A*	18.55	1.95
990055 Carrot, Baby, Raw .5 cup: CSD 3/21	1/2 cup	1	20	*N/A*	4.62	0.36
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000419 Fruit, Mixed, Mission Pride:CSD	1/2 cup	1	61	11	17.27	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00

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000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1410	*35	179.68	51.04
% of Calories				*9.9%	51.0%	14.5%
Weekly Nutrient Guideline			600 - 700			

Monday - 01/22/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990043 Soup, Tomato, Campbell's Classic: CSD	1/2 cup	1	90	12	20.00	2.00
000241 Cheese, Cheddar Shredded: CSD 3/17	1 oz	1	86	*N/A*	0.51	8.10
000601 Sandwich, 3oz Cheese, Tools for Schools: CSD	3 oz sand.	1	250	*N/A*	26.00	10.00
001183 Potato, Wedges McCain:CSD	9 pcs	1	96	*N/A*	14.46	1.93
000457 Peas, Frozen:SC 12-14	1/2 cup	1	63	*N/A*	10.79	4.49
008370 Celery, raw:6/11 *RESIZED*	1/2 cup	1	12	1	2.21	0.51
001093 Applesauce, Sysco: CSD	1/2 cup	1	82	16	21.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000604 Pizza	Slice	1	300	*N/A*	30.00	15.00

Base Menu Spreadsheet

Portion Values

Ripper,Pepper.:SC 12-14						
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1641	*46	200.10	68.76
% of Calories				*11.2%	48.8%	16.8%
Weekly Nutrient Guideline			600 - 700			

Tuesday - 01/23/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
008331 Chicken, Orange 4oz: CSD	4 oz	1	215	*N/A*	18.47	12.31
990060 Rice, Brown 1c: 1/17	1 cup	1	39	*0	7.61	0.87
008294 Broccoli, Frozen, Cuts 1/2c: CSD 1/17	1/2 cup	1	12	*N/A*	2.00	1.00
000213 Carrots, Diced, Frozen: SC 12-14	1/2 cup	1	27	*N/A*	5.64	0.42
000438 PEARS:SC 12-14	1/2 cup	1	60	*N/A*	14.00	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000547 Bun, Hamburger 4" WW:SC 12-14	ea	1	140	*N/A*	26.00	6.00
000458 Hamburger, 2.5 oz:SC 12-14	Pattie	1	147	*N/A*	2.00	14.00
001049 Cheese, American, SI:SC 12-14	slice	1	0	*N/A*	0.00	0.00

Base Menu Spreadsheet

Portion Values

000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1383	*24	158.95	61.33
% of Calories				*6.9%	46.0%	17.7%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 01/24/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000176 Chicken Patie, Cristy:SC 12-14	ea	1	230	*N/A*	14.00	22.00
990023 Pasta, Rotini, Barilla, 100% Whole Wheat: CSD 1/17	Serv (2oz dry)	1	177	2	40.28	6.88
008312 Spaghetti Sauce:SC 1-15 *RESIZED*	2 oz	1	30	4	6.00	2.00
000238 Cheese, mozz, shredded:SC 1-15	1 oz	1	81	*N/A*	0.51	7.09
000550 Roll, Dinner 1.5oz:CSD	1 Roll	1	134	3	25.42	4.01
000203 Margarine, Land O Lakes, 5g: CSD	1 Cont.	1	20	0	0.00	0.00
990037 Beans, Green, 3/4c	3/4 cup	1	30	3	6.00	1.50
000378 Peaches, Diced, Del Monte 1/2c: CSD	1/2 cup	1	60	12	14.00	0.00
000125 Sandwich, PB&J,	Sandwich	1	291	14	31.04	8.73

Base Menu Spreadsheet

Portion Values

Strawberry Uncrustable:CSD						
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000604 Pizza Ripper,Pepper.:SC 12-14	Slice	1	300	*N/A*	30.00	15.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1724	*40	211.34	85.21
% of Calories				*9.3%	49.0%	19.8%
Weekly Nutrient Guideline			600 - 700			

Thursday - 01/25/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990036 Burrito, Beef, Bean & Cheese Elem: CSD 2/17	1 Burrito	1	426	*N/A*	25.86	33.56
990077 Bean, Black, 1/2c: CSD	1/2 cup	1	109	*N/A*	19.87	7.24
000379 Rice, Brown 1/2c: CSD	1/2 cup	1	19	*0	3.80	0.44
000529 Corn, frozen:SC 12-14	1/2 cup	1	67	*N/A*	15.92	2.10
008360 Apple Slices, raw, USDA:6/11 *RESIZED*	4 oz	1	70	*N/A*	18.00	0.00
008313 Salsa:SC 12-14 *RESIZED*	2 oz	1	11	*N/A*	2.16	0.46
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00

Base Menu Spreadsheet

Portion Values

000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
990035 Sandwich, Chicken Pattie	1 Sandwich	1	480	*N/A*	42.00	33.00
001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1890	*17	202.75	103.52
% of Calories				*3.6%	42.9%	21.9%
Weekly Nutrient Guideline			600 - 700			

Friday - 01/26/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000493 Pizza Ripper assort: SC 12-14	Slice	1	320	*N/A*	31.00	19.00
990020 Potato, Tater Tots Ore-ida 1/17	9 pcs	1	146	*N/A*	18.55	1.95
008298 CARROT BABY RAW:SC 12-14 *RESIZED*	1/2 cup	1	40	*N/A*	9.24	0.71
000419 Fruit, Mixed, Mission Pride:CSD	1/2 cup	1	61	11	17.27	0.00
000201 Dressing, Ranch, Lite:CSD	1 Pack	1	45	0	1.00	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
000571 Donut, Whole Grain:SC 12-14	ea	1	230	*N/A*	31.00	3.00
000125 Sandwich, PB&J, Strawberrv	Sandwich	1	291	14	31.04	8.73

Base Menu Spreadsheet

Portion Values

Uncrustable:CSD						
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1540	*35	191.30	51.40
% of Calories				*9.1%	49.7%	13.4%
Weekly Nutrient Guideline			600 - 700			

Monday - 01/29/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000548 Bun, Hoagie 4":SC 12-14	ea	1	110	*N/A*	21.00	5.00
000188 Meatballs:SC 12-14	4 ea	1	158	*N/A*	5.00	13.00
990051 Spaghetti Sauce, Red Pack:CSD	1/2 cup	1	54	8	10.89	1.81
000238 Cheese, mozz, shredded:SC 1-15	1 oz	1	81	*N/A*	0.51	7.09
000593 Potato, Twister:CSD	4 oz	1	108	*N/A*	13.50	1.35
008370 Celery, raw:6/11 *RESIZED*	1/2 cup	1	12	1	2.21	0.51
001093 Applesauce, Sysco: CSD	1/2 cup	1	82	16	21.00	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000125 Sandwich. PB&J.	Sandwich	1	291	14	31.04	8.73

Base Menu Spreadsheet

Portion Values

Strawberry Uncrustable:CSD						
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000604 Pizza Ripper,Pepper.:SC 12-14	Slice	1	300	*N/A*	30.00	15.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1643	*49	187.33	70.49
% of Calories				*11.9%	45.6%	17.2%
Weekly Nutrient Guideline			600 - 700			

Tuesday - 01/30/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chicken, Teriyaki 4oz: CSD	4 oz	1	183	*N/A*	6.86	17.14
990081 Chicken, Kung Pao (Yangs) 4oz: CSD	4 oz	1	134	5	11.58	14.74
990060 Rice, Brown 1c: 1/17	1 cup	1	39	*0	7.61	0.87
008294 Broccoli, Frozen, Cuts 1/2c: CSD 1/17	1/2 cup	1	12	*N/A*	2.00	1.00
000213 Carrots, Diced, Frozen: SC 12-14	1/2 cup	1	27	*N/A*	5.64	0.42
000417 PEARS:GOV 6/11	1/2 cup	1	28	*N/A*	7.52	0.09
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00

Base Menu Spreadsheet

Portion Values

000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000547 Bun, Hamburger 4" WW:SC 12-14	ea	1	140	*N/A*	26.00	6.00
000458 Hamburger, 2.5 oz:SC 12-14	Pattie	1	147	*N/A*	2.00	14.00
001049 Cheese, American, SI:SC 12-14	slice	1	0	*N/A*	0.00	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	1	35	7	8.10	0.00
001179 Mustard Packet, Heinz: CSD	1 Packet	1	5	*N/A*	0.00	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	1	40	*N/A*	0.00	0.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1452	*29	152.44	81.00
% of Calories				*8.0%	42.0%	22.3%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 01/31/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990025 Lasagna Pasta Bake: CSD 1/17	6 oz	1	336	5	24.25	23.16
000550 Roll, Dinner 1.5oz:CSD	1 Roll	1	134	3	25.42	4.01
990037 Beans, Green, 3/4c	3/4 cup	1	30	3	6.00	1.50
000378 Peaches, Diced, Del Monte 1/2c: CSD	1/2 cup	1	60	12	14.00	0.00
000203 Margarine, Land O Lakes. 5a: CSD	1 Cont.	1	20	0	0.00	0.00

Base Menu Spreadsheet

Portion Values

000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	1	291	14	31.04	8.73
000623 Crackers:SC 1/16	ea	1	120	*N/A*	24.00	2.00
000606 Cheese, String, Bongard's:CSD	1 Stick	1	90	0	1.00	7.00
000604 Pizza Ripper,Pepper.:SC 12-14	Slice	1	300	*N/A*	30.00	15.00
000594 Dressing, Ranch Lite:5/14	ea	1	45	*N/A*	1.00	1.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	1	116	*3	18.10	8.00
Weighted Daily Average			1542	*39	174.81	70.40
% of Calories				*10.1%	45.3%	18.3%
Weekly Nutrient Guideline			600 - 700			

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.