

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

**Menu Name:** K-8 Lunch Express (2 Cold Ent)

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 08/15/2022

**Reimbursable Meal Total 300**

	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)	Fiber (g)	Protn (g)
831183 CHIX Popcorn, AP WG 2.0	Serving	300	256	2.78	389	1	14.46	0.00	22	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	300	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	300	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	300	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	300	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	207	76	0.00	145	12	0.00	0.00	3	13.11	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	60	20	0.30	24	2	0.50	0.00	3	2.20	0.00	1.60
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			888	6.89	1557	41	38.63	0.10	48	109.06	14.16	28.67
% of Calories				6.98%		18.5%	39.2%	0.1%		49.1%		12.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Tuesday - 08/16/2022

**Reimbursable Meal Total 300**

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)	Fiber (g)	Protn (g)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	300	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00
829498 YOGURT SS, Danimals Vanilla4oz	Each	300	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	300	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	300	12	0.02	3	2	0.13	0.00	0	2.52	0.78	0.57
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	300	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	207	76	0.00	145	12	0.00	0.00	3	13.11	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	60	20	0.30	24	2	0.50	0.00	3	2.20	0.00	1.60
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			465	1.35	588	48	7.82	0.00	22	82.33	8.82	17.07
% of Calories				2.61%		41.3%	15.1%	0.0%		70.8%		14.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 08/17/2022

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)
990674 SDW BN, CHAM TKY(JENNIE-O SLCD) PV WG 2(2BG)(ALPHA	Sandwich	300	325	6.01	762	4	12.78	0.00	55	28.01	2.00	22.55
825862 COND PC Mustard 6g	Each	300	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	300	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)	Fiber (g)	Protn (g)
000116 FRUIT: CUP SS, APPLSC UNSWT SHLF-STBL 1/2C	Each (1/2c)	300	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	207	76	0.00	145	12	0.00	0.00	3	13.11	0.00	5.52
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	60	20	0.30	24	2	0.50	0.00	3	2.20	0.00	1.60
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			589	6.33	1241	34	16.27	*0.00	62	76.33	8.97	34.98
% of Calories				9.67%		23.1%	24.9%	*0.0%		51.8%		23.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 08/18/2022

Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	300	208	5.74	650	1	12.71	0.00	60	3.18	0.79	18.70
990650 Breadstick WG 1BG (1EA)(Alpha) - Indiv Overwrapped	Each	300	70	0.00	140	1	1.00	0.00	0	14.00	1.50	3.00
833328 COND PC, DRESSING ITALIAN FF 12G (PPI)	Packet	300	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	300	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39
826340 JUICE SS, Frit Bld 100% 4oz Crt	Each	300	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)	Fiber (g)	Protn (g)
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	207	76	0.00	145	12	0.00	0.00	3	13.11	0.00	5.52
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	60	16	0.00	24	2	0.00	0.00	1	2.20	0.00	1.60
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3	1	0.02	1	0	0.02	0.00	0	0.11	0.00	0.08
Weighted Daily Average			564	5.78	1250	38	17.83	0.00	64	69.29	4.20	31.30
% of Calories				9.22%		27.0%	28.5%	0.0%		49.1%		22.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Friday - 08/19/2022

### Reimbursable Meal Total 300

	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)	Fiber (g)	Protn (g)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	300	375	10.62	1270	6	20.00	0.00	62	30.50	2.50	18.50
825931 VEG: CORN, FZ CKD 1/2c	1/2 Cup	300	68	0.09	1	3	0.56	0.00	0	16.25	2.02	2.15
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	300	5	0.01	1	1	0.04	0.00	0	1.19	0.44	0.22
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	300	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	207	76	0.00	145	12	0.00	0.00	3	13.11	0.00	5.52
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	60	16	0.00	24	2	0.00	0.00	1	2.20	0.00	1.60

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)	Fiber (g)	Protn (g)
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3	1	0.02	1	0	0.02	0.00	0	0.11	0.00	0.08
Weighted Daily Average			603	10.78	1443	36	20.84	0.00	67	79.88	7.83	28.38
% of Calories				16.09%		23.9%	31.1%	0.0%		53.0%		18.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 08/22/2022

Reimbursable Meal Total 249

	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)	Fiber (g)	Protn (g)
990369 Danimals, Strawberry Banana Yogurt	ea	249	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	249	190	2.00	130	16	6.00	0.00	30	30.00	2.00	3.00
829216 CHEESE, MZ String LF 1ea 1.0	Stick	249	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	249	12	0.02	3	2	0.13	0.00	0	2.52	0.78	0.57
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	249	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36
000124 FRUIT: PEARS 150 ct.	Each (150ct)	249	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	172	76	0.00	145	12	0.00	0.00	3	13.12	0.00	5.53
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	20	0.30	24	2	0.50	0.00	3	2.21	0.00	1.61

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.06
Weighted Daily Average			515	4.36	619	57	9.87	0.00	52	83.58	8.08	22.55
% of Calories				7.62%		44.3%	17.2%	0.0%		64.9%		17.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Tuesday - 08/23/2022

Reimbursable Meal Total 249

	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)	Fiber (g)	Protn (g)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	249	320	9.31	917	1	21.83	0.00	52	14.07	1.00	17.49
990551 VEG: SALAD, POTATO AP 3/4C (1/2C VEG)	3/4 Cup	249	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	249	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	249	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	172	76	0.00	145	12	0.00	0.00	3	13.12	0.00	5.53
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	20	0.30	24	2	0.50	0.00	3	2.21	0.00	1.61
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	1	0.00	1	0	0.00	0.00	0	0.09	0.00	0.06
Weighted Daily Average			813	12.64	1942	38	40.54	0.00	74	86.40	9.54	28.98
% of Calories				13.99%		18.7%	44.9%	0.0%		42.5%		14.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

# Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

**Wednesday - 08/24/2022**

**Reimbursable Meal Total 249**

	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)	Fiber (g)	Protn (g)
990645 SALAD, CHIXPOP AP ROM WG 2.0 (1BG)	Each	249	260	2.79	391	1	14.54	0.00	22	16.37	3.85	15.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	249	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	249	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	249	5	0.01	1	1	0.04	0.00	0	1.19	0.44	0.22
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	249	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	249	120	0.00	115	7	4.00	0.00	0	20.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	172	76	0.00	145	12	0.00	0.00	3	13.12	0.00	5.53
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	50	16	0.00	24	2	0.00	0.00	1	2.21	0.00	1.61
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	1	0.01	1	0	0.02	0.00	0	0.09	0.00	0.06
Weighted Daily Average			669	3.62	940	38	25.23	0.10	31	84.42	9.18	28.70
% of Calories				4.87%		22.7%	33.9%	0.1%		50.5%		17.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

**Thursday - 08/25/2022**

**Reimbursable Meal Total 198**

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)	Fiber (g)	Protn (g)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	198	308	5.42	728	3	12.00	0.00	45	29.00	2.50	22.17
825862 COND PC Mustard 6g	Each	198	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	198	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	198	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	136	76	0.00	144	12	0.00	0.00	3	13.05	0.00	5.49
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	40	20	0.30	24	2	0.51	0.00	3	2.22	0.00	1.62
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			571	5.74	1208	33	15.50	*0.00	52	77.28	9.47	34.58
% of Calories				9.05%		23.1%	24.4%	*0.0%		54.1%		24.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 08/26/2022

### Reimbursable Meal Total 6

	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)	Fiber (g)	Protn (g)
990646 SALAD, Egg Chef CH MZ AP ROM 2.0	Each	6	130	4.04	161	1	9.02	0.00	210	1.77	0.51	9.69
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	6	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	6	49	0.76	101	1	4.92	0.10	4	0.91	0.02	0.10
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	6	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39



# Base Menu Spreadsheet

## Weighted Values

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	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)	Fiber (g)	Protn (g)
826343 JUICE SS, Grape100% 4oz Cart	Each	6	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	6	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	4	73	0.00	140	12	0.00	0.00	3	12.67	0.00	5.33
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	17	0.25	20	2	0.42	0.00	2	1.83	0.00	1.33
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			536	5.58	812	35	19.96	0.10	220	64.86	3.44	22.85
% of Calories				9.37%		26.1%	33.5%	0.2%		48.4%		17.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 08/29/2022

### Reimbursable Meal Total 27

	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)	Fiber (g)	Protn (g)
990671 SDW HD, AM WG 2.0 (2BG) (ALPHA)	Sandwich	27	375	10.62	1270	6	20.00	0.00	62	30.50	2.50	18.50
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	27	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	27	12	0.02	3	2	0.13	0.00	0	2.52	0.78	0.57
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	27	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	18	73	0.00	140	12	0.00	0.00	3	12.67	0.00	5.33
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	5	19	0.28	22	2	0.46	0.00	3	2.04	0.00	1.48

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			561	10.97	1481	36	20.87	0.00	69	68.91	7.79	26.56
% of Calories				17.60%		25.7%	33.5%	0.0%		49.1%		18.9%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 08/30/2022

Reimbursable Meal Total 156

	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)	Fiber (g)	Protn (g)
000179 BRD: PANCAKES, AP WG Confetti	Pouch	156	220	1.00	300	11	7.00	0.00	10	36.00	4.00	4.00
829498 YOGURT SS, Danimals Vanilla4oz	Each	156	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00
831434 VEG: CARROTS, FRESH BABY IW 2OZ	Bag (2ozw)	156	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36
990694 VEG: TOMATOES, GRAPE 3/8C	3/8 Cup	156	12	0.02	3	2	0.13	0.00	0	2.52	0.78	0.57
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	156	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	107	75	0.00	144	12	0.00	0.00	3	13.03	0.00	5.49
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	31	20	0.30	24	2	0.50	0.00	3	2.19	0.00	1.59

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	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)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	1	0.00	2	0	0.00	0.00	0	0.14	0.00	0.10
Weighted Daily Average			468	1.33	587	51	7.70	0.00	21	84.55	7.42	16.11
% of Calories				2.56%		43.6%	14.8%	0.0%		72.3%		13.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Wednesday - 08/31/2022

Reimbursable Meal Total 159

	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)	Fiber (g)	Protn (g)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	159	321	6.52	823	3	13.56	0.00	60	29.02	2.00	21.10
825862 COND PC Mustard 6g	Each	159	0	0.00	65	0	0.00	0.00	0	1.00	0.00	0.00
000099 VEG: SALAD, Bean Three 3/4 c	3/4 cup	159	116	0.02	245	4	2.99	*0.00	0	17.90	5.97	5.22
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	159	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
900015 MILK SS, SKIM CHOCOLATE 8 FLOZ - PRAIRIE FARMS	Carton	110	76	0.00	145	12	0.00	0.00	3	13.14	0.00	5.53
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	32	20	0.30	24	2	0.50	0.00	3	2.21	0.00	1.61
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	1	0.00	2	0	0.00	0.00	0	0.14	0.00	0.10
Weighted Daily Average			581	6.86	1304	31	17.17	*0.00	67	75.15	10.37	34.51
% of Calories				10.63%		21.3%	26.6%	*0.0%		51.7%		23.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

			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)	Fiber (g)	Protn (g)
Weighted Averages			602	6	1152	40	19.86	*0.02	65	80.16	8.41	27.33
% of Calories				9.46%		26.6%	29.7%	*0.0%		53.3%		18.2%

*\*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.