

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 2022

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Thursday - 09/01/2022

**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)
990711 SALAD, THAM C/BPEPP ITALIAN AP ROM 2.25	Each	159	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	159	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	159	5	0.00	120	0	0.00	0.00	0	1.00	0.00	0.00
990583 VEG: PEPPERS, GREEN JULIENNE AP 1/4c	1/4 Cup	159	5	0.01	1	1	0.04	0.00	0	1.19	0.44	0.22
000124 FRUIT: PEARS 150 ct.	Each (150ct)	159	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	159	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	110	76	0.00	145	12	0.00	0.00	3	13.14	0.00	5.53
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	32	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	0.02	2	0	0.03	0.00	0	0.14	0.00	0.10
Weighted Daily Average			569	5.80	1198	36	17.95	0.00	64	72.84	7.39	31.60
% of Calories				9.17%		25.3%	28.4%	0.0%		51.2%		22.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 09/02/2022

**Reimbursable Meal Total 159**

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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)
831183 CHIX Popcorn, AP WG 2.0	Serving	159	256	2.78	389	1	14.46	0.00	22	15.58	3.34	15.58
827153 BRD: PRETZEL, Soft Rod1ozWG1ea	Each	159	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00
826059 COND PC, DRESSING RANCH 12G (HEINZ)	Each	159	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	159	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00
990723 VEG: CELERY, STICKS IW 50/2OZ DOD	Bag (2ozw)	159	8	0.02	45	1	0.10	0.00	0	1.68	0.91	0.39
826343 JUICE SS, Grape100% 4oz Cart	Each	159	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
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
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	32	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	0.02	2	0	0.03	0.00	0	0.14	0.00	0.10
<b>Weighted Daily Average</b>			<b>886</b>	<b>6.59</b>	<b>1572</b>	<b>46</b>	<b>38.02</b>	<b>0.10</b>	<b>46</b>	<b>106.18</b>	<b>9.77</b>	<b>29.32</b>
<b>% of Calories</b>				<b>6.69%</b>		<b>20.8%</b>	<b>38.6%</b>	<b>0.1%</b>		<b>47.9%</b>		<b>13.2%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

**Tuesday - 09/06/2022**

**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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	300	320	9.31	917	1	21.83	0.00	52	14.07	1.00	17.49

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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)
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
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	300	90	0.00	15	19	0.00	0.00	0	22.00	2.00	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
<b>Weighted Daily Average</b>			<b>856</b>	<b>12.63</b>	<b>1957</b>	<b>48</b>	<b>40.41</b>	<b>0.00</b>	<b>74</b>	<b>96.68</b>	<b>9.15</b>	<b>28.05</b>
<b>% of Calories</b>				<b>13.28%</b>		<b>22.4%</b>	<b>42.5%</b>	<b>0.0%</b>		<b>45.2%</b>		<b>13.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

### Wednesday - 09/07/2022

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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	300	308	5.42	728	3	12.00	0.00	45	29.00	2.50	22.17
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
826343 JUICE SS, Grape100% 4oz Cart	Each	300	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
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

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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	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			601	5.74	1223	39	15.49	*0.00	52	81.32	8.47	35.59
% of Calories				8.60%		26.0%	23.2%	*0.0%		54.1%		23.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/08/2022

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)
990710 SALAD, T.HAM TKY CH MZ AP ROM W 2.0	Each	300	168	5.26	483	1	9.53	0.00	51	3.08	0.79	16.13
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	300	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	300	10	0.00	125	1	0.00	0.00	0	2.00	0.00	0.00
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
000124 FRUIT: PEARS 150 ct.	Each (150ct)	300	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	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

Sep 1, 2022 thru Sep 30, 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			543	5.32	1055	37	15.26	0.00	55	73.66	6.89	28.98
% of Calories				8.82%		27.3%	25.3%	0.0%		54.3%		21.3%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Friday - 09/09/2022

### 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
828881 COND PC MAYONNAISE FF 12G	Each	300	11	0.03	101	1	0.10	0.00	3	2.57	0.24	0.06
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
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
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
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

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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	3	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			572	6.49	1080	35	14.24	0.00	64	80.46	8.04	32.66
% of Calories				10.21%		24.5%	22.4%	0.0%		56.3%		22.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 09/12/2022

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
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

Sep 1, 2022 thru Sep 30, 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			885	6.60	1557	41	38.16	0.10	46	109.06	14.16	28.67
% of Calories				6.71%		18.5%	38.8%	0.1%		49.3%		13.0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/13/2022

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)
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
826337 JUICE SS, Apple 100% 4oz Cart	Each	300	60	0.00	15	13	0.00	0.00	0	14.00	0.00	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

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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	3	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			478	1.33	603	52	7.70	0.00	22	84.61	6.42	16.13
% of Calories				2.50%		43.5%	14.5%	0.0%		70.8%		13.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 09/14/2022

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
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
000108 FRUIT: CUP SS, APPLESC CINN 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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	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



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## Weighted Values

Sep 1, 2022 thru Sep 30, 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			551	5.77	1196	37	17.78	0.00	64	68.79	4.73	31.12
% of Calories				9.42%		26.9%	29.0%	0.0%		49.9%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/15/2022

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)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	300	321	6.52	823	3	13.56	0.00	60	29.02	2.00	21.10
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
826343 JUICE SS, Grape100% 4oz Cart	Each	300	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
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			614	6.84	1318	39	17.05	*0.00	67	81.35	7.97	34.52
% of Calories				10.03%		25.4%	25.0%	*0.0%		53.0%		22.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

# Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

## Friday - 09/16/2022

### 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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	300	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	300	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00
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
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
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
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	300	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	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			571	6.87	1137	32	20.64	0.10	61	66.95	6.66	29.53
% of Calories				10.83%		22.4%	32.5%	0.2%		46.9%		20.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Monday - 09/19/2022

### Reimbursable Meal Total 300

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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)
990369 Danimals, Strawberry Banana Yogurt	ea	300	70	0.00	70	9	0.00	0.00	5	12.00	0.00	4.00
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	300	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	300	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	300	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)	300	20	0.01	44	3	0.07	0.00	0	4.67	1.64	0.36
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	300	60	0.00	10	13	0.00	0.00	0	14.00	0.00	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			508	4.33	628	58	9.70	0.00	52	79.61	4.42	22.13
% of Calories				7.67%		45.7%	17.2%	0.0%		62.7%		17.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/20/2022

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)
990644 PACK: PEPP CHXBF, CH CUBES, FLTBRD MINI WG 2(1BG)	Pack	300	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	300	330	3.00	810	11	18.01	0.00	15	40.52	4.50	3.00

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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)
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
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
<b>Weighted Daily Average</b>			<b>813</b>	<b>12.64</b>	<b>1942</b>	<b>38</b>	<b>40.53</b>	<b>0.00</b>	<b>74</b>	<b>86.40</b>	<b>9.54</b>	<b>28.99</b>
<b>% of Calories</b>				<b>13.99%</b>		<b>18.7%</b>	<b>44.9%</b>	<b>0.0%</b>		<b>42.5%</b>		<b>14.3%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>					

### Wednesday - 09/21/2022

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)
990673 SDW HD, TKY (JENNIE-O SLICED) PV WG 2 (2BG) (ALPHA)	Sandwich	300	308	5.42	728	3	12.00	0.00	45	29.00	2.50	22.17
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
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

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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	3	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			589	5.77	1209	33	15.66	*0.00	52	81.29	12.13	35.02
% of Calories				8.82%		22.4%	23.9%	*0.0%		55.2%		23.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Thursday - 09/22/2022

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)
990738 SALAD, ChixPop CH AP ROMAINE 2.5 (1BG)	Each	300	315	5.79	486	1	19.04	0.00	37	16.87	3.85	18.87
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	300	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00
833326 COND PC, DRESSING RANCH BUTTERMILK FF 12G (PPI)	Each	300	10	0.00	125	1	0.00	0.00	0	2.00	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
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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	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

Sep 1, 2022 thru Sep 30, 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			688	5.86	1103	38	24.86	0.00	42	86.50	9.62	31.78
% of Calories				7.67%		22.1%	32.5%	0.0%		50.3%		18.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

## Friday - 09/23/2022

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
828881 COND PC MAYONNAISE FF 12G	Each	300	11	0.03	101	1	0.10	0.00	3	2.57	0.24	0.06
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
000116 FRUIT: CUP SS, APPLESC 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

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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	3	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			557	6.44	1034	35	13.99	0.00	64	77.44	5.70	32.18
% of Calories				10.41%		25.1%	22.6%	0.0%		55.6%		23.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Monday - 09/26/2022

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
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
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

Sep 1, 2022 thru Sep 30, 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			864	6.59	1555	39	38.11	0.10	46	102.82	12.90	29.18
% of Calories				6.86%		18.1%	39.7%	0.1%		47.6%		13.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

Tuesday - 09/27/2022

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)
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
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
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



# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2022 thru Sep 30, 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	3	1	0.00	1	0	0.00	0.00	0	0.11	0.00	0.08
Weighted Daily Average			480	1.36	589	52	7.91	0.00	22	87.13	9.29	16.44
% of Calories				2.55%		43.3%	14.8%	0.0%		72.6%		13.7%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Wednesday - 09/28/2022

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
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
000116 FRUIT: CUP SS, APPLESC 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
831720 BRD: CRACK SS, Bear GrhmCinnWG	Package	300	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	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

Sep 1, 2022 thru Sep 30, 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			551	5.77	1196	37	17.78	0.00	64	68.79	4.73	31.12
% of Calories				9.42%		26.9%	29.0%	0.0%		49.9%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

### Thursday - 09/29/2022

### 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)
990569 SDW BD, CHam PV WG 2.0 (2BG) (ALPHA)	Sandwich	300	321	6.52	823	3	13.56	0.00	60	29.02	2.00	21.10
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
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			601	6.87	1304	33	17.21	*0.00	67	81.32	11.63	33.95
% of Calories				10.29%		22.0%	25.8%	*0.0%		54.1%		22.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

# Base Menu Spreadsheet

Weighted Values

Sep 1, 2022 thru Sep 30, 2022

Friday - 09/30/2022

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)
990643 SALAD, T.HAM TKY CH MZ AP W 2.0	Each	300	175	5.25	489	2	9.42	0.00	51	4.41	0.86	16.53
990653 Roll, DinnerWheat WG 1EA(Alpha) -Indiv Overwrapped	each	300	80	0.00	160	1	1.50	0.00	0	14.00	1.00	3.00
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
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
826337 JUICE SS, Apple 100% 4oz Cart	Each	300	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00
825953 BRD: CRACK SS, GFishChd.75ozWG	Package	300	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	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			569	6.84	1151	32	20.44	0.10	61	64.42	3.79	29.22
% of Calories				10.82%		22.5%	32.3%	0.2%		45.3%		20.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0					

	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	636	6	1219	40	21.38	*0.02	55	82.74	8.26	29.34
% of Calories		8.93%		25.2%	30.3%	*0.0%		52.0%		18.5%

*\*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.*