

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

Menu Name: LAYC ACADEMY 9 to 12 - Lunch

Include Cost: No

Site:

Report Style: Detailed

### Monday - 04/03/2023

Reimbursable Meal Total 100

	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)
991243 Beef Meatballs and rice & Beans 9-12	1 cup cooked	100	561	5.00	581	7	16.82	0.00	45	75.70
991756 Veggie Meatballs and rice & Beans 9-12	1 cup cooked	1	5	0.01	6	0	0.11	0.00	0	0.81
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			744	5.80	718	*36	18.42	0.00	55	110.09
% of Calories				7.02%		*19.4%	22.3%	0.0%		59.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Tuesday - 04/04/2023

Reimbursable Meal Total 100

	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)
991513 SPAGHETTI TURKEYMEAT SAUCE 9-12	1 cup	100	412	2.36	256	10	13.74	0.00	88	54.19

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## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9-12	1 CUP	1	3	0.01	3	*0	0.03	*0.00	0	0.62
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>655</b>	<b>3.23</b>	<b>394</b>	<b>*51</b>	<b>15.84</b>	<b>*0.00</b>	<b>98</b>	<b>103.03</b>
% of Calories				4.44%		*31.1%	21.8%	*0.0%		62.9%
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1420</b>		<b>&lt;=0</b>			

### Wednesday - 04/05/2023

Reimbursable Meal Total 100

	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)
992254 Spring Picnic Sandwich	serving	100	392	4.95	1232	*7	16.05	*0.00	52	37.26
992255 V- Spring Picnic Sandwich	serving	1	4	0.09	8	*0	0.24	*0.00	0	0.36
991242 CELERY STICKS 3/4 cup	3/4 cup	100	13	0.04	72	1	0.15	0.00	0	2.67
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	14.00	0.00	10	1.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			849	8.09	1625	*51	32.46	*0.00	72	108.19
% of Calories				8.58%		*24.0%	34.4%	*0.0%		51.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Thursday - 04/06/2023

### Reimbursable Meal Total 100

	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)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	100	347	0.61	203	*2	3.79	*0.00	41	56.87
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	4	0.00	3	*0	0.04	*0.00	0	0.59
991386 BROCCOLI - POTATO 1 (0.5 DG/0.5 Stcy)	1	100	122	0.41	26	*1	4.85	0.00	0	17.13
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	0.00	0.00	0	56.00
000190 Low Fat Milk - 1%	8 fl. oz.	60	66	0.90	78	8	1.50	0.00	9	7.80
000231 MILK,Skim	8 fl. oz.	40	36	0.00	52	5	0.00	0.00	2	5.20
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			795	1.92	363	*64	10.17	*0.00	52	143.59
% of Calories				2.17%		*32.2%	11.5%	*0.0%		72.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Base Menu Spreadsheet**

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

**Friday - 04/07/2023**

**Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Monday - 04/10/2023**

**Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Tuesday - 04/11/2023**

**Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Wednesday - 04/12/2023 Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Thursday - 04/13/2023 Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

## Friday - 04/14/2023

### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Monday - 04/17/2023

### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Tuesday - 04/18/2023

### Reimbursable Meal Total 1

**Base Menu Spreadsheet**

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Wednesday - 04/19/2023 Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Thursday - 04/20/2023 Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

## Friday - 04/21/2023

### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Monday - 04/24/2023

### Reimbursable Meal Total 100

	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)
991983 Spanish Rice & Beans (9-12)	serving	100	523	1.31	353	*5	12.98	*0.00	43	71.46
991984 Spanish Rice & Beans (Vegetarian) 9-12	serving	1	5	0.00	5	*0	0.08	*0.00	0	0.73
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			705	2.11	490	*33	14.57	*0.00	53	105.77
% of Calories				2.69%		*18.7%	18.6%	*0.0%		60.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			



# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

## Tuesday - 04/25/2023

### Reimbursable Meal Total 100

	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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	100	210	2.50	340	1	12.00	0.00	40	12.00
991720 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	0.11	0.00	0	0.25
992283 Roasted Potatoes - .1	1 cup	100	221	0.40	11	*0	4.83	0.00	0	40.98
991056 WG Roll	32 gr	100	80	0.00	170	2	1.00	0.00	0	15.00
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	14.00	0.00	10	1.00
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			863	5.67	846	*41	33.19	0.00	60	110.23
% of Calories				5.91%		*19.0%	34.6%	0.0%		51.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Wednesday - 04/26/2023

### Reimbursable Meal Total 100

	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)
992284 Butter Chicken 9 - 12	serving	100	319	10.23	631	*8	19.65	*0.18	85	15.47

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
992285 V- Butter Chicken Meatless 9-12	serving	1	3	0.10	9	*0	0.21	*0.00	0	0.22
992271 Salvadorian Carrot Rice	serving	100	231	0.12	20	*2	2.98	*0.00	0	46.54
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>738</b>	<b>11.23</b>	<b>792</b>	<b>*37</b>	<b>24.29</b>	<b>*0.19</b>	<b>95</b>	<b>97.77</b>
% of Calories				13.70%		*20.1%	29.6%	*0.2%		53.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Thursday - 04/27/2023**

**Reimbursable Meal Total 100**

	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)
992262 One Pot Chicken Fajita Pasta 9-12	serving	100	557	6.36	379	*6	23.49	*0.00	53	65.27
992263 V/VG One Pot Chicken Fajita Pasta 9-12	serving	1	5	0.04	5	*0	0.18	*0.00	0	0.63
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			803	7.26	520	*47	25.74	*0.00	63	114.12
% of Calories				8.14%		*23.4%	28.8%	*0.0%		56.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Friday - 04/28/2023

### Reimbursable Meal Total 100

	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)
991692 WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	11.00	0.00	15	37.00
991370 BROCCOLI,raw: fresh .0.875	0.875 CUP	100	69	0.33	13	1	4.94	0.00	0	5.29
990928 Ranch Dressing (ss)	2 ss	100	39	0.00	156	2	0.00	0.00	0	7.82
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			718	5.35	881	*59	17.97	0.00	25	117.01
% of Calories				6.71%		*32.9%	22.5%	0.0%		65.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

			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)
Weighted Averages			763	6	737	*47	21.41	*0.02	64	112.20
% of Calories				6.64%		*24.6%	25.3%	*0.0%		58.8%

*\*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.