

Base Menu Spreadsheet

Weighted Values

Menu Name: LAYC ACADEMY 9 to 12 - Lunch **Include Cost:** No
Site: **Report Style:** Detailed
Use Alternate Menu Name: No

Monday - 07/03/2023 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 07/04/2023 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 07/05/2023 Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992185 Buffalo Chicken Mac & Cheese -9-12	1 Portion	100	422	6.32	809	3	*N/A*	13.01	0.00	51	56.13
992175 Buffalo Chicken Meatless Mac & Cheese - Vegetarian	1 Portion	1	4	0.06	9	0	*N/A*	0.12	0.00	0	0.47
991107 Cauliflower & Carrots 1 cup (0.5 Other / 0.5 R)	1 cup	100	82	0.42	60	4	*N/A*	4.93	0.00	0	8.90
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			817	7.82	1010	*48	*0	20.09	0.00	62	132.40
% of Calories				8.61%		*23.5%	*0%	22.1%	0.0%		64.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 07/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992333 Beef Meatballs and rice & Beans 9-12 (0.5R)	1 cup cooked	100	602	5.00	673	11	*N/A*	17.84	0.00	45	82.51
991756 Veggie Meatballs and rice & Beans 9-12	1 cup cooked	1	5	0.01	6	0	*N/A*	0.11	0.00	0	0.81
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			784	5.80	810	*40	*0	19.45	0.00	55	116.89
% of Calories				6.66%		*20.4%	*0%	22.3%	0.0%		59.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 07/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990548 Cheese Burger -	serving	100	389	4.79	918	6	*N/A*	18.19	0.00	43	15.15
992237 V/VG- Cheese Vegan Burger -	serving	1	3	0.02	9	0	*N/A*	0.12	0.00	0	0.21
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	*N/A*	8.00	0.00	5	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
991386 BROCCOLI - POTATO 1 (0.5 DG/0.5 Stcy)	1	100	122	0.41	26	*1	*N/A*	4.85	0.00	0	17.13
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			779	7.50	1180	*36	*0	32.62	0.00	58	71.03
% of Calories				8.66%		*18.5%	*0%	37.7%	0.0%		36.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 07/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991359 Chicken - 2.87 oz KM	2.87 oz	100	103	0.75	146	*0	*N/A*	4.40	*0.00	41	0.11
991197 Baked Chicken Meatless (V/VG)	80 gr	1	1	0.00	2	*0	*N/A*	0.04	0.00	0	0.04
992040 Brown Rice w/ Bl. Beans & Sweet Plantains (9-12)	serving	100	517	0.39	171	*12	*N/A*	7.81	0.00	0	98.61
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			798	1.93	451	*41	*0	13.76	*0.00	51	132.35
% of Calories				2.18%		*20.6%	*0%	15.5%	*0.0%		66.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 07/11/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepe	4.56oz 5 pepper	100	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	*N/A*	0.11	0.00	0	0.37
991587 Roasted Potatoes & Cauliflower - 1	1 cup	100	134	0.28	22	*1	*N/A*	3.59	0.00	0	22.99
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			768	7.61	1269	*35	*0	32.16	0.00	30	84.23
% of Calories				8.92%		*18.2%	*0%	37.7%	0.0%		43.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 07/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990888 Creamy Chicken Penne Pasta (9-12)	1 cup	100	508	12.71	286	8	*N/A*	24.08	*0.00	112	50.67
992072 V-Creamy Chicken Meatless Penne Pasta (9-12)	1 cup	1	4	0.08	3	0	*N/A*	0.16	*0.00	0	0.52
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	75	68	0.00	98	10	*N/A*	0.00	0.00	4	9.75
000190 Low Fat Milk - 1%	8 fl. oz.	25	28	0.38	32	3	*N/A*	0.62	0.00	4	3.25
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			817	13.42	421	*50	*0	25.64	*0.00	120	118.09
% of Calories				14.78 %		*24.5%	*0%	28.2%	*0.0%		57.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 07/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992276 Meatball Sub - w/Cheese	sub (4Meatballs)	100	310	3.02	714	7	*N/A*	9.51	0.00	53	37.19
992277 V-VG Meatball Sub	sub (4Meatballs)	1	3	0.00	5	0	*N/A*	0.09	0.00	0	0.41
990951 Collards Green	3/4 cup	100	103	2.85	141	5	*N/A*	6.43	*0.01	11	11.21
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	*N/A*	0.00	0.00	2	3.90
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	*N/A*	1.75	0.00	10	9.10

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			640	6.93	1001	*49	*0	17.77	*0.01	76	89.81
% of Calories				9.75%		*30.6%	*0%	25.0%	*0.0%		56.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 07/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991735 Tomato N' Cheese Pasta 9-12	serving	100	448	6.77	768	*11	*N/A*	15.83	*0.00	33	56.98
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	*N/A*	0.00	0.00	0	56.00
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	*N/A*	0.00	0.00	2	3.90
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	*N/A*	1.75	0.00	10	9.10
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			772	7.82	898	*72	*0	17.58	*0.00	45	125.98
% of Calories				9.12%		*37.3%	*0%	20.5%	*0.0%		65.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 07/17/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	100	347	0.61	203	*2	*N/A*	3.79	*0.00	41	56.87
991888 V/VG- Jamaican Jerk Chicken Bowl	1	1	4	0.00	3	*0	*N/A*	0.04	*0.00	0	0.59
000312 MASHED POTATOES - 1 cup	1 CUP	100	204	0.08	13	*0	*N/A*	0.21	0.00	0	46.72
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	*N/A*	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			774	1.44	359	*39	*0	5.28	*0.00	51	145.19
% of Calories				1.67%		*20.2%	*0%	6.1%	*0.0%		75.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 07/18/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	1	100	285	2.42	795	5	*N/A*	10.20	0.00	61	31.63
992295 WG Sub Plant Based Ham & Bacon	1	1	3	0.01	9	0	*N/A*	0.12	0.00	0	0.37
990929 BROCCOLI - CARROTS 1 (0.50 DG/0.5 Red)	1 cup	100	92	0.45	59	4	*N/A*	5.92	0.00	0	9.15
990429 Dressing, Ranch Buttermilk Homestyle ss cup ref	1.5 oz	100	150	2.50	370	1	*N/A*	16.00	0.00	15	1.00

Base Menu Spreadsheet

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Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			840	6.39	1366	*52	*0	34.27	0.00	86	109.06
% of Calories				6.85%		*24.8%	*0%	36.7%	0.0%		51.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 07/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991369 Turkey, Latin Rice & Beans - 9-12	1 cup	100	488	2.21	213	*6	*N/A*	9.90	0.00	87	73.60
991767 Veggie Latin Rice & Beans (1 cup) 9-12	1 cup	1	4	0.01	4	*0	*N/A*	0.03	0.00	0	0.82
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

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Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			670	3.01	348	*34	*0	11.43	0.00	97	108.00
% of Calories				4.04%		*20.3%	*0%	15.4%	0.0%		64.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 07/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992262 One Pot Chicken Fajita Pasta 9-12	serving	100	557	6.36	379	*6	*N/A*	23.49	*0.00	53	65.27
992263 V/VG One Pot Chicken Fajita Pasta 9-12	serving	1	5	0.04	5	*0	*N/A*	0.18	*0.00	0	0.63
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			747	7.19	516	*33	*0	25.13	*0.00	63	101.45
% of Calories				8.66%		*17.7%	*0%	30.3%	*0.0%		54.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 07/21/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992300 Crispy Chicken Burger (3.1oz)	1 serving	100	387	2.47	823	4	*N/A*	14.84	0.00	25	22.81
992288 V-VG Crispy Chicken Meatless Burger	1 serving	1	4	0.02	8	0	*N/A*	0.13	0.00	0	0.36
991388 CREAMY COLESLAW - 1 cup	1 cup	100	86	0.29	79	8	*N/A*	1.72	*0.00	2	15.46
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	*N/A*	8.00	0.00	5	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
000013 Mixed Fruits, Canned	1 cup	100	167	0.00	19	72	*N/A*	0.00	0.00	0	29.74
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			824	5.03	1153	*100	*0	25.93	*0.00	42	84.38
% of Calories				5.49%		*48.5%	*0%	28.3%	*0.0%		41.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 07/24/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991513 SPAGHETTI TURKEYMEAT SAUCE 9-12	1 cup	100	412	2.36	256	10	*N/A*	13.74	0.00	88	54.19
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9-12	1 CUP	1	3	0.01	3	*0	*N/A*	0.03	*0.00	0	0.62

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			593	3.17	390	*39	*0	15.27	*0.00	98	88.38
% of Calories				4.81%		*26.3%	*0%	23.2%	*0.0%		59.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 07/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992308 Crunchy Chicken Wrap	wrap 10"	100	496	6.18	861	*0	*N/A*	22.09	*0.00	42	48.71
992309 V - Crunchy Chicken Meatless Wrap	wrap 10"	1	4	0.04	6	*0	*N/A*	0.11	*0.00	0	0.36
990867 Romaine, Tomato and Cucumber Salad	1 cup	100	76	1.10	157	*4	*N/A*	2.23	*0.00	4	12.48
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			796	8.07	1164	*41	*0	25.68	*0.00	56	102.55
% of Calories				9.12%		*20.6%	*0%	29.0%	*0.0%		51.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 07/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	100	315	3.64	497	6	*N/A*	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	*N/A*	0.02	0.00	0	0.32
991587 Roasted Potatoes & Cauliflower - 1	1 cup	100	134	0.28	22	*1	*N/A*	3.59	0.00	0	22.99
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	*N/A*	8.00	0.00	5	0.00
000437 PEACHES: canned,light syrup	1 CUP	100	160	0.00	20	38	*N/A*	0.00	0.00	0	40.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			792	6.17	770	*60	*0	29.84	0.00	63	105.98
% of Calories				7.01%		*30.3%	*0%	33.9%	0.0%		53.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 07/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991983 Spanish Rice & Beans (9-12)	serving	100	523	1.31	353	*5	*N/A*	12.98	*0.00	43	71.46
991984 Spanish Rice & Beans (Vegetarian) 9-12	serving	1	5	0.00	5	*0	*N/A*	0.08	*0.00	0	0.73
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			712	2.10	490	*32	*0	14.52	*0.00	53	107.74
% of Calories				2.65%		*18.0%	*0%	18.4%	*0.0%		60.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 07/28/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991593 BYO Turkey Nachos 9-12	SERVING	100	497	8.33	450	7	*N/A*	23.23	0.00	82	52.32
991768 BYO VEGGIE Nachos 9-12	SERVING	1	5	0.08	6	0	*N/A*	0.20	0.00	0	0.58
991695 SOUR CREAM,FAT FREE (SS)	1oz	200	50	0.00	60	4	*N/A*	0.00	0.00	0	8.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			862	9.43	649	*53	*0	25.46	0.00	92	127.80
% of Calories				9.85%		*24.6%	*0%	26.6%	0.0%		59.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 07/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	100	210	2.50	340	1	*N/A*	12.00	0.00	40	12.00
991720 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	*N/A*	0.11	0.00	0	0.25
992283 Roasted Potatoes - .1	1 cup	100	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	*N/A*	5.00	0.00	0	14.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00

Base Menu Spreadsheet

Lunches Di Si

Jul 3, 2023 thru Aug 4, 2023

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	*N/A*	0.00	0.00	0	56.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			863	7.67	721	*65	*0	23.19	0.00	50	139.23
% of Calories				8.00%		*30.1%	*0%	24.2%	0.0%		64.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 08/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992305 Turkey Taco Rice w/Corn, Red & Gr. Peppers -9-12	1 cup	100	451	2.49	452	*8	*N/A*	12.80	0.00	91	63.17
992306 V/VG- 9-12 Turkey Taco Rice w/Corn, Red & Gr. Pep.	3/4 cup	1	4	0.02	6	*0	*N/A*	0.06	0.00	0	0.67
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			700	3.25	628	*47	*0	14.11	0.00	101	108.84
% of Calories				4.18%		*26.9%	*0%	18.1%	0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 08/02/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992185 Buffalo Chicken Mac & Cheese -9-12	1 Portion	100	422	6.32	809	3	*N/A*	13.01	0.00	51	56.13
992175 Buffalo Chicken Meatless Mac & Cheese - Vegetarian	1 Portion	1	4	0.06	9	0	*N/A*	0.12	0.00	0	0.47
990929 BROCCOLI - CARROTS 1 (0.50 DG/0.5 Red)	1 cup	100	92	0.45	59	4	*N/A*	5.92	0.00	0	9.15
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			828	7.85	1009	*48	*0	21.09	0.00	62	132.65
% of Calories				8.53%		*23.2%	*0%	22.9%	0.0%		64.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 08/03/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jul 3, 2023 thru Aug 4, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992284 Butter Chicken 9 - 12	serving	100	319	10.23	631	*8	*N/A*	19.65	*0.18	85	15.47
992285 V- Butter Chicken Meatless 9-12	serving	1	3	0.10	9	*0	*N/A*	0.21	*0.00	0	0.22
992271 Salvadorian Carrot Rice	serving	100	231	0.12	20	*2	*N/A*	2.98	*0.00	0	46.54
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			738	11.23	792	*37	*0	24.29	*0.19	95	97.77
% of Calories				13.70 %		*20.1%	*0%	29.6%	*0.2%		53.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 08/04/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990548 Cheese Burger -	serving	100	389	4.79	918	6	*N/A*	18.19	0.00	43	15.15
992237 V/VG- Cheese Vegan Burger -	serving	1	3	0.02	9	0	*N/A*	0.12	0.00	0	0.21
990333 Black Bean and Corn Salad - 1 cup	1 cup	100	212	0.03	142	10	*N/A*	1.14	0.00	0	40.34
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	*N/A*	8.00	0.00	5	0.00

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			861	7.14	1296	*46	*0	28.96	0.00	58	92.27
% of Calories				7.46%		*21.4%	*0%	30.3%	0.0%		42.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages	773	6	813	*48	*0	21.89	*0.01	68	109.66
% of Calories		7.49%		*24.8%	*0%	25.5%	*0.0%		56.7%

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.