

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

Menu Name: LAYC ACADEMY 9 to 12 - Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 06/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	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	0.06	0.00	0	0.67
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	0.00	0.00	0	4.00
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	0.00	0.00	0	26.00
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			700	3.25	618	*47	14.11	0.00	101	106.84
% of Calories				4.18%		*26.9%	18.1%	0.0%		61.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 06/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	24.08	*0.00	112	50.67

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Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992072 V-Creamy Chicken Meatless Penne Pasta (9-12)	1 cup	1	4	0.08	3	0	0.16	*0.00	0	0.52
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			822	13.80	421	*50	26.27	*0.00	122	118.09
% of Calories				15.11%		*24.3%	28.8%	*0.0%		57.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 06/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992320 Strawberry & Mix Green Salad 9-12	serving	100	267	4.70	445	*5	14.59	*0.00	*58	12.30
992321 V-Strawberry & Mix Green Salad 9-12	serving	1	2	0.03	5	*0	0.11	*0.00	*0	0.14
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	9.00	0.00	0	27.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	0.00	0.00	2	3.90
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	1.75	0.00	10	9.10

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			713	12.88	995	*48	26.26	*0.00	*70	87.65
% of Calories				16.26%		*26.9%	33.1%	*0.0%		49.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 06/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	4.40	*0.00	41	0.11
991197 Baked Chicken Meatless (V/VG)	80 gr	1	1	0.00	2	*0	0.04	0.00	0	0.04
992040 Brown Rice w/ Bl. Beans & Sweet Plantains (9-12)	serving	100	517	0.39	171	*12	7.81	0.00	0	98.61
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			798	1.93	451	*41	13.76	*0.00	51	132.35
% of Calories				2.18%		*20.6%	15.5%	*0.0%		66.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 06/09/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990548 Cheese Burger -	serving	100	389	4.79	918	6	18.19	0.00	43	15.15
992237 V/VG- Cheese Vegan Burger -	serving	1	3	0.02	9	0	0.12	0.00	0	0.21
991107 Cauliflower & Carrots 1 cup (0.5 Other / 0.5 R)	1 cup	100	82	0.42	60	4	4.93	0.00	0	8.90
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	8.00	0.00	5	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0.00	0	3.00
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
Weighted Daily Average			738	7.52	1214	*39	32.70	0.00	58	62.80
% of Calories				9.17%		*21.1%	39.9%	0.0%		34.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 06/12/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	15.83	*0.00	33	56.98
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	0.00	0.00	2	3.90
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	1.75	0.00	10	9.10
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			630	7.86	900	*40	17.83	*0.00	45	90.56
% of Calories				11.23%		*25.4%	25.5%	*0.0%		57.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 06/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	19.65	*0.18	85	15.47
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

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			738	11.23	792	*37	24.29	*0.19	95	97.77
% of Calories				13.70%		*20.1%	29.6%	*0.2%		53.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 06/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	serving	100	285	2.42	795	5	10.20	0.00	61	31.63
992295 WG Sub Plant Based Ham & Bacon	serving	1	3	0.01	9	0	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	5.92	0.00	0	9.15
990429 Dressing, Ranch Buttermilk Homestyle ss cup ref	1.5 oz	100	150	2.50	370	1	16.00	0.00	15	1.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
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

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			770	6.23	1369	*51	34.31	0.00	86	90.37
% of Calories				7.28%		*26.5%	40.1%	0.0%		46.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 06/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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
990627 GRAPE JUICE	2 HC	100	160	0.00	30	36	0.00	0.00	0	36.00
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			826	5.76	747	*56	18.17	0.00	55	125.51
% of Calories				6.28%		*27.1%	19.8%	0.0%		60.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 06/16/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Lunches Di Si

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepp	4.56oz 5 pepper	100	317	4.50	930	5	13.00	0.00	10	24.33
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	0.11	0.00	0	0.37
991587 Roasted Potatoes & Cauliflower - 1	1 cup	100	134	0.28	22	*1	3.59	0.00	0	22.99
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			764	5.84	1090	*48	18.73	0.00	20	114.60
% of Calories				6.88%		*25.1%	22.1%	0.0%		60.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 06/19/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 06/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	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
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			

Wednesday - 06/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	22.09	*0.00	42	48.71
992309 V - Crunchy Chicken Meatless Wrap	wrap 10"	1	4	0.04	6	*0	0.11	*0.00	0	0.36
991587 Roasted Potatoes & Cauliflower - 1	1 cup	100	134	0.28	22	*1	3.59	0.00	0	22.99
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0.00	0	24.00
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	0.00	0.00	2	3.90

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	1.75	0.00	10	9.10
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			838	7.55	1048	*34	27.54	*0.00	54	109.06
% of Calories				8.11%		*16.2%	29.6%	*0.0%		52.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 06/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	23.23	0.00	82	52.32
991768 BYO VEGGIE Nachos 9-12	SERVING	1	5	0.08	6	0	0.20	0.00	0	0.58
991695 SOUR CREAM,FAT FREE (SS)	1oz	200	50	0.00	60	4	0.00	0.00	0	8.00
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			729	9.21	648	*40	24.93	0.00	92	94.47
% of Calories				11.37%		*21.9%	30.8%	0.0%		51.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

Friday - 06/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	9.90	0.00	87	73.60
991767 Veggie Latin Rice & Beans (1 cup) 9-12	1 cup	1	4	0.01	4	*0	0.03	0.00	0	0.82
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			803	3.24	349	*48	11.96	0.00	97	141.32
% of Calories				3.63%		*23.9%	13.4%	0.0%		70.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 06/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	0.02	0.00	0	0.32
990998 CAULIFLOWER and BROCCOLI -1 (0.5 OT/ 00.5DG)	1 cup	100	70	0.45	30	2	4.96	0.00	0	5.51
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0.00	0	3.00

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	8.00	0.00	5	0.00
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
Weighted Daily Average			707	6.44	764	*51	32.02	0.00	63	83.72
% of Calories				8.20%		*28.9%	40.8%	0.0%		47.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 06/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	13.74	0.00	88	54.19
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9-12	1 CUP	1	3	0.01	3	*0	0.03	*0.00	0	0.62
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

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			593	3.17	390	*39	15.27	*0.00	98	88.38
% of Calories				4.81%		*26.3%	23.2%	*0.0%		59.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 06/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	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
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	0.00	0.00	0	56.00
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			848	2.07	488	*66	14.31	*0.00	53	141.20
% of Calories				2.20%		*31.1%	15.2%	*0.0%		66.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 06/29/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	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
000341 WG Biscuit - 1 oz	28 g	100	100	4.00	210	1	5.00	0.00	0	14.00
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			753	7.67	706	*39	23.19	0.00	50	108.23
% of Calories				9.17%		*20.7%	27.7%	0.0%		57.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 06/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992300 Crispy Chicken Burger (3.1oz)	serving	100	387	2.47	823	4	14.84	0.00	25	22.81
992288 V-VG Crispy Chicken Meatless Burger	serving	1	4	0.02	8	0	0.13	0.00	0	0.36
991388 CREAMY COLESLAW - 1 cup	1 cup	100	86	0.29	79	8	1.72	*0.00	2	15.46
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	8.00	0.00	5	0.00

Base Menu Spreadsheet

Weighted Values

Jun 5, 2023 thru Jun 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0.00	0	3.00
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
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			867	5.29	1137	*56	26.71	*0.00	42	108.54
% of Calories				5.49%		*25.8%	27.7%	*0.0%		50.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages	760	7	771	*46	22.53	*0.01	*69	106.08
% of Calories		7.99%		*24.2%	26.7%	*0.0%		55.8%

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

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.