

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

**Menu Name:** LAYC ACADEMY 9 to 12 - Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 03/06/2023

**Reimbursable Meal Total 40**

	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	35	360	2.07	224	9	12.02	0.00	77	47.42
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9-12	1 CUP	5	42	0.17	34	*1	0.37	*0.00	0	7.74
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	40	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			642	3.09	393	*51	14.47	*0.00	87	103.37
<b>% of Calories</b>				4.33%		*31.8%	20.3%	*0.0%		64.4%
<b>Weekly Nutrient Guideline</b>			750 - 850	<10	1420		<=0			

### Tuesday - 03/07/2023

**Reimbursable Meal Total 40**

	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)
990888 Creamy Chicken Penne Pasta (9-12)	1 cup	35	444	11.12	250	7	21.07	*0.00	98	44.33

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## Weighted Values

Mar 6, 2023 thru Mar 31, 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)
992072 V-Creamy Chicken Meatless Penne Pasta (9-12)	1 cup	5	56	0.97	36	1	2.04	*0.00	6	6.50
991006 Banana - 1 cup (2 Bananas)	2 Bananas	40	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>810</b>	<b>13.10</b>	<b>419</b>	<b>*50</b>	<b>25.13</b>	<b>*0.00</b>	<b>114</b>	<b>117.73</b>
<b>% of Calories</b>				<b>14.56%</b>		<b>*24.7%</b>	<b>27.9%</b>	<b>*0.0%</b>		<b>58.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1420</b>		<b>&lt;=0</b>			

### Wednesday - 03/08/2023

### Reimbursable Meal Total 40

	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	35	304	0.53	178	*2	3.32	*0.00	36	49.76
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	5	46	0.00	41	*0	0.45	*0.00	0	7.42
991386 BROCCOLI - POTATO 1 (0.5 DG/0.5 Stcy)	1	40	122	0.41	26	*1	4.85	0.00	0	17.13
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	40	123	0.04	0	24	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 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	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			695	1.73	375	*40	10.18	*0.00	46	118.10
% of Calories				2.24%		*23.0%	13.2%	*0.0%		68.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 03/09/2023

Reimbursable Meal Total 40

	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	35	343	4.33	1078	*6	14.04	*0.00	45	32.60
992255 V- Spring Picnic Sandwich	serving	5	55	1.12	102	*1	2.94	*0.00	6	4.53
991242 CELERY STICKS 3/4 cup	3/4 cup	40	13	0.04	72	1	0.15	0.00	0	2.67
990429 Dressing, Ranch Buttermilk Homestyle ss cup ref	1.5 oz	40	150	2.50	370	1	16.00	0.00	15	1.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	40	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			745	8.77	1754	*36	34.59	*0.00	76	76.34
% of Calories				10.59%		*19.3%	41.8%	*0.0%		41.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

# Base Menu Spreadsheet

Weighted Values

Mar 6, 2023 thru Mar 31, 2023

## Friday - 03/10/2023

### Reimbursable Meal Total 40

	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)
990548 Cheese Burger -	1 serving	35	340	4.19	803	5	15.92	0.00	38	13.25
992265 V/VG Vegan Burger -	1 serving	5	35	0.00	95	1	0.88	0.00	0	2.01
990333 Black Bean and Corn Salad - 1 cup	1 cup	40	212	0.03	142	10	1.14	0.00	0	40.34
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	40	70	1.50	70	0	8.00	0.00	5	0.00
000222 KETCHUP: individual	9 gr	40	10	0.00	25	2	0.00	0.00	0	3.00
990418 Apple Juice - 1 cup	2 HC	40	120	0.00	30	26	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			887	6.47	1295	*57	27.19	0.00	53	99.60
% of Calories				6.56%		*25.7%	27.6%	0.0%		44.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Monday - 03/13/2023

### Reimbursable Meal Total 40

	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)
991369 Turkey, Latin Rice & Beans - 9-12	1 cup	35	427	1.93	186	*5	8.66	0.00	76	64.40

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991767 Veggie Latin Rice & Beans (1 cup) 9-12	1 cup	5	56	0.17	47	*1	0.41	0.00	0	10.31
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	40	220	0.00	0	48	0.00	0.00	0	56.00
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>803</b>	<b>2.86</b>	<b>363</b>	<b>*67</b>	<b>10.32</b>	<b>0.00</b>	<b>86</b>	<b>143.70</b>
% of Calories				3.21%		*33.4%	11.6%	0.0%		71.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Tuesday - 03/14/2023

## Reimbursable Meal Total 40

	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)
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	35	326	5.53	705	2	11.06	0.00	45	40.25
992175 Buffalo Chicken Meatless Mac & Cheese - Vegetarian	1 Portion	5	48	0.75	107	0	1.56	0.00	4	5.86
991107 Cauliflower & Carrots 1 cup (0.5 Other / 0.5 R)	1 cup	40	82	0.42	60	4	4.93	0.00	0	8.90
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	40	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

	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	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			639	7.49	1005	*33	19.01	0.00	59	90.55
% of Calories				10.55%		*20.7%	26.8%	0.0%		56.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Wednesday - 03/15/2023

Reimbursable Meal Total 40

	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)
991253 Broccoli Rice Casserole 9-12	serving	40	528	14.09	530	*2	23.20	*0.01	70	58.76
990708 Fruit Punch, Juice	(2 HC)	40	120	0.00	10	24	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			748	14.84	670	*39	24.45	*0.01	80	99.76
% of Calories				17.86%		*20.9%	29.4%	*0.0%		53.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Thursday - 03/16/2023

Reimbursable Meal Total 40

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 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)
991249 Chicken Stroganoff Pasta 9-12	serving	35	484	1.04	292	*10	10.68	*0.00	37	75.45
992070 Chicken Meatless Stroganoff Pasta 9-12	serving	5	66	0.08	59	*2	1.47	*0.00	0	9.64
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	40	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>790</b>	<b>1.97</b>	<b>487</b>	<b>*53</b>	<b>14.22</b>	<b>*0.00</b>	<b>47</b>	<b>133.30</b>
<b>% of Calories</b>				<b>2.24%</b>		<b>*26.8%</b>	<b>16.2%</b>	<b>*0.0%</b>		<b>67.5%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1420</b>		<b>&lt;=0</b>			

### Friday - 03/17/2023

### Reimbursable Meal Total 40

	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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepp	4.56oz 5 pepper	35	277	3.94	814	4	11.38	0.00	9	21.29
991692 WG Cheese Pizza (V)	4.6 oz	5	38	0.50	73	2	1.38	0.00	2	4.63
991244 CORN: frozen, yellow - 0.875	7/8 CUP	40	164	3.35	43	4	6.11	*0.00	10	27.86
991006 Banana - 1 cup (2 Bananas)	2 Bananas	40	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50

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## Weighted Values

Mar 6, 2023 thru Mar 31, 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	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			788	8.80	1062	*52	20.89	*0.00	31	120.68
% of Calories				10.05%		*26.4%	23.9%	*0.0%		61.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Monday - 03/20/2023

Reimbursable Meal Total 40

	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)
991735 Tomato N' Cheese Pasta 9-12	serving	40	448	6.77	768	*11	15.83	*0.00	33	56.98
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	40	220	0.00	0	48	0.00	0.00	0	56.00
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			768	7.52	898	*72	17.08	*0.00	43	125.98
% of Calories				8.81%		*37.5%	20.0%	*0.0%		65.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Tuesday - 03/21/2023

Reimbursable Meal Total 40

# Base Menu Spreadsheet

## Weighted Values

	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)
991613 Corn Dog Chicken Mini WG**	6 pc (4.02oz)	35	276	3.18	435	5	14.85	0.00	42	23.34
991712 Veggie Hot Dog	serving	5	26	0.00	84	*1	0.31	0.00	0	4.00
991587 Roasted Potatoes & Cauliflower - 1	1 cup	40	134	0.28	22	*1	3.59	0.00	0	22.99
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	40	130	2.00	180	1	14.00	0.00	10	1.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	40	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>877</b>	<b>6.48</b>	<b>853</b>	<b>*50</b>	<b>34.78</b>	<b>0.00</b>	<b>62</b>	<b>118.23</b>
% of Calories				6.65%		*22.8%	35.7%	0.0%		53.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Wednesday - 03/22/2023

### Reimbursable Meal Total 40

	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)
990810 Curried Chicken Wrap	serving	35	271	1.39	281	1	7.85	*0.00	39	30.64
992253 V/VG - Curried Chicken Wrap	serving	5	37	0.06	52	0	0.73	0.00	0	4.31
991388 CREAMY COLESLAW - 1 cup	1 cup	40	86	0.29	79	8	1.72	*0.00	2	15.46
990488 CRACKER, WHOLE GRAIN CHEESE SQUARE SS BAG	21 gr	40	100	1.00	150	0	3.50	0.00	5	14.00

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Mar 6, 2023 thru Mar 31, 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)
990660 Orange Juice	2 HC	40	100	0.00	30	20	0.00	0.00	0	24.00
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			694	3.49	721	*42	15.05	*0.00	56	101.40
% of Calories				4.53%		*24.2%	19.5%	*0.0%		58.4%
<b>Weekly Nutrient Guideline</b>			750 - 850	<10	1420		<=0			

### Thursday - 03/23/2023

### Reimbursable Meal Total 40

	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	35	457	1.15	309	*4	11.36	*0.00	37	62.53
991984 Spanish Rice & Beans (Vegetarian) 9-12	serving	5	63	0.05	60	*1	1.02	*0.00	0	9.18
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	40	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50

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## Weighted Values

Mar 6, 2023 thru Mar 31, 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	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			698	1.99	501	*33	13.89	*0.00	47	105.29
% of Calories				2.57%		*18.9%	17.9%	*0.0%		60.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Friday - 03/24/2023

Reimbursable Meal Total 40

	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)
991593 BYO Turkey Nachos 9-12	SERVING	35	434	7.29	394	6	20.32	0.00	71	45.78
991768 BYO VEGGIE Nachos 9-12	SERVING	5	62	1.05	80	1	2.49	0.00	4	7.22
991695 SOUR CREAM,FAT FREE (SS)	1oz	40	25	0.00	30	2	0.00	0.00	0	4.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	40	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			761	9.19	639	*50	24.88	0.00	85	105.21
% of Calories				10.87%		*26.3%	29.4%	0.0%		55.3%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Monday - 03/27/2023

Reimbursable Meal Total 40

# Base Menu Spreadsheet

## Weighted Values

	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)
991359 Chicken - 2.87 oz KM	2.87 oz	35	90	0.66	128	*0	3.85	*0.00	36	0.10
991197 Baked Chicken Meatless ( V/VG)	80 gr	5	15	0.03	27	*0	0.53	0.00	0	0.56
992040 Brown Rice w/ Bl. Beans & Sweet Plantains (9-12)	serving	40	517	0.39	171	*12	7.81	0.00	0	98.61
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	40	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>800</b>	<b>1.87</b>	<b>458</b>	<b>*41</b>	<b>13.70</b>	<b>*0.00</b>	<b>46</b>	<b>132.84</b>
% of Calories				2.10%		*20.5%	15.4%	*0.0%		66.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 03/28/2023

Reimbursable Meal Total 40

	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)	35	184	2.19	298	1	10.50	0.00	35	10.50
991720 Vegan Chicken Nuggets	5 Nuggets	5	31	0.24	58	0	1.41	0.00	0	3.14
991056 WG Roll	32 gr	40	80	0.00	170	2	1.00	0.00	0	15.00
991892 Roasted Sweet Potato & Green Beans - 1 cup	1 cup	40	157	0.45	37	9	5.12	*0.00	0	26.20

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 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)
991603 BBQ Sauce (ss)	0.44 oz	40	20	0.00	130	4	0.00	0.00	0	6.00
990708 Fruit Punch, Juice	(2 HC)	40	120	0.00	10	24	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			692	3.62	833	*53	19.29	*0.00	45	101.84
<b>% of Calories</b>				4.71%		*30.6%	25.1%	*0.0%		58.9%
<b>Weekly Nutrient Guideline</b>			750 - 850	<10	1420		<=0			

### Wednesday - 03/29/2023

**Reimbursable Meal Total 40**

	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)
991114 Fiesta Rice Chicken 9-12	serving	40	542	0.92	282	*8	9.55	0.00	41	89.71
991769 Fiesta Rice veggie Chicken 9-12	serving	5	71	0.04	52	*1	1.19	0.00	0	11.46
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	40	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

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## Weighted Values

Mar 6, 2023 thru Mar 31, 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	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			798	1.74	466	*37	12.19	0.00	51	136.71
% of Calories				1.96%		*18.5%	13.7%	0.0%		68.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Thursday - 03/30/2023

Reimbursable Meal Total 40

	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	40	300	4.00	580	14	11.00	0.00	15	37.00
991365 Cauliflower, Carrots & Broccoli 1	1 cup	40	82	0.42	37	2	5.52	0.00	0	7.47
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	40	130	2.00	180	1	14.00	0.00	10	1.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	40	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	20	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	20	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	40	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			822	7.43	930	*59	32.55	0.00	35	112.37
% of Calories				8.14%		*28.7%	35.6%	0.0%		54.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Friday - 03/31/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	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			

			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			761	6	743	*48	20.20	*0.00	60	112.79
% of Calories				7.00%		*25.2%	23.9%	*0.0%		59.3%

\*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.