

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 2023

Menu Name: LAYC ACADEMY 9 to 12 - Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/01/2023

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			

Tuesday - 05/02/2023

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

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May 1, 2023 thru Jun 2, 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)
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
Weighted Daily Average			655	3.23	394	*51	15.84	*0.00	98	103.03
% of Calories				4.44%		*31.1%	21.8%	*0.0%		62.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 05/03/2023

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)
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
990891 CAULIFLOWER and BROCCOLI -3/4 (0.5 DG/0.25 O)	3/4 cup	100	43	0.25	23	1	2.56	0.00	0	4.26
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

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Weighted Values

May 1, 2023 thru Jun 2, 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.	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			879	8.31	1575	*51	34.87	*0.00	72	109.78
% of Calories				8.51%		*23.2%	35.7%	*0.0%		50.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 05/04/2023

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
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0.00	0	24.00
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			680	3.25	648	*43	14.11	0.00	101	104.84
% of Calories				4.30%		*25.3%	18.7%	0.0%		61.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 2023

Friday - 05/05/2023

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)
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
991343 Roasted Potatoes & Carrots - 1 cup	1 cup	100	149	0.30	50	*3	3.97	0.00	0	26.62
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
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
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			806	7.40	1203	*39	31.74	0.00	58	80.52
% of Calories				8.26%		*19.4%	35.4%	0.0%		40.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 05/08/2023

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)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	100	347	0.61	203	*2	3.79	*0.00	41	56.87

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Weighted Values

May 1, 2023 thru Jun 2, 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)
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	4	0.00	3	*0	0.04	*0.00	0	0.59
992311 CAULIFLOWER,raw: Roasted	CUP	100	92	0.66	30	2	7.70	0.00	0	4.97
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
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			627	2.05	368	*31	12.98	*0.00	51	97.98
% of Calories				2.94%		*19.8%	18.6%	*0.0%		62.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 05/09/2023

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
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.	75	68	0.00	98	10	0.00	0.00	4	9.75
000190 Low Fat Milk - 1%	8 fl. oz.	25	28	0.38	32	3	0.62	0.00	4	3.25

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Weighted Values

May 1, 2023 thru Jun 2, 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			817	13.42	421	*50	25.64	*0.00	120	118.09
% of Calories				14.78%		*24.5%	28.2%	*0.0%		57.8%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 05/10/2023

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
990627 GRAPE JUICE	2 HC	100	160	0.00	30	36	0.00	0.00	0	36.00
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

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Weighted Values

May 1, 2023 thru Jun 2, 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			790	6.13	1394	*59	33.49	0.00	86	91.15
% of Calories				6.98%		*29.9%	38.2%	0.0%		46.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 05/11/2023

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
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			

Friday - 05/12/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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/BeefPepper	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
992283 Roasted Potatoes - .1	1 cup	100	221	0.40	11	*0	4.83	0.00	0	40.98
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
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			780	5.79	1082	*46	20.01	0.00	20	113.90
% of Calories				6.68%		*23.6%	23.1%	0.0%		58.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 05/15/2023

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)
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
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

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Weighted Values

May 1, 2023 thru Jun 2, 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			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 - 05/16/2023

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
992310 Salad, Romaine, Cucumber & Tomato (0.50 O/0.25 R)	1 cup	100	41	0.36	180	2	2.25	0.00	0	4.97
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.	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			729	7.65	1178	*29	26.41	*0.00	54	89.58
% of Calories				9.44%		*15.9%	32.6%	*0.0%		49.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 05/17/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
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			

Thursday - 05/18/2023

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
992015 Roasted Potatoes & Green Beans	1cup	100	139	0.30	146	*1	3.81	0.00	0	23.49
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0.00	0	3.00
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

May 1, 2023 thru Jun 2, 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)
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			776	6.29	880	*50	30.88	0.00	63	101.70
% of Calories				7.30%		*25.8%	35.8%	0.0%		52.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Friday - 05/19/2023

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
990627 GRAPE JUICE	2 HC	100	160	0.00	30	36	0.00	0.00	0	36.00
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

Base Menu Spreadsheet

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Weighted Values

May 1, 2023 thru Jun 2, 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			811	9.16	676	*60	24.68	0.00	92	109.89
% of Calories				10.17%		*29.6%	27.4%	0.0%		54.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 05/22/2023

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)
992286 Pasta Carbonara 9-12	serving	100	517	8.42	1166	*4	22.12	*0.00	151	44.43
992287 V- Pasta Carbonara 9-12	serving	1	4	0.07	7	*0	0.20	*0.00	1	0.48
000263 CARROTS: fresh - 3/4 cup	3/4 cup	100	38	0.03	63	4	0.22	0.00	0	8.77
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
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			743	9.30	1367	*36	23.99	*0.00	162	89.22
% of Calories				11.27%		*19.4%	29.1%	*0.0%		48.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Tuesday - 05/23/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
992276 Meatball Sub - w/Cheese	sub (4Meatballs)	100	310	3.02	714	7	9.51	0.00	53	37.19
992277 V-VG Meatball Sub	sub (4Meatballs)	1	3	0.00	5	0	0.09	0.00	0	0.41
990951 Collards Green	3/4 cup	100	103	2.85	141	5	6.43	*0.01	11	11.21
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.	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			730	7.19	993	*54	18.55	*0.01	76	115.71
% of Calories				8.86%		*29.6%	22.9%	*0.0%		63.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Wednesday - 05/24/2023

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)
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

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
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			

Thursday - 05/25/2023

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
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

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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			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			

Friday - 05/26/2023

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)
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
990935 Romaine, Tomato and Cucumber Salad	1 cup	100	76	1.10	157	*4	2.23	*0.00	4	12.48
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
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18	0.00	0.00	0	19.00
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	0.00	0.00	0	28.00
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

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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			837	5.84	1218	*65	26.44	*0.00	43	98.66
% of Calories				6.28%		*31.1%	28.4%	*0.0%		47.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Monday - 05/29/2023

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 - 05/30/2023

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			

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 2023

Wednesday - 05/31/2023

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			

Thursday - 06/01/2023

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			

Friday - 06/02/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2023 thru Jun 2, 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)
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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages			755	6	851	*45	21.97	*0.00	72	105.62
% of Calories				7.37%		*23.8%	26.2%	*0.0%		56.0%

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.