

# Base Menu Spreadsheet

## Weighted Values

Nov 6, 2023 thru Dec 1, 2023

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

### Monday - 11/06/2023      Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991985 Penne Pasta w/ Meatballs-Tyson (9-12)	SERVINGS (5 MB)	100	497	5.35	531	11	*N/A*	20.72	0.00	45	60.05
991986 Penne Pasta w/ Veggie Meatballs (9-12)	SERVINGS (5 MB)	1	5	0.01	5	0	*N/A*	0.14	0.00	0	0.65
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			686	6.14	667	*39	*0	22.32	0.00	55	96.24
% of Calories				8.06%		*22.7%	*0%	29.3%	0.0%		56.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Tuesday - 11/07/2023      Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991520 Chinese Chicken Fried Rice 9-12	1 serving	100	513	2.64	861	*8	*0	15.55	*0.00	227	62.21
992044 Chinese Chicken Fried Rice 9-12 - Vegetarian	1 serving	1	6	0.02	10	*0	*0	0.16	*0.00	2	0.71

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Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992361 Grape Juice - Suncup	4 fl	100	80	0.00	10	18	0	0.00	0.00	0	19.00
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>809</b>	<b>3.41</b>	<b>1011</b>	<b>*63</b>	<b>*0</b>	<b>16.96</b>	<b>*0.00</b>	<b>239</b>	<b>122.91</b>
<b>% of Calories</b>				<b>3.79%</b>		<b>*31.1%</b>	<b>*0%</b>	<b>18.9%</b>	<b>*0.0%</b>		<b>60.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>			

### Wednesday - 11/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	12.00	0.00	40	12.00
991721 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	*N/A*	0.11	0.00	0	0.25
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*N/A*	9.00	0.00	0	27.00
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	*N/A*	0.00	0.00	0	6.00
990998 CAULIFLOWER and BROCCOLI -1 (0.5 OT/ 00.5DG)	1 cup	100	70	0.45	30	2	*N/A*	4.96	0.00	0	5.51
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

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## Weighted Values

Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*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			680	10.76	1046	*37	*0	27.57	0.00	50	84.33
% of Calories				14.24 %		*21.8%	*0%	36.5%	0.0%		49.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Thursday - 11/09/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*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
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			838	2.33	491	*47	*0	15.09	*0.00	53	139.10
% of Calories				2.50%		*22.4%	*0%	16.2%	*0.0%		66.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Friday - 11/10/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Monday - 11/13/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992368 Lime Chicken Black Beans & Rice 9-12	serving	100	541	1.01	408	*3	*N/A*	9.88	*0.00	41	81.13
992369 V/VG - Lime Chicken Black Beans & Rice 9-12	serving	1	6	0.00	5	*0	*N/A*	0.10	*0.00	0	0.83
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	1	1	0.00	0	0	*N/A*	0.01	0.00	0	0.35
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			648	1.77	542	*17	*0	11.23	*0.00	51	95.31
% of Calories				2.46%		*10.5%	*0%	15.6%	*0.0%		58.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Tuesday - 11/14/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992276 Turkey 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
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
<b>Weighted Daily Average</b>			<b>600</b>	<b>6.66</b>	<b>992</b>	<b>*40</b>	<b>*0</b>	<b>17.48</b>	<b>*0.01</b>	<b>74</b>	<b>84.35</b>
% of Calories				9.99%		*26.7%	*0%	26.2%	*0.0%		56.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Wednesday - 11/15/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992367 Italian Turkey Sausage & Veggies 9-12	serving	100	391	4.34	376	*7	*N/A*	25.30	*0.00	66	25.00
992382 V- Veggie Italian Crumbles & Veggies 9-12	serving	1	3	0.04	4	*0	*N/A*	0.19	*0.00	0	0.30
000066 Brown Rice - Riceland KM	1.5 cup	100	300	0.00	0	0	*N/A*	2.00	0.00	0	64.00
990703 Cranberry Apple Juice	4 oz	100	60	0.00	0	12	*N/A*	0.00	0.00	0	13.00
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00

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Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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
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
<b>Weighted Daily Average</b>			<b>964</b>	<b>5.13</b>	<b>510</b>	<b>*57</b>	<b>*0</b>	<b>28.73</b>	<b>*0.00</b>	<b>76</b>	<b>143.30</b>
% of Calories				4.79%		*23.7%	*0%	26.8%	*0.0%		59.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Thursday - 11/16/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990548 Cheese Burger -	serving	99	385	4.75	908	6	*N/A*	18.01	0.00	43	15.00
992265 V/VG Vegan Burger -	serving	1	3	0.00	8	0	*N/A*	0.07	0.00	0	0.16
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
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

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## Weighted Values

Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			864	7.55	1222	*58	*0	29.83	*0.00	60	100.52
% of Calories				7.86%		*26.9%	*0%	31.1%	*0.0%		46.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Friday - 11/17/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990152 Carved Turkey - KT	3.4 oz	100	116	0.70	653	*0	*N/A*	2.12	*0.00	51	6.17
992056 Carved Plant Based Turkey - KT	90gr	1	1	0.00	3	0	*N/A*	0.02	0.00	0	0.02
990693 GREEN BEANS: fresh,boiled - 1/2 cup	1/2 CUP	100	22	0.04	1	2	*N/A*	0.18	0.00	0	4.92
000128 Roasted Sweet Potato - Half C	1/2 cup	100	130	0.24	37	7	*N/A*	2.57	0.00	0	27.00
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*N/A*	9.00	0.00	0	27.00
992053 Pie, Pumpkin	152 gr	100	360	6.00	460	25	*N/A*	13.00	0.00	60	56.00
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

# Base Menu Spreadsheet

## Weighted Values

Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			1006	14.78	1695	*64	*0	28.39	*0.00	121	154.68
% of Calories				13.22 %		*25.4%	*0%	25.4%	*0.0%		61.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Monday - 11/20/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Tuesday - 11/21/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

# Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 2023

## Wednesday - 11/22/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

## Thursday - 11/23/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

## Friday - 11/24/2023

### 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)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Monday - 11/27/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992039 Caprese Pasta 9-12 (V)	serving	100	504	7.63	602	*12	*N/A*	16.06	*0.00	38	67.92
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			682	8.42	734	*41	*0	17.57	*0.00	48	101.49
% of Calories				11.11 %		*24.0%	*0%	23.2%	*0.0%		59.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Tuesday - 11/28/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992308 Crunchy Chicken Wrap	wrap 10"	99	500	6.25	837	0	0	23.60	0.00	42	47.06
992309 V - Crunchy Chicken Meatless Wrap	wrap 10"	1	4	0.04	6	0	0	0.13	0.00	0	0.35
992018 Green Bean and Corn Medley - (0.75 to/0.25 st)	1 cup	100	94	0.33	211	4	0	4.93	0.00	0	10.19
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
<b>Weighted Daily Average</b>			<b>782</b>	<b>7.40</b>	<b>1185</b>	<b>*31</b>	<b>*0</b>	<b>30.12</b>	<b>0.00</b>	<b>52</b>	<b>93.14</b>
<b>% of Calories</b>				<b>8.52%</b>		<b>*15.9%</b>	<b>*0%</b>	<b>34.7%</b>	<b>0.0%</b>		<b>47.6%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>			

### Wednesday - 11/29/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991736 Grilled Chicken & Rice (9-12)	2.87 oz	100	403	0.75	146	*0	*N/A*	6.40	*0.00	41	64.11
991866 Grilled Chicken Meatless & Rice (9-12)	2.87 oz	1	4	0.00	3	*0	*N/A*	0.06	*0.00	0	0.66
992370 Tomato-Garlic Lentil Bowls 9-12	serving	100	217	0.19	22	*4	*N/A*	1.64	*0.00	0	39.35
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

# Base Menu Spreadsheet

## Weighted Values

Nov 6, 2023 thru Dec 1, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*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
<b>Weighted Daily Average</b>			891	1.69	319	*89	*0	9.35	*0.00	51	146.87
<b>% of Calories</b>				1.71%		*40.0%	*0%	9.4%	*0.0%		65.9%
<b>Weekly Nutrient Guideline</b>			750 - 850	<10	1280			<=0			

### Thursday - 11/30/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992320 Strawberry & Mix Green Salad 9-12	serving	100	267	4.70	445	*5	*N/A*	14.59	*0.00	*58	12.30
992321 V-Strawberry & Mix Green Salad 9-12	serving	1	2	0.03	5	*0	*N/A*	0.11	*0.00	*0	0.14
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*N/A*	9.00	0.00	0	27.00
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			689	12.48	990	*44	*0	24.95	*0.00	*68	78.43
<b>% of Calories</b>				16.30 %		*25.5%	*0%	32.6%	*0.0%		45.5%
<b>Weekly Nutrient Guideline</b>			750 - 850	<10	1280			<=0			

# Base Menu Spreadsheet

Weighted Values

Nov 6, 2023 thru Dec 1, 2023

Friday - 12/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991593 BYO Turkey Nachos 9-12	SERVING	100	497	8.33	450	7	0	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	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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			837	9.43	619	*51	*0	25.46	0.00	92	123.80
% of Calories				10.14 %		*24.4%	*0%	27.4%	0.0%		59.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages	784	7	859	*48	*0	21.79	*0.00	*78	111.75
% of Calories		8.04%		*24.5%	*0%	25.0%	*0.0%		57.0%

\*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

<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.