

**Base Menu Spreadsheet**

Weighted Values

Oct 2, 2023 thru Nov 3, 2023

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

**Monday - 10/02/2023 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
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	*N/A*	0.55	0.00	0	23.48
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>			822	3.48	1005	*64	*0	17.51	*0.00	239	127.39
<b>% of Calories</b>				3.81%		*31.1%	*0%	19.2%	*0.0%		62.0%
<b>Weekly Nutrient Guideline</b>			750 - 850	<10	1280			<=0			

**Tuesday - 10/03/2023 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)
992371 Garlic Chicken WG Pasta w/ Veggies 9-12	serving	100	427	1.12	224	*6	*N/A*	10.27	*0.00	41	64.84

# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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)
992372 V- Garlic Chicken Meatless WG Pasta w/Veggie 9-1	serving	1	4	0.01	3	*0	*N/A*	0.10	*0.00	0	0.67
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
<b>Weighted Daily Average</b>			<b>741</b>	<b>2.14</b>	<b>359</b>	<b>*48</b>	<b>*0</b>	<b>12.40</b>	<b>*0.00</b>	<b>51</b>	<b>132.41</b>
% of Calories				2.60%		*25.9%	*0%	15.1%	*0.0%		71.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Wednesday - 10/04/2023

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)
992351 Turkey Florentine WW Sandwich	servings	100	313	5.01	1059	*6	*0	12.19	*0.00	40	31.66
992378 V- Veggie Florentine WW Sandwich	servings	1	4	0.05	8	*0	*0	0.14	*0.00	0	0.33
000128 Roasted Sweet Potato - Half C	1/2 cup	100	130	0.24	37	7	*N/A*	2.57	0.00	0	27.00
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

# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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			761	8.09	1415	*41	*0	30.36	*0.00	60	95.53
% of Calories				9.57%		*21.6%	*0%	35.9%	*0.0%		50.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Thursday - 10/05/2023

### 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)
991975 Great Garden Stew (9-12)	serving	100	273	2.28	271	*5	*N/A*	8.74	*0.00	89	27.17
991976 Great Garden Stew Meatless (V) (9-12)	serving	1	2	0.02	5	*0	*0	0.02	*0.00	0	0.32
000066 Brown Rice - Riceland KM	1.5 cup	100	300	0.00	0	0	*N/A*	2.00	0.00	0	64.00
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			753	3.09	407	*33	*0	12.27	*0.00	99	125.07
% of Calories				3.69%		*17.5%	*0%	14.7%	*0.0%		66.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Friday - 10/06/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	4.56oz 5 pepper	99	314	4.46	921	5	*N/A*	12.87	0.00	10	24.09
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	*N/A*	0.11	0.00	0	0.37
990961 Collards Green	1 cup	100	113	2.01	188	7	*N/A*	5.69	*0.01	8	15.09
992362 Grape Juice - Suncup	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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>689</b>	<b>7.26</b>	<b>1265</b>	<b>*61</b>	<b>*0</b>	<b>19.92</b>	<b>*0.01</b>	<b>28</b>	<b>90.55</b>
<b>% of Calories</b>				<b>9.48%</b>		<b>*35.4%</b>	<b>*0%</b>	<b>26.0%</b>	<b>*0.0%</b>		<b>52.6%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>			

### Monday - 10/09/2023

### 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											
<b>Weighted Daily Average</b>			<b>0</b>	<b>0.00</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.00</b>	<b>0.00</b>	<b>0</b>	<b>0.00</b>
<b>% of Calories</b>				<b>0%</b>		<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>		<b>0%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>			

# Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 2023

**Tuesday - 10/10/2023**

**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)	99	208	2.48	337	1	*N/A*	11.88	0.00	40	11.88
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
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
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
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			790	12.19	1004	*34	*0	35.34	0.00	55	92.84
% of Calories				13.89 %		*17.2%	*0%	40.3%	0.0%		47.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

**Wednesday - 10/11/2023**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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)
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
<b>Weighted Daily Average</b>			<b>838</b>	<b>2.33</b>	<b>491</b>	<b>*47</b>	<b>*0</b>	<b>15.09</b>	<b>*0.00</b>	<b>53</b>	<b>139.10</b>
% of Calories				2.50%		*22.4%	*0%	16.2%	*0.0%		66.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Thursday - 10/12/2023

**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)
992373 WW Turkey Wraps w/Corn, Tomato & Lettuce 9-12	1 serving	100	394	1.71	1313	4	0	13.88	0.00	*45	43.34
992385 V- WW Veggie Wraps w/Corn, Tomato & Lettuce 9-12	1 serving	1	4	0.02	5	0	0	0.15	0.00	*0	0.44
000437 PEACHES: canned,light syrup	1 CUP	100	160	0.00	20	38	*N/A*	0.00	0.00	0	40.00
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

Oct 2, 2023 thru Nov 3, 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			658	2.47	1469	*55	*0	15.28	0.00	*55	96.77
% of Calories				3.38%		*33.4%	*0%	20.9%	0.0%		58.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Friday - 10/13/2023

### 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)
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
992366 Orange Juice - Suncup - 1 cup	8 fl. (2 HC)	100	120	0.00	10	24	0	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

Oct 2, 2023 thru Nov 3, 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			774	7.29	1230	*53	*0	29.05	*0.00	60	74.62
% of Calories				8.48%		*27.4%	*0%	33.8%	*0.0%		38.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Monday - 10/16/2023

### 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)
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
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			731	1.80	544	*31	*0	11.43	*0.00	51	117.50
% of Calories				2.22%		*17.0%	*0%	14.1%	*0.0%		64.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Tuesday - 10/17/2023

### Reimbursable Meal Total 100



# 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)
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
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
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>917</b>	<b>5.17</b>	<b>510</b>	<b>*45</b>	<b>*0</b>	<b>29.05</b>	<b>*0.00</b>	<b>76</b>	<b>133.09</b>
<b>% of Calories</b>				<b>5.07%</b>		<b>*19.6%</b>	<b>*0%</b>	<b>28.5%</b>	<b>*0.0%</b>		<b>58.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>			

### Wednesday - 10/18/2023

**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)
992374 Pizza WW Sandwich 9-12	servings	100	478	14.00	1406	7	0	28.34	0.00	68	34.64
992375 V- Pizza WW Sandwich 9-12	servings	1	4	0.12	12	0	0	0.24	0.00	1	0.34
992402 BROCCOLI - CARROTS 1 (0.5 DG/0.75 Red)	1.25 cup	100	118	0.55	81	5	*N/A*	7.40	0.00	0	12.22
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0	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

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## Weighted Values

Oct 2, 2023 thru Nov 3, 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			820	15.42	1639	*50	*0	37.23	0.00	79	88.20
% of Calories				16.92 %		*24.4%	*0%	40.9%	0.0%		43.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Thursday - 10/19/2023

#### 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 - 10/20/2023

#### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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 - 10/23/2023

### 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)
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
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 - 10/24/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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
Weighted Daily Average			782	7.40	1185	*31	*0	30.12	0.00	52	93.14
% of Calories				8.52%		*15.9%	*0%	34.7%	0.0%		47.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Wednesday - 10/25/2023

### 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

Oct 2, 2023 thru Nov 3, 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 - 10/26/2023

### 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
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
<b>Weighted Daily Average</b>			779	12.75	992	*49	*0	25.72	*0.00	*68	106.34
<b>% of Calories</b>				14.73 %		*25.2%	*0%	29.7%	*0.0%		54.6%
<b>Weekly Nutrient Guideline</b>			750 - 850	<10	1280			<=0			

# Base Menu Spreadsheet

Weighted Values

Oct 2, 2023 thru Nov 3, 2023

## Friday - 10/27/2023

### 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)
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	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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
Weighted Daily Average			746	9.16	616	*46	*0	24.68	0.00	92	95.89
% of Calories				11.05 %		*24.7%	*0%	29.8%	0.0%		51.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

## Monday - 10/30/2023

### 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)
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	*0	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

# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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)
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
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			720	3.36	623	*51	*0	14.93	0.00	101	116.05
% of Calories				4.20%		*28.3%	*0%	18.7%	0.0%		64.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

## Tuesday - 10/31/2023

### 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)
992351 Turkey Florentine WW Sandwich	servings	100	313	5.01	1059	*6	*0	12.19	*0.00	40	31.66
992378 V- Veggie Florentine WW Sandwich	servings	1	4	0.05	8	*0	*0	0.14	*0.00	0	0.33
990981 Sweet Potato Tater Tots	1/2 cup	100	102	0.00	131	9	*N/A*	2.27	0.00	0	19.33
991256 DRESSING, RANCH BUTTERMILK LIGHT SS	1.5 OZ	100	130	1.50	410	2	*N/A*	11.00	0.00	10	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

# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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			859	7.58	1740	*59	*0	27.63	*0.00	60	126.22
% of Calories				7.94%		*27.5%	*0%	28.9%	*0.0%		58.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Wednesday - 11/01/2023

### 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)
991975 Great Garden Stew (9-12)	serving	100	273	2.28	271	*5	*N/A*	8.74	*0.00	89	27.17
991976 Great Garden Stew Meatless (V) (9-12)	serving	1	2	0.02	5	*0	*0	0.02	*0.00	0	0.32
000066 Brown Rice - Riceland KM	1.5 cup	100	300	0.00	0	0	*N/A*	2.00	0.00	0	64.00
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			759	3.08	407	*32	*0	12.22	*0.00	99	127.04
% of Calories				3.65%		*16.9%	*0%	14.5%	*0.0%		67.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Thursday - 11/02/2023

### Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Weighted Values

Oct 2, 2023 thru Nov 3, 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)
992371 Garlic Chicken WG Pasta w/ Veggies 9-12	serving	100	427	1.12	224	*6	*N/A*	10.27	*0.00	41	64.84
992372 V- Garlic Chicken Meatless WG Pasta w/Veggie 9-1	serving	1	4	0.01	3	*0	*N/A*	0.10	*0.00	0	0.67
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
<b>Weighted Daily Average</b>			<b>609</b>	<b>1.92</b>	<b>358</b>	<b>*34</b>	<b>*0</b>	<b>11.88</b>	<b>*0.00</b>	<b>51</b>	<b>99.09</b>
% of Calories				2.84%		*22.3%	*0%	17.6%	*0.0%		65.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

### Friday - 11/03/2023

### 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)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	4.56oz 5 pepper	99	314	4.46	921	5	*N/A*	12.87	0.00	10	24.09
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	*N/A*	0.11	0.00	0	0.37
990961 Collards Green	1 cup	100	113	2.01	188	7	*N/A*	5.69	*0.01	8	15.09
992362 Grape Juice - Suncup	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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

Oct 2, 2023 thru Nov 3, 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			689	7.26	1265	*61	*0	19.92	*0.01	28	90.55
% of Calories				9.48%		*35.4%	*0%	26.0%	*0.0%		52.6%
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	760	6	874	*48	*0	20.76	*0.00	*73	109.21
% of Calories		6.89%		*25.3%	*0%	24.6%	*0.0%		57.5%

- \*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.**