

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

Menu Name: LAYC ACADEMY 9 to 12 - Lunch

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 08/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992039 Caprese Pasta 9-12 (V)	1 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 - 08/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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	1 serving	100	217	0.19	22	*4	*N/A*	1.64	*0.00	0	39.35

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
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			934	1.95	303	*46	*0	10.13	*0.00	51	171.03
% of Calories				1.88%		*19.7%	*0%	9.8%	*0.0%		73.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 08/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
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

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Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			709	12.58	995	*48	*0	25.76	*0.00	*68	87.65
% of Calories				15.97 %		*27.1%	*0%	32.7%	*0.0%		49.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 08/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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	*N/A*	0.06	0.00	0	0.67
000437 PEACHES: canned,light syrup	1 CUP	100	160	0.00	20	38	*N/A*	0.00	0.00	0	40.00
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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			740	3.25	638	*61	*0	14.11	0.00	101	120.84
% of Calories				3.95%		*33.0%	*0%	17.2%	0.0%		65.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 09/01/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	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
992383 Corn, Zucchini, and Tomato Pie 9-12	serving	100	109	1.96	235	*3	*0	3.54	*0.00	12	15.03
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
Weighted Daily Average			686	7.21	1312	*57	*0	17.77	*0.00	33	90.49
% of Calories				9.46%		*33.2%	*0%	23.3%	*0.0%		52.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/04/2023

Reimbursable Meal Total 1

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

Aug 28, 2023 thru Sep 29, 2023

Tuesday - 09/05/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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	*N/A*	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			

Wednesday - 09/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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

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Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991256 DRESSING, RANCH BUTTERMILK LIGHT SS	1.5 OZ	100	130	1.50	410	2	*N/A*	11.00	0.00	10	8.00
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			733	7.35	1739	*44	*0	27.06	*0.00	60	94.86
% of Calories				9.02%		*24.0%	*0%	33.2%	*0.0%		51.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 09/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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

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Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			651	1.87	367	*43	*0	11.62	*0.00	51	106.51
% of Calories				2.59%		*26.4%	*0%	16.1%	*0.0%		65.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 09/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
991343 Roasted Potatoes & Carrots - 1 cup	1 cup	100	149	0.30	50	*3	*N/A*	3.97	0.00	0	26.62
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

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			927	7.56	1193	*53	*0	32.08	0.00	58	111.68
% of Calories				7.34%		*22.9%	*0%	31.1%	0.0%		48.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
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			705	2.11	490	*33	*0	14.57	*0.00	53	105.77
% of Calories				2.69%		*18.7%	*0%	18.6%	*0.0%		60.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 09/12/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
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
Weighted Daily Average			670	2.49	1449	*53	*0	15.43	0.00	*55	100.17
% of Calories				3.34%		*31.6%	*0%	20.7%	0.0%		59.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 09/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
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			797	12.18	1004	*33	*0	35.30	0.00	55	94.80
% of Calories				13.75 %		*16.6%	*0%	39.9%	0.0%		47.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 09/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991608 Spaghetti & Meatballs -Tyson(M / T Diced/ Carrots)	SERVINGS (5 MB)	100	475	6.26	420	11	*N/A*	19.92	0.00	35	57.57
991766 Spaghetti & VEGGIE Meatballs	SERVINGS (5 MB)	1	5	0.01	5	0	*N/A*	0.14	0.00	0	0.64
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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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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			790	7.29	558	*53	*0	22.09	0.00	45	125.11
% of Calories				8.31%		*26.8%	*0%	25.2%	0.0%		63.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 09/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
991388 CREAMY COLESLAW - 1 cup	1 cup	100	86	0.29	79	8	*N/A*	1.72	*0.00	2	15.46
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
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			789	15.16	1637	*53	*0	31.55	*0.00	81	91.44
% of Calories				17.29 %		*26.9%	*0%	36.0%	*0.0%		46.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/18/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
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
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			599	3.16	390	*38	*0	15.23	*0.00	98	90.35
% of Calories				4.75%		*25.4%	*0%	22.9%	*0.0%		60.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 09/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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			1004	5.39	513	*49	*0	29.51	*0.00	76	156.21
% of Calories				4.83%		*19.5%	*0%	26.5%	*0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 09/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991118 Baked Chicken Penne Pasta 9-12	1 cup	100	454	6.55	452	10	*N/A*	14.84	*0.00	72	53.16
991884 V- Baked Chicken Meatless Penne Pasta 9-12	1 cup	1	5	0.06	6	0	*N/A*	0.15	*0.00	0	0.55
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			636	7.40	590	*39	*0	16.49	*0.00	83	87.29
% of Calories				10.47 %		*24.5%	*0%	23.3%	*0.0%		54.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 09/21/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
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
Weighted Daily Average			770	1.81	542	*41	*0	11.54	*0.00	51	125.74
% of Calories				2.12%		*21.3%	*0%	13.5%	*0.0%		65.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 09/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
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

Base Menu Spreadsheet

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Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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	626	*46	*0	24.68	0.00	92	97.89
% of Calories				11.05 %		*24.7%	*0%	29.8%	0.0%		52.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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 - 09/26/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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
990805 Corn Salad 9-12	1 cup	100	164	0.89	189	10	0	7.24	0.00	6	22.31
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			977	8.19	1164	*52	*0	33.00	0.00	57	136.63
% of Calories				7.54%		*21.3%	*0%	30.4%	0.0%		55.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 09/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (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

Aug 28, 2023 thru Sep 29, 2023

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

Thursday - 09/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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
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
Weighted Daily Average			692	12.52	990	*45	*0	25.26	*0.00	*68	83.22
% of Calories				16.28 %		*26.0%	*0%	32.9%	*0.0%		48.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Weighted Values

Aug 28, 2023 thru Sep 29, 2023

Friday - 09/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	*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	*N/A*	0.06	0.00	0	0.67
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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			700	3.25	618	*47	*0	14.11	0.00	101	106.84
% of Calories				4.18%		*26.9%	*0%	18.1%	0.0%		61.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages	761	6	805	*47	*0	20.17	*0.00	*66	110.81
% of Calories		7.57%		*24.7%	*0%	23.9%	*0.0%		58.2%

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.