

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

Monday - 08/26/2024

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)
991985 WG Pasta w/ Meatballs-Tyson 1cup: R: 1	SERVINGS (5 MB)	99	492	5.30	525	10	*0	20.51	0.00	45	59.45
991986 WG Pasta w/ Veggie Meatballs 1 cup: R: 1	SERVINGS (5 MB)	1	5	0.04	6	0	*0	0.14	0.00	0	0.65
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			724	6.18	666	*48	*0	22.65	0.00	55	105.11
% of Calories				7.68%		*26.5%	*0%	28.2%	0.0%		58.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 08/27/2024

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)
992368 Lime Chicken Black Beans & Rice 1c: L:3/4, OT:1/4	serving	99	536	1.00	403	*3	*0	9.78	*0.00	40	80.31
992369 V/VG -Lime Chicken Bk. Bean & Rice 1c: L:3/4,O:1/4	serving	1	6	0.00	5	*0	*0	0.10	*0.00	0	0.83
000101 WATERMELON,CHUNKS	1 CUP	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			687	1.78	540	*26	*0	11.35	*0.00	50	105.62
% of Calories				2.33%		*15.1%	*0%	14.9%	*0.0%		61.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 08/28/2024 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)
991282 Chicken WG Philly Sub 1/2cup: OT:1/2	1 sandwich	99	317	1.28	334	5	*N/A*	12.86	0.00	41	31.71
991755 V/VG-Veggie Philly Sub 1/2cup: OT:1/2	1 sandwich	1	3	0.01	5	0	*0	0.13	0.00	0	0.34
992635 CORN: frozen, yellow - 1/2cup: S:1/2	1/2 CUP	100	67	0.08	1	3	*N/A*	0.55	0.00	0	15.92
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29

	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)
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			636	2.14	471	*53	*0	14.92	0.00	51	99.26
% of Calories				3.03%		*33.3%	*0%	21.1%	0.0%		62.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 08/29/2024

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)
992714 Mango Chicken Wraps -1 cup DG:3/4,OT:1/4	Wraps	100	384	2.08	332	9	*N/A*	11.81	*0.00	47	47.66
992715 V/VG-Mango Chicken Wraps -1 cup DG:3/4,OT:1/4	Wraps	1	5	0.02	6	0	*0	0.22	0.00	0	0.47
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			739	4.85	648	*47	*0	27.28	*0.00	67	88.13
% of Calories				5.91%		*25.4%	*0%	33.2%	*0.0%		47.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 08/30/2024

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)
990665 Turkey Mozzarella Burger	3.5 oz	99	491	8.20	1105	*4	*4	30.24	0.00	89	28.72
992265 V/VG Vegan Burger -	serving	1	3	0.00	8	0	*0	0.07	0.00	0	0.36
991343 Roasted Potatoes & Carrots - 1 cup: S:1/2, R:1/2	1 cup	100	149	0.30	50	*3	*N/A*	3.97	0.00	0	26.62
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
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			963	9.51	1320	*51	*4	36.31	0.00	99	125.61
% of Calories				8.89%		*21.2%	*1.7%	33.9%	0.0%		52.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/02/2024 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			

Tuesday - 09/03/2024 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)
992019 V-Caprese Pasta 9 -12 -1Cup: R: 3/4,OT:1/4	serving	99	464	7.55	606	*12	*1	15.53	*0.00	38	59.67
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, OT:1/4	serving	1	4	0.10	7	*0	*0	0.15	*0.00	0	0.62
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			717	8.42	743	*57	*1	17.05	*0.00	48	111.58
% of Calories				10.57 %		*31.8%	*0.6%	21.4%	*0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 09/04/2024 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)
992717 Turkey WW Burrito w/Bl. Beans 1cup: R:1/2 L:1/2	10" Tortilla	99	569	5.82	599	*10	*0	18.91	0.00	105	68.03
992718 V/VG- WW Burrito w/Bl. Beans 1cup: R:1/2, L:1/2	10" Tortilla	1	5	0.01	7	*0	*0	0.08	0.00	0	0.73
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			758	6.61	737	*38	*0	20.44	0.00	115	104.30
% of Calories				7.85%		*20.1%	*0%	24.3%	0.0%		55.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 09/05/2024 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)
991978 Stir-Fry Ch, Squash, Corn 1 c: R:1/4, S:1/2,OT:1/4	serving	99	448	1.09	200	8	*0	10.80	0.00	40	66.29
992719 V/VG-Veggie Squash,Corn 1 c: R:1/4, S:1/2,OT:1/4	serving	1	5	0.00	3	0	*0	0.10	0.00	0	0.69
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			762	2.11	335	*50	*0	12.93	0.00	50	133.88
% of Calories				2.49%		*26.2%	*0%	15.3%	0.0%		70.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 09/06/2024 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)
992564 BYO Turkey Nachos 9-12 (NO Vegetables)	SERVING	99	419	8.21	424	0	*0	22.51	0.00	81	36.63
992565 V-BYO VEGGIE Nachos 9-12 (NO Vegetables)	SERVING	1	4	0.07	6	0	*0	0.19	0.00	0	0.42
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992625 Corn Pico de Gallo - 1/2cup: S:1/4, OT:1/4	1/2 cup	100	58	0.02	12	6	*0	0.35	0.00	0	12.33
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	100	8	0.02	4	1	*N/A*	0.14	0.00	0	1.55
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			774	9.07	626	*57	*0	24.44	0.00	91	105.93
% of Calories				10.55 %		*29.5%	*0%	28.4%	0.0%		54.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/09/2024 Reimbursable Meal Total 50

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
990777 Roasted Chicken	2.87 oz	45	104	0.73	122	*0	*N/A*	4.23	0.00	37	2.58
991179 V/VG- Roasted Chicken	88 gr	5	15	0.06	40	*0	*N/A*	0.67	0.00	0	0.69
992615 Mexican Brown Rice 1 Cup: R:3/4, OT:1/4	1 cup	50	280	0.25	54	*7	*0	4.56	*0.00	0	54.90
991742 Peaches, Sliced	1 cup	50	160	0.00	12	32	*N/A*	0.00	0.00	0	40.00
000231 MILK,Skim	8 fl. oz.	25	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	25	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			659	1.79	357	*52	*0	10.72	*0.00	47	111.17
% of Calories				2.44%		*31.6%	*0%	14.6%	*0.0%		67.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 09/10/2024

Reimbursable Meal Total 50

	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)
990890 Chicken Chickpea Curry - 1cup: OT:1/2, L: 1/2	servings	50	297	1.07	419	*6	*0	10.34	0.00	41	30.82
992721 V/VG-Veggie Chickpea Curry-1 cup: OT:1/2, L:1/2	servings	5	34	0.05	58	*1	*0	1.05	0.00	0	3.30
990672 WG Biscuit 2oz	56g	50	200	7.00	410	2	*0	9.00	0.00	0	27.00
992626 VG/DF - WG Roll	32 gr	0	0	0.00	0	0	*0	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	50	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	25	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	25	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			758	8.96	1022	*48	*0	22.38	0.00	51	106.13
% of Calories				10.64 %		*25.3%	*0%	26.6%	0.0%		56.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 09/11/2024 Reimbursable Meal Total 50

	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)
992612 Sweet & Sour Turkey Meatball 3/8CUP:R:1/4,OT:1/8	serving (4MB)	45	312	1.54	478	13	*N/A*	7.23	*0.00	31	46.87
992613 V/VG-Sw.& Sour Turkey Meatball 3/8CUP:R:1/4,OT:1/8	serving (4MB)	5	41	0.36	61	1	*0	1.12	*0.00	0	5.80
992510 Roasted Broccoli w/ Garlic & Parmesan DG:3/4 cup	3/4 CUP	50	107	1.33	107	*1	*N/A*	8.52	*0.00	6	5.61
992722 VG/DF Roasted Broccoli w/ Garlic 3/4cup DG:3/4	3/4 CUP	0	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	50	220	0.00	0	48	*N/A*	0.00	0.00	0	56.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	50	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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.	25	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	25	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			819	4.00	777	*84	*0	18.25	*0.00	47	137.57
% of Calories				4.40%		*41.0%	*0%	20.1%	*0.0%		67.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 09/12/2024

Reimbursable Meal Total 50

	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)
991973 Chicken WG Noddles 1cup: DG:1/4, R:1/2, OT:1/4	serving	45	360	1.82	403	*10	*N/A*	7.53	*0.00	41	53.26
992723 V- Chicken WG Noddles -1cup: DG:1/4, R:1/2, OT:1/4	serving	5	43	0.14	43	*1	*0	0.83	*0.00	0	6.22
992724 VG- Chicken WG Noddles-1cup: DG:1/4, R:1/2, OT:1/4	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	25	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	25	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			713	2.98	578	*53	*0	10.39	*0.00	51	126.39
% of Calories				3.76%		*29.7%	*0%	13.1%	*0.0%		70.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 09/13/2024 Reimbursable Meal Total 50

	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)
991392 Cheese Lunch Individual Pizza	4.56oz (129gr)	50	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00
992725 VG/DF - Cheese Pizza Sub	slice	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	50	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	50	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
990708 Fruit Punch, Juice	(2 HC)	50	120	0.00	10	24	*0	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	25	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	25	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			841	6.15	1081	*43	*0	29.08	0.00	20	106.98
% of Calories				6.58%		*20.5%	*0%	31.1%	0.0%		50.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/16/2024

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)
992495 Chicken Parmesan R: 1/4	serving	99	242	3.24	315	*2	*0	16.03	*0.00	51	4.38
992526 V- Chicken Meatless Parmesan R:1/4	serving	1	3	0.03	4	*0	*0	0.16	*0.00	0	0.06
992630 VG/DF- Chicken Meatless Mozarella R:1/4	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991845 Lemony Bulgur Chickpea Salad 9-12Gr. 3/4cup: L:3/4	serving	100	585	0.73	237	*0	*N/A*	10.12	*0.00	0	110.58
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			1015	4.78	688	*30	*0	27.77	*0.00	61	150.57
% of Calories				4.24%		*11.8%	*0%	24.6%	*0.0%		59.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 09/17/2024

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)
992713 SPAGHETTI AND TURKEYMEAT SAUCE 1 cup: R: 1	1 CUP	99	416	2.39	113	*11	*0	11.63	*0.00	90	58.04
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9 -12	1 CUP	1	4	0.00	3	*0	*0	0.05	*0.00	0	0.63
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			668	3.16	247	*55	*0	13.05	*0.00	100	109.96
% of Calories				4.26%		*32.9%	*0%	17.6%	*0.0%		65.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 09/18/2024 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)
992450 Golden Crispy Chicken Tenders	3 tenders	100	260	0.00	390	1	*1	15.00	0.00	25	16.00
992616 V/VG - Breaded Veggie Tenders w/WG Roll	3 tenders	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
991056 VG/DF - WG Roll	32 gr	100	80	0.00	170	2	*2	1.00	0.00	0	15.00
991719 Collards Green DG: 1 cup	1 cup	100	63	2.44	13	1	*N/A*	4.30	*0.00	10	5.33
992726 VG/DF - Collards Green DG: 1 cup	1 cup	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	*N/A*	0.00	0.00	0	6.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			643	3.19	833	*45	*3	21.55	*0.00	45	81.33
% of Calories				4.47%		*28.0%	*1.9%	30.2%	*0.0%		50.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 09/19/2024 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)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	95	330	3.88	383	2	*0	11.72	0.00	45	34.78
992520 V -Chicken Enchiladas 1/4 cup: R: 1/4	serving	5	19	0.18	27	0	*0	0.63	0.00	1	1.92
990877 Elote in Cups - S: 3/4 cup	3/4 CUP	100	173	1.32	204	*5	*0	20.32	*0.00	14	26.38
992727 VG/DF Elote in Cups - S: 3/4 cup	3/4 CUP	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
000101 WATERMELON,CHUNKS	1 CUP	100	46	0.02	2	9	*N/A*	0.23	0.00	0	11.48
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			693	6.16	775	*32	*0	34.15	*0.00	70	91.56
% of Calories				8.00%		*18.5%	*0%	44.4%	*0.0%		52.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 09/20/2024 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)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	100	315	3.64	497	6	*N/A*	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	0	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
991388 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	100	86	0.29	79	8	*N/A*	1.72	*0.00	2	15.46
992728 VG- CREAMY COLESLAW 1 cup: R:1/4, OT:3/4	1 cup	0	0	0.00	0	0	*0	0.00	*0.00	0	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			721	4.94	733	*58	*0	20.72	*0.00	61	112.03
% of Calories				6.17%		*32.2%	*0%	25.9%	*0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/23/2024 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)
991985 WG Pasta w/ Meatballs-Tyson 1cup: R: 1	SERVINGS (5 MB)	99	492	5.30	525	10	*0	20.51	0.00	45	59.45
991986 WG Pasta w/ Veggie Meatballs 1 cup: R: 1	SERVINGS (5 MB)	1	5	0.04	6	0	*0	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			681	6.11	663	*38	*0	22.11	0.00	55	95.64
% of Calories				8.07%		*22.3%	*0%	29.2%	0.0%		56.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 09/24/2024 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)
992368 Lime Chicken Black Beans & Rice 1c: L:3/4, OT:1/4	serving	99	536	1.00	403	*3	*0	9.78	*0.00	40	80.31
992369 V/VG -Lime Chicken Bk. Bean & Rice 1c: L:3/4,O:1/4	serving	1	6	0.00	5	*0	*0	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			764	1.80	538	*41	*0	11.44	*0.00	50	124.93
% of Calories				2.12%		*21.5%	*0%	13.5%	*0.0%		65.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 09/25/2024 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)
992308 Crunchy Chicken Wrap	wrap 10"	99	503	6.28	843	0	*0	23.76	0.00	42	47.25
992309 V - Veggie Chicken Meatless Wrap	wrap 10"	1	4	0.04	6	0	*0	0.13	0.00	0	0.35
992619 VG/DF - Veggie Chicken Meatless Wrap	wrap 10"	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992581 Salad, Kale, Cucumber,Tomatoe DG:1/2,R:1/4, OT:1/4	1 cup	100	93	1.18	174	3	*N/A*	7.19	0.00	0	7.16

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			910	8.52	1155	*45	*0	33.12	0.00	52	121.66
% of Calories				8.43%		*19.8%	*0%	32.8%	0.0%		53.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 09/26/2024

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)
991282 Chicken WG Philly Sub 1/2cup: OT:1/2	1 sandwich	99	317	1.28	334	5	*N/A*	12.86	0.00	41	31.71
991755 V/VG-Veggie Philly Sub 1/2cup: OT:1/2	1 sandwich	1	3	0.01	5	0	*0	0.13	0.00	0	0.34
992635 CORN: frozen, yellow - 1/2cup: S:1/2	1/2 CUP	100	67	0.08	1	3	*N/A*	0.55	0.00	0	15.92
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
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 26, 2024 thru Oct 4, 2024

	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)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			636	2.14	471	*53	*0	14.92	0.00	51	99.26
% of Calories				3.03%		*33.3%	*0%	21.1%	0.0%		62.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 09/27/2024

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)
992714 Mango Chicken Wraps -1 cup DG:3/4,OT:1/4	Wraps	100	384	2.08	332	9	*N/A*	11.81	*0.00	47	47.66
992715 V/VG-Mango Chicken Wraps -1 cup DG:3/4,OT:1/4	Wraps	1	5	0.02	6	0	*0	0.22	0.00	0	0.47
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	*0	0.00	0.00	0	28.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			739	4.85	658	*47	*0	27.28	*0.00	67	90.13
% of Calories				5.91%		*25.4%	*0%	33.2%	*0.0%		48.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 09/30/2024 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)
992019 V-Caprese Pasta 9-12 -1Cup: R: 3/4,OT:1/4	serving	99	464	7.55	606	*12	*1	15.53	*0.00	38	59.67
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, OT:1/4	serving	1	4	0.10	7	*0	*0	0.15	*0.00	0	0.62
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			717	8.42	743	*57	*1	17.05	*0.00	48	111.58
% of Calories				10.57 %		*31.8%	*0.6%	21.4%	*0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

Tuesday - 10/01/2024 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)
992717 Turkey WW Burrito w/Bl. Beans 1cup: R:1/2 L:1/2	10" Tortilla	99	569	5.82	599	*10	*0	18.91	0.00	105	68.03
992718 V/VG- WW Burrito w/Bl. Beans 1cup: R:1/2, L:1/2	10" Tortilla	1	5	0.01	7	*0	*0	0.08	0.00	0	0.73
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	*0	0.00	0.00	0	28.00
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			793	6.58	746	*47	*0	20.24	0.00	115	109.76
% of Calories				7.47%		*23.7%	*0%	23.0%	0.0%		55.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/02/2024 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)
991978 Stir-Fry Ch, Squash, Corn 1 c: R:1/4, S:1/2,OT:1/4	serving	99	448	1.09	200	8	*0	10.80	0.00	40	66.29
992719 V/VG-Veggie Squash,Corn 1 c: R:1/4, S:1/2,OT:1/4	serving	1	5	0.00	3	0	*0	0.10	0.00	0	0.69
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

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			637	1.88	334	*36	*0	12.36	0.00	50	102.52
% of Calories				2.66%		*22.6%	*0%	17.5%	0.0%		64.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/03/2024

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 Tk.Sausage, Veggie 1cup:S:1/2,OT:1/4,R:1/4	serving	99	387	4.30	372	*7	*N/A*	25.04	*0.00	65	24.75
992382 V/VG- Veggie Italian 1cup:S:1/2,OT:1/4,R:1/4	serving	1	3	0.01	3	*0	*0	0.17	*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
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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			913	5.10	505	*45	*0	28.77	*0.00	75	132.84
% of Calories				5.03%		*19.7%	*0%	28.4%	*0.0%		58.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 10/04/2024

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)
992300 Crispy Chicken Burger (3.1oz)	serving	99	383	2.44	815	4	*4	14.69	0.00	24	42.38
992288 V-VG Crispy Chicken Meatless Burger	serving	1	4	0.02	8	0	*0	0.13	0.00	0	0.57
992557 BROCCOLI, raw: fresh Steamed DG: 1 cup	1 CUP	100	31	0.10	30	2	*N/A*	0.34	0.00	0	6.04
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00

Weighted Values

Aug 26, 2024 thru Oct 4, 2024

	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)
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			738	3.58	1010	*49	*4	17.18	0.00	34	118.89
% of Calories				4.37%		*26.6%	*2.2%	21.0%	0.0%		64.4%
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		752	5	690	*48	*0	20.69	*0.00	61	111.05
% of Calories			6.02%		*25.5%	*0%	24.8%	*0.0%		59.1%

**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.