

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Menu Name:

LAYC ACADEMY 9 to 12 - Lunch

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 02/03/2025

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 L:1/2, R: 1/2	serving	99	536	1.08	271	*5	*0	13.13	*0.00	61	71.46
991984 V/VG- Spanish Rice & Beans L:1/2, R: 1/2	serving	1	506	0.37	484	*6	*0	8.19	*0.00	0	73.46
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			763	1.92	408	*43	*0	15.08	*0.00	70	116.50
% of Calories				2.26%		*22.5%	*0%	17.8%	*0.0%		61.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 02/04/2025

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)
992463 Turkey Breast Strips w/Gravy w/Mash Potato S:1 cup	serving	45	553	5.50	1106	*7	*4	12.47	*0.00	59	80.35

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
992464 V/VG- Meatless Strips w/Gravy 9-12 - S:1 cup	serving	5	513	3.61	646	*8	*4	9.85	*0.00	14	76.25
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	50	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			772	6.10	1190	*45	*4	13.77	*0.00	65	123.73
% of Calories				7.11%		*23.3%	*2.1%	16.1%	*0.0%		64.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 02/05/2025

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)
992838 Jamaican Jerk Chicken Bowl - 9-12	serving	45	397	0.53	145	*2	*0	4.79	*0.00	81	56.87
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	5	368	0.03	328	*3	*0	3.59	*0.00	0	59.40
991719 Collards Green DG: 1 cup	1 cup	50	63	2.44	13	1	*N/A*	4.30	*0.00	10	5.33
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	50	160	0.00	20	36	0	0.00	0.00	0	38.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			717	3.67	327	*52	*0	10.22	*0.00	93	113.46
% of Calories				4.61%		*29.0%	*0%	12.8%	*0.0%		63.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 02/06/2025

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)
992419 Chipotle BBQ Pulled Chicken WG Slider	serving	45	309	0.38	742	17	*4	4.28	0.00	61	42.25
992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider	serving	5	320	0.00	955	18	*4	4.00	0.00	0	44.25
992770 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	50	99	0.48	85	9	*N/A*	2.79	*0.00	3	16.36
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
991307 Cranberry, Dried Original	1.16oz	50	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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			658	1.59	979	*70	*4	8.42	*0.00	68	110.09
% of Calories				2.17%		*42.6%	*2.4%	11.5%	*0.0%		66.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 02/07/2025 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)
991518 V- Caprese Pasta 9-12	serving	50	509	6.11	511	11	*1	13.91	0.00	30	76.65
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			819	7.12	644	*53	*1	15.94	0.00	40	143.56
% of Calories				7.82%		*25.9%	*0.5%	17.5%	0.0%		70.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 02/10/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	90	260	0.00	390	1	*1	15.00	0.00	25	16.00
991056 VG/DF - WG Roll	32 gr	90	80	0.00	170	2	*2	1.00	0.00	0	15.00
992617 V/VG - Breaded Veggie Tenders w/WG Roll - 2oz gr	3 tenders	10	310	3.00	690	5	*4	9.00	0.00	0	41.00
990245 Roasted Sweet Potato - R: 1 cup	cup	100	279	1.08	75	6	*N/A*	14.26	0.00	0	39.33
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			810	2.16	804	*39	*3	31.02	0.00	32	109.87
% of Calories				2.40%		*19.3%	*1.5%	34.5%	0.0%		54.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 02/11/2025 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)
992800 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/2	serving -4 (MB)	45	510	1.50	610	6	*2	8.00	0.00	45	82.87

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
991756 V/VG- Veggie Meatball, rice & beans L:1/2, R:1/2	1 serving (3MB)	5	550	3.00	600	6	*2	10.00	0.00	0	87.87
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			692	2.44	740	*34	*2	9.70	0.00	50	116.95
% of Calories				3.17%		*19.7%	*1.2%	12.6%	0.0%		67.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 02/12/2025 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)
991697 Sloppy Joe - Turkey KT	SERVINGS	99	336	2.37	534	*11	*4	12.47	*0.00	88	37.41
991726 Sloppy Joe - Turkey KT (Vegetarian)	SERVINGS	1	278	0.17	694	*12	*4	5.73	*0.00	0	42.08
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
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			739	4.55	842	*55	*4	21.62	*0.00	97	111.52
% of Calories				5.54%		*29.8%	*2.2%	26.3%	*0.0%		60.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 02/13/2025

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)
992846 One Pot Chicken Fajita Pasta OT:1/2, R:1/2*	serving	45	574	7.28	352	*5	*0	23.63	*0.00	63	67.07
992263 V/VG One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	5	521	3.91	494	6	*0	18.51	0.00	0	65.28
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	50	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			789	7.70	496	*42	*0	24.37	*0.00	66	105.89
% of Calories				8.78%		*21.3%	*0%	27.8%	*0.0%		53.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Friday - 02/14/2025 Reimbursable Meal Total 95

	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	90	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	10	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	100	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
000099 STRAWBERRIES,FRESH - 1 cup	9 large strawbe	100	52	0.02	2	8	*N/A*	0.49	0.00	0	12.44
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			721	5.82	1110	*27	*N/A*	20.17	0.00	20	95.50
% of Calories				7.26%		*15.0%	*N/A*	25.2%	0.0%		53.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 02/17/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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 - 02/18/2025 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			

Wednesday - 02/19/2025 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

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Thursday - 02/20/2025 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			

Friday - 02/21/2025 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			

Monday - 02/24/2025 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)
991249 Chicken Stroganoff Pasta 9-12 R: 1/2, OT: 1/2	serving	90	570	0.99	258	*10	*0	12.45	*0.00	63	86.23
992070 V/VG Veggie Stroganoff WG Pasta R: 1/2, OT:1/2	serving	10	539	0.61	477	*12	*0	12.40	*0.00	0	79.35

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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)
991060 Orange Pineapple Juice (1 cup - 2 juices)	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			787	1.70	410	*47	*0	13.70	*0.00	66	126.54
% of Calories				1.94%		*23.9%	*0%	15.7%	*0.0%		64.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 02/25/2025

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)
992819 Chicken & Vegetable WW Dumplings	6 dumplings	99	250	0.50	530	2	*1	7.00	0.00	35	31.00
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	1	*0	6.30	0.00	0	66.04
992823 Sauce, Soy Light SS Pouch	serving	99	0	0.00	230	0	0	0.00	0.00	0	1.00
991892 Sweet Potato & Green Beans - R:1/2, OT:1/2 cup	1 cup	100	157	0.45	37	9	*N/A*	5.12	*0.00	0	26.20
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	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			719	1.96	925	*53	*1	14.15	*0.00	45	125.44
% of Calories				2.45%		*29.5%	*0.6%	17.7%	*0.0%		69.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 02/26/2025 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)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	serving	90	285	2.42	795	5	*N/A*	10.20	0.00	61	31.63
992295 WG Sub Plant Based Ham & Bacon	serving	10	346	1.06	914	7	*N/A*	12.14	0.00	0	37.41
991609 BROCCOLI, Roasted DG: 1 cup	1 CUP	100	81	0.50	30	2	*N/A*	5.94	0.00	0	6.04
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1	*N/A*	0.00	0.00	0	4.00
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
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	*N/A*	0.00	0.00	0	56.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	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			752	3.56	1049	*77	*N/A*	17.75	0.00	65	121.67
% of Calories				4.26%		*41.0%	*N/A*	21.2%	0.0%		64.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 02/27/2025

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)
992127 Shepherd's Pie w/Mash. Potato & Carrot S:1/2,R:1/2	serving	99	338	2.75	140	*2	*0	10.00	*0.00	95	42.59
992082 V- Shepherd's Pie - R:1/2, S:1/2	serving	1	284	0.58	315	*3	*0	3.39	*0.00	7	47.54
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	0	*0	1.33	0.00	0	42.67
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	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			723	3.52	279	*30	*0	12.77	*0.00	104	120.98
% of Calories				4.38%		*16.6%	*0%	15.9%	*0.0%		66.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

Friday - 02/28/2025

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	90	387	2.47	823	4	*4	14.84	0.00	25	42.81
992288 V-VG Crispy Chicken Meatless Burger	serving	10	404	1.58	770	7	*4	13.06	0.00	0	56.65
992837 Kale & Mixed Beans Salad DG:1/2 ,.: L:1/2	1 cup	100	207	1.12	316	*3	*N/A*	7.01	*0.00	0	26.68
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			829	4.29	1289	*47	*4	23.23	*0.00	32	117.66
% of Calories				4.66%		*22.7%	*1.9%	25.2%	*0.0%		56.8%
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		753	4	766	*48	*2	16.79	*0.00	61	117.29
% of Calories			4.63%		*25.5%	*1.1%	20.1%	*0.0%		62.3%

**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.