

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

Monday - 11/04/2024

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)
992367 Italian Tk.Sausage, Veggie 1cup:S:1/2,OT:1/4,R:1/4	serving	45	352	3.91	339	*7	*N/A*	22.77	*0.00	59	22.50
992382 V/VG- Veggie Italian 1cup:S:1/2,OT:1/4,R:1/4	serving	5	31	0.12	30	*1	*0	1.66	*0.00	0	2.95
000066 Brown Rice - Riceland KM	1.5 cup	50	300	0.00	0	0	*N/A*	2.00	0.00	0	64.00
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			910	4.87	504	*46	*0	28.42	*0.00	69	134.47
% of Calories				4.82%		*20.2%	*0%	28.1%	*0.0%		59.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 11/05/2024

Reimbursable Meal Total 50

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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)
992284 Butter Chicken 9 - 12	serving	45	287	9.20	568	*7	*N/A*	17.68	*0.17	76	13.92
992285 V- Butter Chicken Meatless 9-12	serving	5	34	0.99	87	*1	*N/A*	2.13	*0.02	4	2.16
992769 VG- Chicken Meatless (No Butter) 9-12	serving	0	0	0.00	0	*0	*N/A*	0.00	*0.00	0	0.00
992271 Salvadorian Carrot Rice R:1/4, OT: 1/4	serving	50	231	0.12	20	*2	*N/A*	2.98	*0.00	0	46.54
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
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			772	11.07	815	*47	*0	24.03	*0.18	90	103.63
% of Calories				12.91 %		*24.4%	*0%	28.0%	*0.2%		53.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 11/06/2024

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)
992564 BYO Turkey Nachos 9-12 (NO Vegetables)	SERVING	45	381	7.46	386	0	*0	20.46	0.00	73	33.30
992565 V-BYO VEGGIE Nachos 9-12 (NO Vegetables)	SERVING	5	42	0.70	62	0	*0	1.93	0.00	3	4.17

Weighted Values

Nov 4, 2024 thru Nov 29, 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)
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992563 Corn Pico de Gallo - 1 cup S:1/2, R:1/2	1 cup	50	86	0.01	17	8	*0	0.62	0.00	0	17.57
991695 SOUR CREAM,FAT FREE (SS)	1oz	50	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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	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			711	8.97	626	*38	*0	24.51	0.00	86	92.61
% of Calories				11.35 %		*21.4%	*0%	31.0%	0.0%		52.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 11/07/2024

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)
991736 Grilled Chicken & Rice (9-12)	2.87 oz	45	363	0.68	131	*0	*N/A*	5.76	*0.00	37	57.70
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	5	43	0.02	27	*0	*0	0.63	*0.00	0	6.60
992765 Lentil Salad L: 1/2, R: 1/4, OT: 1/4 (9-12)	serving	50	324	1.14	51	*3	*N/A*	14.88	*0.00	0	36.95
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	50	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54

	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.	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			914	2.62	341	*31	*0	22.72	*0.00	47	136.79
% of Calories				2.58%		*13.6%	*0%	22.4%	*0.0%		59.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 11/08/2024 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)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	45	189	2.25	306	1	*0	10.80	0.00	36	10.80
992459 Vegan Chicken Nuggets & Roll	5 Nuggets	5	33	0.19	63	0	*0	1.23	0.00	0	4.01
991056 VG/DF - WG Roll	32 gr	45	72	0.00	153	2	*2	0.90	0.00	0	13.50
991609 BROCCOLI, Roasted DG: 1 cup	1 CUP	50	81	0.50	30	2	*N/A*	5.94	0.00	0	6.04
991603 BBQ Sauce (ss)	0.44 oz	50	20	0.00	130	4	*N/A*	0.00	0.00	0	6.00
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	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

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			705	3.96	815	*51	*2	20.90	0.00	46	107.26
% of Calories				5.06%		*28.9%	*1.1%	26.7%	0.0%		60.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 11/11/2024Reimbursable 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 - 11/12/2024Reimbursable 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)
992495 Chicken Parmesan R: 1/4	serving	45	220	2.95	286	*2	*0	14.57	*0.00	46	3.98
992526 V- Chicken Meatless Parmesan R:1/4	serving	5	26	0.27	43	*0	*0	1.60	*0.00	1	0.62
992630 VG/DF- Chicken Meatless Mozzarella R:1/4	serving	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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)
000066 Brown Rice - Riceland KM	1.5 cup	50	300	0.00	0	0	*N/A*	2.00	0.00	0	64.00
992777 Mashed Potatoes & Cauliflower S:1/2, OT:1/4	3/4 cup	50	81	0.06	12	*0	*N/A*	0.15	0.00	0	18.46
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	50	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
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			812	4.06	473	*30	*0	19.77	*0.00	57	122.60
% of Calories				4.50%		*14.8%	*0%	21.9%	*0.0%		60.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 11/13/2024 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 DF - Cheese Pizza Sub R:1/4	slice	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00
991981 Balela Salad 1cup: L:1/2,OT:1/4,R:1/4	serving	50	284	1.18	149	*1	*N/A*	15.52	*0.00	*0	30.60
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

Weighted Values

Nov 4, 2024 thru Nov 29, 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
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			864	5.19	1032	*48	*N/A*	26.55	*0.00	*10	121.50
% of Calories				5.41%		*22.2%	*N/A*	27.7%	*0.0%		56.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 11/14/2024

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)
992713 SPAGHETTI AND TURKEYMEAT SAUCE 1 cup: R: 1	1 CUP	45	378	2.17	103	*10	*0	10.57	*0.00	82	52.76
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9 -12	1 CUP	5	36	0.01	27	*1	*0	0.47	*0.00	0	6.33
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
000190 Low Fat Milk - 1%	8 fl. oz.	23	51	0.69	60	6	*N/A*	1.15	0.00	7	5.98
000231 MILK,Skim	8 fl. oz.	22	40	0.00	57	6	*N/A*	0.00	0.00	2	5.72
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

Nov 4, 2024 thru Nov 29, 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			581	2.92	249	*38	*0	12.45	*0.00	91	91.37
% of Calories				4.52%		*26.2%	*0%	19.3%	*0.0%		62.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 11/15/2024 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)
992450 Golden Crispy Chicken Tenders	3 tenders	45	234	0.00	351	1	*1	13.50	0.00	22	14.40
992616 V/VG - Breaded Veggie Tenders w/WG Roll	3 tenders	5	23	0.30	52	0	*0	0.80	0.00	0	2.60
990672 WG Biscuit 2oz	56g	50	200	7.00	410	2	*0	9.00	0.00	0	27.00
990998 CAULIFLOWER and BROCCOLI -1cup: DG:1/2, OT:1/2	1 cup	50	70	0.45	30	2	*N/A*	4.96	0.00	0	5.51
000222 KETCHUP: individual	9 gr	50	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
992362 Grape Juice - Suncup	2 (4 fl)	50	160	0.00	20	36	0	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	23	41	0.00	60	6	*N/A*	0.00	0.00	2	5.98
000190 Low Fat Milk - 1%	8 fl. oz.	22	48	0.66	57	6	*N/A*	1.10	0.00	7	5.72
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

Nov 4, 2024 thru Nov 29, 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			787	8.41	1005	*55	*1	29.36	0.00	31	102.21
% of Calories				9.62%		*28.0%	*0.5%	33.6%	0.0%		51.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 11/18/2024 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)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	99	312	3.60	492	6	*N/A*	16.80	0.00	48	26.41
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	*N/A*	0.02	0.00	0	0.32
992781 Romaine,Tomato & Cucumber S. DG:1/2,R:1/4,OT:1/4	1 cup	100	72	0.97	196	5	*N/A*	2.82	0.00	0	10.85
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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

Weighted Values

Nov 4, 2024 thru Nov 29, 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			623	5.41	855	*52	*N/A*	21.64	0.00	58	85.60
% of Calories				7.82%		*33.4%	*N/A*	31.3%	0.0%		55.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 11/19/2024 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)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	45	313	3.68	363	2	*0	11.10	0.00	42	32.95
992520 V -Chicken Enchiladas 1/4 cup: R: 1/4	serving	5	38	0.36	54	0	*0	1.26	0.00	2	3.84
990877 Elote in Cups - S: 3/4 cup	3/4 CUP	100	346	2.63	407	*10	*0	40.65	*0.00	29	52.75
992727 VG/DF Elote in Cups - S: 3/4 cup	3/4 CUP	1	4	0.02	3	*0	*0	0.23	*0.00	0	0.50
991695 SOUR CREAM,FAT FREE (SS)	1oz	50	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	50	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	23	41	0.00	60	6	*N/A*	0.00	0.00	2	5.98
000190 Low Fat Milk - 1%	8 fl. oz.	22	48	0.66	57	6	*N/A*	1.10	0.00	7	5.72
991919 Soy Milk	8 fl	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Weighted Values

Nov 4, 2024 thru Nov 29, 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			900	7.39	976	*40	*0	54.55	*0.00	82	128.29
% of Calories				7.39%		*17.8%	*0%	54.6%	*0.0%		57.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 11/20/2024 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)
991985 WG Pasta w/ Meatballs-Tyson 1cup: R: 1	SERVINGS (5 MB)	45	447	4.81	478	9	*0	18.65	0.00	40	54.04
991986 V/VG-WG Pasta w/ Veggie Meatballs 1 cup: R: 1	SERVINGS (5 MB)	5	46	0.37	58	1	*0	1.45	0.00	0	6.50
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
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			804	6.20	668	*52	*0	22.13	0.00	50	127.45
% of Calories				6.94%		*25.9%	*0%	24.8%	0.0%		63.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 11/21/2024 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)
992368 Lime Chicken Black Beans & Rice 1c: L:3/4, OT:1/4	serving	45	487	0.91	367	*3	*0	8.89	*0.00	37	73.01
992369 V/VG -Lime Chicken Bk. Bean & Rice 1c: L:3/4,O:1/4	serving	5	56	0.04	46	*0	*0	0.97	*0.00	0	8.33
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	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			720	1.75	544	*32	*0	11.36	*0.00	47	114.92
% of Calories				2.19%		*17.8%	*0%	14.2%	*0.0%		63.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 11/22/2024

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)
990152 Carved Turkey - KT	3.4 oz	99	114	0.70	647	*0	*N/A*	2.10	*0.00	51	6.10
992056 Carved Plant Based Turkey - KT	90gr	1	1	0.00	3	0	*0	0.02	0.00	0	0.02
990693 GREEN BEANS OT: 1/2 cup	1/2 CUP	100	22	0.04	1	2	*N/A*	0.18	0.00	0	4.92
992782 Roasted Sweet Potato - R: 1/2 cup	1/2 cup	100	98	0.28	37	3	*N/A*	3.58	0.00	0	16.52

Base Menu Spreadsheet

Weighted Values

Nov 4, 2024 thru Nov 29, 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)
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*0	9.00	0.00	0	27.00
992053 Pie, Pumpkin	152 gr	100	360	6.00	460	25	*N/A*	13.00	0.00	60	56.00
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			1016	14.76	1687	*69	*0	29.13	*0.00	121	149.57
% of Calories				13.07 %		*27.2%	*0%	25.8%	*0.0%		58.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 11/25/2024 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 - 11/26/2024 Reimbursable Meal Total 1

Weighted Values

Nov 4, 2024 thru Nov 29, 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)
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 - 11/27/2024 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			

Thursday - 11/28/2024 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			

Friday - 11/29/2024

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			

		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		794	6	756	*45	*0	24.82	*0.01	*63	115.59
% of Calories			7.10%		*22.7%	*0%	28.1%	*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.