

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

Monday - 10/07/2024

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)
992284 Butter Chicken 9 - 12	serving	99	316	10.12	625	*8	*N/A*	19.45	*0.18	84	15.31
992285 V- Butter Chicken Meatless 9-12	serving	1	3	0.10	9	*0	*N/A*	0.21	*0.00	0	0.22
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	100	231	0.12	20	*2	*N/A*	2.98	*0.00	0	46.54
000307 APPLES,Fresh - 1 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
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			728	11.13	785	*38	*N/A*	24.14	*0.18	94	95.65
% of Calories				13.76 %		*20.9%	*N/A*	29.8%	*0.2%		52.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/08/2024

Reimbursable Meal Total 50

Base Menu Spreadsheet

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Weighted Values

Oct 7, 2024 thru Nov 1, 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)
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
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992042 Corn Pico de Gallo - 3/4 cup: S:1/2. R:1/4	3/4 cup	50	76	0.01	9	7	*0	0.62	0.00	0	15.66
990689 Romaine Lettuce - 1/2cup: DG: 1/2	1/2 cup	50	8	0.02	4	1	*N/A*	0.14	0.00	0	1.55
991695 SOUR CREAM,FAT FREE (SS)	1oz	50	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			842	9.21	623	*51	*0	25.18	0.00	86	125.57
% of Calories				9.84%		*24.2%	*0%	26.9%	0.0%		59.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/09/2024 Reimbursable Meal Total 100

Weighted Values

Oct 7, 2024 thru Nov 1, 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)
991736 Grilled Chicken & Rice (9-12)	2.87 oz	99	399	0.74	144	*0	*N/A*	6.33	*0.00	40	63.47
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	4	0.00	3	*0	*0	0.06	*0.00	0	0.66
992765 Lentil Salad L: 1/2, R: 1/4, OT: 1/4 (9-12)	serving	100	324	1.14	51	*3	*N/A*	14.88	*0.00	0	36.95
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			987	2.64	348	*52	*0	22.52	*0.00	50	152.08
% of Calories				2.41%		*21.1%	*0%	20.5%	*0.0%		61.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/10/2024

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			

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 2024

Friday - 10/11/2024 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			

Monday - 10/14/2024 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 - 10/15/2024 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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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)
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
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			633	3.19	728	*43	*3	21.55	*0.00	45	78.33
% of Calories				4.54%		*27.2%	*1.9%	30.6%	*0.0%		49.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/16/2024

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)
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

	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)
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	*N/A*	0.00	0.00	0	56.00
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			778	3.16	247	*79	*0	13.05	*0.00	100	137.96
% of Calories				3.66%		*40.6%	*0%	15.1%	*0.0%		70.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/17/2024

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)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	99	344	4.05	399	2	*0	12.21	0.00	46	36.25
992520 V -Chicken Enchiladas 1/4 cup: R: 1/4	serving	1	4	0.04	5	0	*0	0.13	0.00	0	0.38
990921 Bean Dip 1/2 Cup: L: 1/2	1/2 CUP	100	83	0.01	97	*1	*N/A*	0.03	*0.00	0	14.42
992562 Elote in Cups - 1/2 cup: S:1/2	1/2 CUP	100	115	0.88	136	*3	*0	13.55	*0.00	10	17.58
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	*N/A*	0.00	0.00	0	4.00
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

Weighted Values

Oct 7, 2024 thru Nov 1, 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			794	5.76	798	*46	*0	27.48	*0.00	66	116.42
% of Calories				6.53%		*23.2%	*0%	31.1%	*0.0%		58.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 10/18/2024

Reimbursable Meal Total 82

	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)	82	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00
992725 DF - Cheese Pizza Sub R:1/4	slice	7	26	0.52	69	0	*N/A*	1.07	0.00	0	3.67
992772 Roasted Cauliflower & Sweet Pot: R:1/2,OT: 1/2	1 cup	82	102	0.25	53	*1	*N/A*	3.53	0.00	0	15.88
991584 DRESSING, RANCH SS CUP	1oz	82	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	82	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	38	42	0.00	60	6	*N/A*	0.00	0.00	2	6.02
000190 Low Fat Milk - 1%	8 fl. oz.	37	50	0.68	59	6	*N/A*	1.13	0.00	7	5.87
991919 Soy Milk	8 fl	7	11	0.04	9	1	*N/A*	0.38	0.00	0	1.11

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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	82	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			840	6.76	1182	*49	*N/A*	29.89	0.00	19	111.45
% of Calories				7.24%		*23.3%	*N/A*	32.0%	0.0%		53.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 10/21/2024

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
992770 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	100	99	0.48	85	9	*N/A*	2.79	*0.00	3	16.36
991584 DRESSING, RANCH SS CUP	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
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

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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			803	6.83	914	*65	*0	34.87	*0.00	71	95.08
% of Calories				7.66%		*32.4%	*0%	39.1%	*0.0%		47.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/22/2024 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)
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
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			726	1.79	540	*31	*0	11.33	*0.00	50	116.69
% of Calories				2.22%		*17.1%	*0%	14.0%	*0.0%		64.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/23/2024 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 V/VG-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
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			720	6.12	661	*48	*0	22.22	0.00	55	103.88
% of Calories				7.65%		*26.7%	*0%	27.8%	0.0%		57.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/24/2024

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)
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
991392 Cheese Lunch Individual Pizza	4.56oz (129gr)	1	3	0.03	8	0	*N/A*	0.09	0.00	0	0.24
992725 DF - Cheese Pizza Sub R:1/4	slice	0	0	0.00	0	0	*N/A*	0.00	0.00	0	0.00

Base Menu Spreadsheet

Weighted Values

Oct 7, 2024 thru Nov 1, 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)
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
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	*N/A*	0.00	0.00	0	56.00
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			768	6.44	1233	*76	*N/A*	21.53	0.00	20	110.78
% of Calories				7.55%		*39.6%	*N/A*	25.2%	0.0%		57.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 10/25/2024

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)
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
992562 Elote in Cups - 1/2 cup: S:1/2	1/2 CUP	100	115	0.88	136	*3	*0	13.55	*0.00	10	17.58
992631 VG/DF Elote in Cups - 1/2 cup: S:1/2	1/2 CUP	0	0	0.00	0	*0	*0	0.00	*0.00	0	0.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90

	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			745	3.17	607	*51	*0	28.57	*0.00	61	116.54
% of Calories				3.83%		*27.4%	*0%	34.5%	*0.0%		62.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 10/28/2024

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)
992185 Buffalo Chicken Mac & Cheese -9-12	1 Portion	90	380	5.69	728	2	*N/A*	11.71	0.00	46	50.51
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	10	38	0.60	86	0	*0	1.25	0.00	3	4.69
992234 VG/DF- Buffalo Chicken Meat Mac & Cheese (VG)	1 Portion	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
000262 CARROTS STEAMED- R:1 cup	CUP	100	55	0.05	90	5	*N/A*	0.28	0.00	0	12.82
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

Oct 7, 2024 thru Nov 1, 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			721	7.11	1035	*53	*0	14.62	0.00	59	119.32
% of Calories				8.88%		*29.4%	*0%	18.2%	0.0%		66.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/29/2024

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)
992766 Turkey Burrito Bowl w/ Brown. Rice L: 1/2	serving	90	430	2.19	231	*1	*0	10.84	*0.00	82	59.86
992767 V/VG -Veggie Bowl Burrito w/ Brown. Rice L: 1/2	serving	10	42	0.02	39	*0	*0	0.51	*0.00	0	7.15
990274 Pico de Gallo - R:1/4 , OT: 1/4	1/2 cup	100	42	0.03	15	5	*N/A*	0.09	0.00	0	9.45
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
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

Oct 7, 2024 thru Nov 1, 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			759	2.98	455	*45	*0	12.69	*0.00	92	121.47
% of Calories				3.53%		*23.7%	*0%	15.0%	*0.0%		64.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/30/2024 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)
991978 Stir-Fry Ch, Squash, Corn 1 c: R:1/4, S:1/2,OT:1/4	serving	90	407	0.99	181	7	*0	9.82	0.00	37	60.26
992719 V/VG-Veggie Squash,Corn 1 c: R:1/4, S:1/2,OT:1/4	serving	10	47	0.04	34	1	*0	0.98	0.00	0	6.90
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			764	2.05	348	*50	*0	12.82	0.00	47	134.06
% of Calories				2.41%		*26.2%	*0%	15.1%	0.0%		70.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/31/2024 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)
992568 WW Chicken Caesar - DG: 3/4 cup	1 wrap (10")	90	399	5.48	712	*4	*N/A*	14.01	*0.00	61	42.69
992569 V- WW Veggie Caesar Wrap - DG: 3/4 cup	1 wrap	10	47	0.47	82	*1	*0	1.48	*0.00	2	4.96
992768 VG/DF- WW Veggie Caesar Wrap - DG: 3/4 cup	1 wrap	0	0	0.00	0	0	*0	0.00	0.00	0	0.00
992771 FRESH BROCCOLI - DG: 1/4 cup	1/4 cup	100	8	0.03	8	0	*N/A*	0.08	0.00	0	1.51
991584 DRESSING, RANCH SS CUP	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
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			767	8.75	1113	*34	*0	31.02	*0.00	82	85.71
% of Calories				10.27 %		*17.7%	*0%	36.4%	*0.0%		44.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 11/01/2024

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)
992300 Crispy Chicken Burger (3.1oz)	serving	90	348	2.22	741	4	*4	13.35	0.00	22	38.53

Weighted Values

Oct 7, 2024 thru Nov 1, 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)
992288 V-VG Crispy Chicken Meatless Burger	serving	10	40	0.16	77	1	*0	1.31	0.00	0	5.66
991587 Roasted Potatoes & Cauliflower S: 1/2 - OT:1/2	1 cup	100	134	0.28	22	*1	*N/A*	3.59	0.00	0	22.99
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
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			760	3.51	999	*46	*4	20.24	0.00	32	115.20
% of Calories				4.16%		*24.2%	*2.1%	24.0%	0.0%		60.6%
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	773	5	742	*50	*0	21.98	*0.01	61	113.89
% of Calories		6.21%		*25.9%	*0%	25.6%	*0.0%		58.9%

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.